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NEWS RELEASE

FOR IMMEDIATE RELEASE

April 24, 2008

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FREE Weeknight Bicycle Rides Begin in May

If you are looking to add bicycling to your fitness routine check out the FREE bicycle rides that Trailnet, the not-for-profit organization promoting *Active Living*, is offering on Tuesday, Wednesday and Thursday evenings. The rides begin the week of May 6 and end the week of August 19. There is something for everyone, routes for beginning cyclists and families on trails with flat terrain and low mileage options and road rides on hilly terrain for “seasoned” cyclists. Check www.trailnet.org for parking and directions and/or cancellation due to weather or other unforeseen issues. Choose from these rides with maps provided, all finish before dark:

The **Tuesday Night Riverfront Trail Rides** begin May 6 and continue weekly until August 19. This scenic ride on the paved Riverfront Trail follows the Mississippi River. The route is out and back on the trail, choose how many miles to pedal, 7 – 27 miles on flat terrain with a few small hills. This ride is recommended for families and beginning cyclists. The longest route crosses the Old Chain of Rocks Bridge. The rides begin at 5:30 p.m., meet at the parking garage at Lucas and Leonor K Sullivan, north of Washington Avenue. Secure parking is \$1; get a coupon from the SAG van. SAG support ends at 8:15 p.m.

The Riverfront Trail Rides are sponsored by The Confluence in partnership with the Grace Hill AmeriCorps Trail Rangers, The Great Rivers Greenway District and bike shop sponsor Maplewood Bicycle.

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Need a bike? Visit the Gateway Arch Riverfront Bicycle Rentals open extended hours on Tuesday evenings. For more information call 1-877/982-1410 ext #0.

New for 2008 is the **Tuesday Night Road Rides**. These rides begin May 6, at 6:00 p.m. at The Alpine Shop, 440 N. Kirkwood Road, Kirkwood, MO 63122. Experienced cyclists can choose route options of 14 or 25 miles on moderately hilly terrain with some bigger hills on the long route. The short routes go through Kirkwood and Webster Groves with a challenging long route to Ballwin and Valley Park. The ride leaders are volunteers from Trailnet's Bicycle Fun Club. A map is provided and there is no SAG support on these rides. The bike shop sponsor is the Alpine Shop www.alpineshop.com.

The **Wednesday Night Road Rides** feature the Central Corridor and begin May 7 at Shaare Zedek Synagogue, 829 N. Hanley, University City, MO 63130. These rides for adults are on low traffic streets with route choices of 15 – 27 miles on moderately hilly terrain with a few big hills. The group rides starts at 6 p.m. There is no SAG support on these rides; the bike shop sponsor and ride leader is Paul Moskovitz of Recycled Cycles, www.recycledcycles.net.

The **Thursday Night Road Rides** featuring West County begin on May 8 at 6:00 p.m. Meet at Des Peres City Park parking lot, next to St. Paul's Church, 823 N. Ballas Road, St. Louis (one block east of I-270 at Manchester Road). This challenging bike ride for adults includes choices of 16 – 26 miles on moderately hilly terrain with some bigger hills. The route includes low traffic streets of Des Peres, Ladue and Kirkwood and includes an ice cream stop. There is no SAG support and the ride leaders are volunteers from Trailnet's Bicycle Fun Club. The bike shop sponsor is Ballwin Schwinn, 636/391-2666.

Another new event for 2008 is the **Wednesday Night Hike It, Bike It or Cave It** offered the third Wednesday of the month May through August. The event dates are May 21, June 18, July 16 and August 20. This event, brought to you by The Great Rivers Greenway District, will be held at Cliff Cave Park, 806 Cliff Cave Road, St. Louis, MO 63129. Choose to hike or bike the 5-mile Mississippi River Trail that was paved in partnership with The Great Rivers Greenway District and St. Louis County Parks. Complete the trail loop or choose your distance out and back on the trail. There is also a 1.4-mile spur trail option.

The Cave It program requires pre-registration at 636/391-0912 #28. There is a \$5 charge for the cave tour that includes equipment, maximum number for

the tour is 15. Be prepared to get wet, there is a spring in the cave, and please wear old shoes.

For a FREE 2008 Calendar of Bicycle Rides check your local bike shop or the Trailnet website at www.trailnet.org.

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*Trailnet **Promotes Active Living** in St. Louis through bicycle and pedestrian activities to improve the health of individuals, communities and the environment. We improve St. Louis regional quality of life by offering Bicycle Rides and Recreational Events, promoting Transportation Alternatives, providing Community Bicycle and Pedestrian Planning, collaborating on Trails, Greenways and Bicycle/Pedestrian Compatible Roadways and assisting with Public Outreach and Advocacy.*