



Join the *Friends of Cycling Elk Grove Village (FCEG)* for a series of Sunday monthly family bike rides leaving from the Al Hattendorf Center in Elk Grove Village. We will ride at a pace that's comfortable for adults and kids. Rides will last one to two hours. We welcome all riders regardless of experience or what kind of bike they ride.

The rides will start and end at the Al Hattendorf Center located at the corner of Elk Grove Blvd and Ridge Ave. We will be following any and all recommended COVID-19 guidelines at the time.

Pre-registration required!

Requirements:

- **Registration and signed waiver for each participating adult and child**
- Children must be at least 8 years old and able to ride at least one hour
- Each child must be accompanied by a parent/guardian. (If multiple children are riding from the same household, only one adult will be required to accompany them.)
- Masks and social distancing may be required based upon CDC COVID-19 guidelines
- Helmets must be worn by adults and children

To register for any of the rides and to download and print a waiver, click on the following link:
<http://www.egvbikes.org/family-bike-rides.html>

Here's the schedule of 2021 Sunday morning rides with distances:

Sunday, May 16th 10:00 AM - Ramblin' to the Elk - 7 miles

Sunday, June 13th 10:00 AM - Wood Dale Reservoir Ride - 8 Miles

Sunday, July 18th **1:00PM** - Ice Cream Social Ride to Dairy Queen - 3 miles (NOTE THE SPECIAL TIME)

Sunday, August 15th 10:00 AM - Busse South Reservoir Trek- 5 miles

Sunday, September 19th 10:00 AM - Springbrook Nature Cntr - 12 miles

Sunday, October 17th 10:00 AM - To be determined

We look forward to seeing you!

Friends of Cycling Elk Grove

Questions? E-mail: egvbikes@gmail.com

WWW.EGVBIKES.ORG

This activity is not sponsored by Community Consolidated School District 59, any of its schools, or groups officially associated with the District.