



## September & October 2022 *Cycling Seniors* Club Schedule

Cycling is a full body and mind exercise! Join the Park Rangers and the *Cycling Seniors* Cycle Club this summer! We have rides for both new and more experienced riders. Please bring your own bicycle and helmet. ***Use of M-NCPPC bike will be available upon request. Please call in advance if you wish to borrow a bike, 301-446-3403.*** A waiver of liability will need to be signed. **This program is FREE for Prince George's and Montgomery County Residents only, 60 years of age and better!** Club rides will take place once per month on a Wednesday through November, weather permitting, 8-11:30 am. For more information call 301-446-3403 or email [seniors@pgparks.com](mailto:seniors@pgparks.com)

To Register: [www.pgparksdirect.com](http://www.pgparksdirect.com)

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**Wednesday, September 14, Bladensburg Waterfront to the Navy Yard**

**Parks Direct Ticket Code: SPD-SPEC-GA-20220914**

**Arrive 8 am**

**Meet/Ride Begins: Bladensburg Waterfront Park 4601 Annapolis Road  
Bladensburg 20710**

Ride the Anacostia River Trail (ART) to Navy Yard. We will start our ride at Bladensburg Waterfront and ride on the ART for 7.8 miles, over the new Frederick Douglass Memorial Bridge to the Navy Yard. Next, we will stop for coffee and a bite of breakfast (at your own expense), then loop back to Bladensburg Waterfront (approximately 10 miles round trip). This paved trail is appropriate for intermediate and advanced cyclists. We also will have a cut off point for those riders needed a shorter ride and not going all the way to the Navy Yard. A signed waiver of liability is required for participation.

**Wednesday, October 12, Lake Artemesia to the Aquatic Gardens**

**Parks Direct Ticket Code: SPD-SPEC-GA-20221012**

**Arrive: 8 am**

**Meet/Ride Begins: Lake Artemesia, Berwyn Rd & 55th Ave  
Berwyn Heights, College Park, MD 20740**

We are tying this one again! This ride will start at Lake Artemesia and we will ride to the Aquatic Gardens approximately 14 miles round trip. This trail is flat/paved and appropriate for beginner and intermediate cyclists.

