

EVENTS

Helmets are mandatory for all rides. ALL rides leave GNBC unless otherwise noted.

ALL RIDES ARE FREE OF CHARGE



Intensity



Length

Great Riders Club

Great Riders Club offers free membership and leads over 100 group rides spring through fall. Sign up at gncycles.com/events to get rolling with us. We'll track your mileage and you earn a free member shirt with 8 rides or more in a season. Not sure where to start? Ask us and we'll get you pedaling in the right direction.

MONDAY

Monday Evening Family Ride



Mondays @ 6:30PM, starting May 30th. Relaxed pace, 8 to 12 MPH, includes a pit stop to play and stretch. Total ride averages 6 to 10 miles. This ride is for families who want to get out and pedal together. Kids in carts; kids spinning their own little wheels; kids who can really roll, they're all welcome on our Family Ride. Grab the whole family and join the fun! This ride ends with a FREE treat for all riders!

TUESDAY

Tuesday Night Ride



Tuesdays @ 6:00PM, starting April 12th. Conversationally paced, regroup ride for those looking to meld exercising and socializing. 14-18 MPH pace over a distance of 20-25 miles. Group riding technique - spinning.

WEDNESDAY

Wednesday Night Ride



Wednesdays @ 6:00PM, starting April 13th. Moderately paced ride geared toward training and fitness. Recommended for those looking for a group ride with an emphasis on training. 16 to 20 MPH avg. pace, 20-30 miles. Group riding technique - spinning.

THURSDAY

6PM Fitness Ride



Thursdays @ 6:00PM, starting April 21st. Faster paced ride geared toward racing. 18-22 MPH pace, 25 miles. Recommended for those looking for a group ride with an emphasis on training, racing techniques, and pack riding.

Women on Wheels Ride (WOW)



Thursdays @ 6:00PM, starting May 26th. WOW is a women-only group ride with an emphasis on spinning and socializing. Moderately paced & designed so that the whole group can ride together. WOW will elevate your heartrate and warm your soul. 20-25 miles.

Thursday Night Off Road Ride



Thursdays @ 6:00PM, starting April 21st (depending on trail conditions). Are you looking to take your bike on some dirt trails? Here's your chance. We'll ride to MB Johnson Park and explore the best single track riding within city limits. Riders of all levels are encouraged to join us; rides will last around 90 minutes.

Take a Kid Mountain Biking!

Last Thursday of the month. We'll provide bikes and helmets, you provide the mentorship to inspire the next generation of riders. Contact: aaron@gncycles.com

The 'Y' Ride

This ride departs from the east side of the Fercho YMCA @ 5:45AM SHARP every Monday-Friday starting April 11th (depending on weather). Average pace is 18-20 MPH and covers 20-25 miles; common routes include the Harwood to Lone Tree or 7 Yellow Signs. Lights are used as needed. Contact: craig.lemieux@hornbachers.com

Wednesday Rollag Ride

Each week, riders gather north of Rollag @ 6:30PM for this aggressive ride. Routes from here offer some of the best hills in the area and the pace is 'spirited'. Rides are about 30 miles in length and take a bit over an hour.

Summer Bike Tour 2 ways 2 Europe

The High Road, July 14th- July 25th

Alpine passes in France and Italy, a mountain stage at le Tour, the finale on the Champs Elysees. 11 Days in Europe. Approx. \$2600

The Low Road, July 24th – August 3rd

French and Belgian Canals, Dutch bike paths and quiet German roads. Six days of riding with some off days in Paris, Brussels, and Cologne. 9 days in Europe. Approx. \$2100

StreetsAlive! July 10th, August 28th, and September 25th

StreetsAlive is a celebration of human-powered movement. 3 miles of city streets are closed to car traffic and come alive with walking, biking, blading, running, activities and demos. Sunday noon to 5pm Free and open to the public. www.fmstreetsalive.org

100 person ride - Tuesday August 16th at 6pm (rain date August 23rd) A 20 mile group ride to punctuate to celebrate the growth and success of our Tuesday Night Rides. Be a part of something big and join in this social group ride. Enjoy a post ride snack and beverage on us. Free.

FM Rotary Ride - Saturday, September 10th

A fun, charity ride for folks who like riding bicycles! Includes a great family ride and variety of longer distances. Lunch and awards served at Lindenwood Park. Hosted by the FM Rotary Clubs. www.fmrotaryride.com Entry fee varies by ride

Broadway Battle Duathlon - Sunday September 18th

This Duathlon is a 4K run/20K bike/4k run. It's a winners-take-all matchup between the runners and the bikers; between Beyond Running and Great Northern Bicycle Co. You select your allegiance to Run for Fun, I Like to Bike, or Keepin' it Neutral. May the best team win! Fee: TBD

Winter Spin Sessions

Tuesdays and Thursday 6-7PM & Saturdays 10:30-11:30AM

November- March. Indoor training is an effective way to maintain your cycling skills and fitness through the winter months. Even better, spin sessions at GNBC are engaging, cycling specific, small-group workouts. Stay fit and have fun on YOUR bikes all-year long. Limited bike storage available. \$5/session (season passes available)

B-B-BRRR Winter Classic

Sunday January 29th, 2017, Wildflower Grove in Fargo

Join us for the 7th annual winter bike ride/race. Aptly named, B-B-BRRR (Border Battle Bike Ride on the Red River). Embrace winter with this unique course that covers bike paths, prairie tundra, and the frozen Red River. Register in Fatbike or Skinnybike division. Post ride party back at GNBC with food, beverage and bon fire. Fee: TBD



RIDES

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