



## Bicycle Rides to be conducted by HABPI during 2017

Visit <http://www.habpi.org/pages/organized.php> for links



In 2017 **Healthy Adams Bicycle/Pedestrian, Inc.** (HABPI) is planning to conduct a few bicycle rides, both on road and off road. We have added two faster rides (13-15 mph) but the rest of the rides are at a leisurely pace (8-11 mph) intended for those with little or no experience with organized rides but all riders are welcome and faster riders can always go ahead of the group.

If you plan to participate in a ride or have questions, please send an email to: [habpi2012@gmail.com](mailto:habpi2012@gmail.com). If no one tells us they plan to join the ride, it could be canceled and if we need to change the ride schedule or cancel due to weather, we need a way to contact those who are interested. To receive ride updates you can also go to our FACEBOOK page by searching for Healthy Adams Bicycle or @habpitrails. Once there, click on Events to find our rides. You can click on interested or going on any or all of these ride events to get updates. Riders also need to complete a "Release Form" prior to their first ride. The form is available online and at the ride start.

Get ready for a new bicycling season!

On **Saturday, May 13** HABPI will be teaming up with Gettysburg Bicycle and Fitness to host a Bike 101 Workshop . We will cover such things as proper bike sizing and how to adjust your bike for a better fit, how to repair a flat tire and other basic maintenance tips, how to transport your bike, and what accessories you should have such as a helmet and lights. We will also address some of the rules of the road for bicyclists so you can be a safe and confident cyclist. The workshop will be held at Gettysburg Bicycle and Fitness, at 307 York St in Gettysburg on Saturday, May 13th at 3pm. Representatives from the bike shop and HABPI will be there to answer your questions and address your concerns. The event is free and open to the public.

On **Saturday, May 20** we will ride from the Gettysburg Rec Park at 545 Long Lane, starting at 1:00 p.m. This ride will be part of the Green Gathering (<http://www.gettysburggreengathering.com/>) that will be taking place at the Rec Park. This will be a leisurely ride of 7.4 miles traveling at 9-11 mph. We will leave from the back of the Rec Park, travel up Race Horse Alley, around the back of the college, up the North Trail and also ride in the neighborhood east of the trail on Gordon, Artillery, Oak Lane, Hoke Drive, and Ewell Avenue. A map and cue sheet will be available by the end of April. Food will be served during the Green Gathering.

On **Monday, June 5** we will do a fast ride (13-15 mph), leaving at 5:30 from the parking lot of the Middle School on Lefever street in Gettysburg, behind Mr. G's Ice cream store. We will turn our bikes south of Gettysburg and ride quiet country roads. Approximately 20 miles with an optional ice cream stop at the end of the ride.

On **Saturday, June 24** we will ride the Cumberland Valley Rail Trail from Newville to Shippensburg, about 10-11 miles, and back. Participants can meet in the Winebrenner parking lot of the Gettysburg Recreation Park (on South Howard Avenue) and leave at 9:30 a.m. sharp to drive together to Newville or meet at 10:30 am at the Newville trailhead, located at 23 McFarland Street in Newville. Some of us will eat lunch at a place in Shippensburg before returning to Newville. We will be passing the Shippensburg Township Park and that provides a nice place for a picnic lunch for those who prefer or riders can return to Newville and have lunch there. The total riding time will be a little over 2 hours. If you don't feel you can ride the full 22 miles, you can turn around at any time and return to Newville for a shorter ride. Visit Cumberland Valley Rail Trail for trail information.

On **Saturday, July 15** we are planning to conduct a children's bicycle ride and rodeo starting at 9 a.m. at the Gettysburg Recreation Park but details must still be confirmed . First, qualified State Trooper will be on hand to advise children on proper handling of their bikes as they ride through a course (and later on a road). The children will ride two loops on the Biser Trail in the Rec Park and then with adults riding with the children and other adults monitoring road traffic, the children will have the option of riding out of Winebrenner parking lot and making a circle using Howard, McMillian, Ridge and Prince Streets, all quiet, low traffic streets.

On **Tuesday, August 15** we will do a moderate-paced ride (13-15 mph), leaving at 6 p.m. from the parking lot of the Middle School on Lefever street in Gettysburg, behind Mr. G's Ice cream store. We will head out of Gettysburg and ride approximately 20 miles over quiet country roads. An optional ice cream stop at the end of the ride is planned. The ride route will be posted at a later date.

On **Sunday, September 17** we are organizing a kids' bicycle parade and ride at the Gettysburg Recreation Park as part of the Heritage Festival. Children are asked to ride or bring their bikes to the Recreation Park and meet behind the stage at 12:30 p.m. to decorate their bikes. Free decorating materials will be available for anyone who needs them. Following the first act and some comments by a local official, the children will ride their bicycles past the stage and onto the Biser Fitness Trail for a short ride. Anyone coming to the Heritage Festival who wears or shows a bicycle helmet will receive free apple juice drinks compliments of Knouse Foods. At the "HABPI" table people bringing bikes can register to win a prize.

On **Saturday, September 23** we will hold our major fund-raising ride for the year starting from the Rec Park in Gettysburg. The event, dubbed "Ride with Rich" will offer two routes. A slower-paced (8-11mph) ride of approximately 12 miles will be led by members of HABPI. The longer ride of approximately 25 miles is self-paced. Once again this year, we are fortunate to have State Senator Rich Alloway as our main sponsor and lead rider for this event. The shorter ride will take riders over the roads of Gettysburg National Military Park as well as over the iconic Sach's Covered Bridge and the Iron Bridge. The longer ride will also travel the roads of the battlefield and over both the Sach's and Iron bridges before heading out on the country roads south of Gettysburg with a mid-ride rest stop at the Links of Gettysburg golf course club house. The longer ride will start at 9:00 a.m. while the short ride will start at 9:30 a.m. Following the ride, a BBQ lunch will be provided to all riders starting at 11 a.m. Early registration for this great event is only \$35 and includes a ride t-shirt. Online registration will be available through links on our website [www.habpi.org](http://www.habpi.org) and our Facebook page.

On **Saturday, October 7** we will ride the York County Rail Trail from Hanover Junction to New Freedom and back. Participants can meet at 9:00 a.m. in the Winebrenner parking lot of the Gettysburg Recreation Park (on South Howard Avenue) and drive together to Hanover Junction or meet at 10:30 at Hanover Junction. The plan is to have lunch in New Freedom before returning to Hanover Junction but riders can choose whether to have lunch or return without lunch. Our ride leader has done this several times with friends and knows a fun place for lunch. Visit York County Rail Trail for trail information.