

## **2019 Chesterfield Cycling Club ... for Older Adults**

**1<sup>st</sup> and 3<sup>rd</sup> Mondays – 9:30 a.m.**

April 1 – Chesterfield Valley Athletic Complex (CVAC)

April 15 – Forest Park

May 6 – Grant's Trail

May 20 – Al Foster Trail

June 3 – Meramec Greenway Trail

June 17 – Creve Coeur Park

July 1 – Chesterfield Valley Athletic Complex (CVAC)

July 15 – Forest Park

August 5 – Grant's Trail

August 19 – Al Foster Trail

September, October, November – Additional Rides will be scheduled. Please email [olderadults@chesterfield.mo.us](mailto:olderadults@chesterfield.mo.us) or call 636.812-9500 to be included on the email list.

CVAC – Meet at the West Parking A&B Lot. This is the parking lot closest to the Daniel Boone Bridge. Restrooms are available.

Forest Park – Meet in the parking lot across from the Visitor's Center. We will ride the outside loop around the park, return to the parking lot and then ride the trail the opposite direction. Optional lunch at the Boathouse. Restrooms available in the Visitor's Center.

Grant's Trail – Take the Big Bend exit (exit 278) from I-44, and head east one block on Big Bend. Take the first left, onto Holmes (just before QT). Holmes curves hard to the right; the bridge crossing I-44 is just past this curve. You will see a small lot on this side (south side) of I-44. To get to the larger lot, turn left at the stop sign to cross the highway - you will see the parking lot and restroom building on the left just after you cross over the highway.

Meramec Greenway - 11-199 Meramec Station Rd. Valley Park, MO 63088. Meet in the parking lot on top of the levee. No restrooms at trailhead.

Creve Coeur Park -2350 Creve Coeur Mill Rd. 63146 Meet at the parking lot by Field #8 at the Creve Coeur Park Soccer Complex (not at the Lakeside Grill). Off Creve Coeur Mill Road. Restrooms available.

Be sure to email [olderadults@chesterfield.mo.us](mailto:olderadults@chesterfield.mo.us) or call 636.812.9500 to be included on the email list for possible weather related cancellations or changes.

Helmet, water and flat repair kit required.

In case of inclement weather, please call 636.812.9500.