

**The Friends of the Flint River Trail (FFRT) begin their Thursday night bicycle rides on June 7<sup>th</sup>, at 6:00 PM. Starting at the Flint Farmers' Market, these rides are for the experienced rider and range from 15 – 24 miles in length, at a moderate to fast pace. The Thursday rides will continue every week through the end of September, when darkness begins to curtail the rides.**

**The Thursday rides complement the regular Sunday FFRT rides, which continue every Sunday through October. They leave from the Flint Farmers' (City) Market at 2:00 PM sharp. The Sunday rides are actually two rides – both leaving from the market at the same time. The “fitness ride” is a ride of about 14-17 miles at a moderate pace. The “family fun” ride is for families with younger children – or for adults just returning to their bicycles after a long absence. The family ride is 5-6 miles in length and at a rather slow pace. June 10<sup>th</sup> is the monthly “ice cream” ride, which goes to Stepping Stone Falls and then on to the Village of Genesee. The “ice cream rides” are repeated the second Sunday of each month. A special Father's Day Ride will include a visit to the Buick Gallery of the Sloan Museum. There are other occasional “destination rides” throughout the summer. In addition, the FFRT promotes occasional rides on other trails throughout the state.**

**Helmets are strongly encouraged on ALL rides. No advance registration is required and there is no fee. Just show up and enjoy the ride along the Flint River Trail – which stretches along both sides of the river from the downtown UM-Flint Campus to Bluebell Beach in the Genesee County Park System. For additional information, contact Jack Minore at [jackminore@aol.com](mailto:jackminore@aol.com) or by phone at 235-1490.**

**Friends of the Flint River Trail is affiliated with the Flint River Watershed Coalition, which promotes recreational use of the river and sound environmental practices throughout the watershed. The Flint River Watershed includes most of Genesee and Lapeer Counties and portions of five other counties in mid-Michigan.**