

# bike 2health



## South County Rides



*for ages 6+*

### Mountlake Terrace Rides

APRIL, MAY & SEPTEMBER 2<sup>nd</sup> Saturday, 9–11 am

JUNE, JULY & AUGUST Tuesdays, 5–7 pm

### Lynnwood Rides

APRIL, MAY & SEPTEMBER 2<sup>nd</sup> Saturday, 12:30–2:30 pm

JUNE, JULY & AUGUST Wednesdays, 5–7 pm

### Edmonds Rides

APRIL, MAY & SEPTEMBER 2<sup>nd</sup> Saturday, 3:30–5:30 pm

JUNE, JULY & AUGUST Thursdays, 5–7 pm

Learn more and register at  
[www.cascade.org/bike2health](http://www.cascade.org/bike2health)

The Edmonds School District does not sponsor or endorse the activity and/or information contained in this material

