

# Biking Trip

**Instead of Hiking, we are going Biking!**

**Saturday, Oct. 24**

**Sign in at 9:15 a.m.**

**Start time is 9:30 a.m.**

**SFMC Duathlon Bike Ride**



Is everyone ready to go outside and enjoy the great outdoors and earn miles for the Duathlon Challenge?

Come join in the fun with Nancetta Williams, Director of Medical Staff Services, who will lead this biking extravaganza.

Meet at 9:15 a.m. at St. Francis Medical Center and ride to Black Forest and back to SFMC. All ability levels are welcome.

We leave **PROMPTLY** at 9:30 a.m.,

Please ensure tires are pumped up and your bike is ready to ride before showing up. You can ride as far and as long as you want. The estimated travel distance is about 21 miles.

- From SFMC, turn right on Woodmen; take left on Black Forest Rd. – take right on Vollmer Road, then take left onto Burgess Road (6.14 miles)



- From Burgess Road, turn right at Pine Cone Road, then take right at Herring Road. Continue and take right back onto Burgess Road (9 miles)

- From Burgess, take left at Black Forest, follow back to Woodmen and take Woodmen back to SFMC (5 miles)

**Remember to WEAR A HELMET (required to participate), BRING WATER and some FOOD, as you will get thirsty and hungry along the way. Bring your family, friends, and of course YOUR BIKE! See you then☺**

**\*You will receive HIIP fitness activity credit for this event!**

**If you have any questions, please call Nancetta Williams at 776-5114.**



Health Improvement Incentive Program