

# Independent Cycling

for people of all abilities



## Independent Cycling in Northampton Every Saturday

**April 27 – September 30, 2017**  
(Except May 6, June 3, July 29, Sept. 9)

**11 AM – 3 PM**

You can reserve a cycle for one to four hours based on availability.

**Advance registration strongly recommended.**

Borrow an All Out Adventures cycle from our office! The Northampton Rail Trail is located two blocks from our office. Our staff person will provide the cycle that you need and assist in fitting it to you. Otherwise, you will be on your own to ride the trail. If you need more in-depth staff assistance, it is best to come to one of our supported cycling programs.

To participate, you will need to independently or with the assistance of your companion:

- » Transfer on and off the cycle
- » Consistently follow the rules of the trail (stay to the right, stop at all street crossings, and notify other trail users when passing)
- » Call the program cell phone in case of mechanical difficulty

### Contact:

Please call or email All Out Adventures for more information and to register:

**413-584-2052 or**  
**info@alloutadventures.org**  
**www.alloutadventures.org**

### Cost:

\$5/hour or \$25–\$40 sliding scale. Your financial support – through donations, the Kayak-a-thon, and the Consignment Sale – is allowing us to offer this program to people with disabilities and our family and friends, though we do not have any specific grant funding for it. Thank you!

### Where to meet, what to bring:

- » The program meets at  
**All Out Adventures Office**  
**214 State St.**  
**Northampton, MA 01060**
- » In case of inclement weather, call our office number before you leave home for a recorded message about program status.
- » Wear closed-toed shoes like sneakers. Bring a backpack with a water bottle, salty or sweet snack, and cell phone if you have one. Properly-fitted helmets required. We provide them or you are welcome to bring your own.



**All Out Adventures**  
outdoor recreation for people of all abilities

All Out Adventures is a 501(c)(3) non-profit organization based in Northampton that promotes health, community, and independence for people with disabilities and their family and friends through outdoor recreation.

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