



Exodus Community Bike Ride

"Nothing compares to the simple pleasure of a bike ride."

-John F. Kennedy

For some, biking is a form of pleasure. For some, it is a way of transportation. For others, biking is a way of life.

Exodus Community Bike Club is introducing the notion of "biking as a way of life" by Carrie Merritt, Exercise Specialist. The goal of the club is to introduce people of all shapes, sizes, gender and background to find a passion for biking. The goal is larger than just a workout. The club is being formed to build community and spread the word of the benefits of biking.

Rides will meet each week on Tuesday evenings at 6pm and ride anywhere from 15-30 miles. There will be multiple group leaders that will help maintain the safety of all riders. There is no fee for the class, but donations to help grow the club would be appreciated.

So, come check out the beautiful landscape around us, meet friends that share the same interests and ignite your passion by enjoying the simple pleasures of life....biking, friends, community.

**Exodus Community Ride
Tuesdays at 6pm
Meeting Point: Exodus Integrated Wellness
623 Bay Ave, Ocean City**