



# FIRST DAY BIKES



CELEBRATE FLORIDA GREENWAYS AND TRAILS MONTH



**OCTOBER 1, 2023**

**9 AM - 12 PM**

## MAIN EVENTS

Expo at the Capital  
Circle Trailhead of the  
Tallahassee-St. Marks State Trail

Scheduled bike rides  
(for ALL experience levels)

Free helmet fittings and  
helmet giveaways

(See schedule for more information)

**OUTDOOR EXPO · GROUP BIKE RIDES · FREE HELMETS**

**4778 WOODVILLE HIGHWAY, TALLAHASSEE, FL 32305**



# FIRST DAY BIKES SCHEDULE

JOIN US FOR OUR OUTDOOR EXPO AND GROUP BIKE RIDES

**OCTOBER 1, 2023**

## LONG DISTANCE

8:30 AM

FREE REGISTRATION



### Long Distance Ride with Capital City Cyclists

- Meet at the Capital Circle Trailhead of the Tallahassee to St. Marks Historic Railroad State Trail
- 20 miles on paved trail from the Capital Circle Trailhead to the Wakulla Station Trailhead and back
- Preregistration is required for this ride by visiting: <https://tinyurl.com/mjk29txu>

## ALL AGES

9:00 AM

NO REGISTRATION NEEDED

### All Ages Ride with a Ranger

- Meet at the Capital Circle Trailhead of the Tallahassee to St. Marks Historic Railroad State Trail
- Slow-paced casual ride suitable for all ages and experience levels
- 3 miles total on paved trail

## MOUNTAIN BIKE

9:30 AM

NO REGISTRATION NEEDED

### Mountain Bike Ride with the Tallahassee Mountain Bike Association

- Meet at Munson Hills Trailhead 5140 Woodville Hwy, Tallahassee, FL 32305
- 8 miles total on single track mountain bike trails

*ALL RIDES ARE FREE AND OPEN TO THE PUBLIC  
ALL RIDERS SHOULD BRING THEIR BIKE, HELMET, AND DRINKING WATER*