

**ATTENTION NEW MEMBERS!**

On New Member Day, Saturday, May 14, we will be having a “How to Fix a Flat Tire Demonstration” and “Bike Maintenance” clinics at 8:30 AM prior to the rides. These will take place at Ramsey Municipal Lot (North) which is where all the rides are leaving from. Pick one and enjoy! We look forward to seeing you! (Rain date 5/15).

**Attention B\* and A riders!**

The “Ridgewood Run” is taking place on May 30 in Ridgewood. The organizers are in need of 6-12 experienced cyclists who can maintain 19+ mph to escort the participant athletes in The Kessler Wheelchair 10k race. The arrival time is 7 AM, the race starts at 8:15 and lasts about an hour. If interested please contact Linda Ferraro the President of the North Jersey Masters, 201-819-6513 for details.