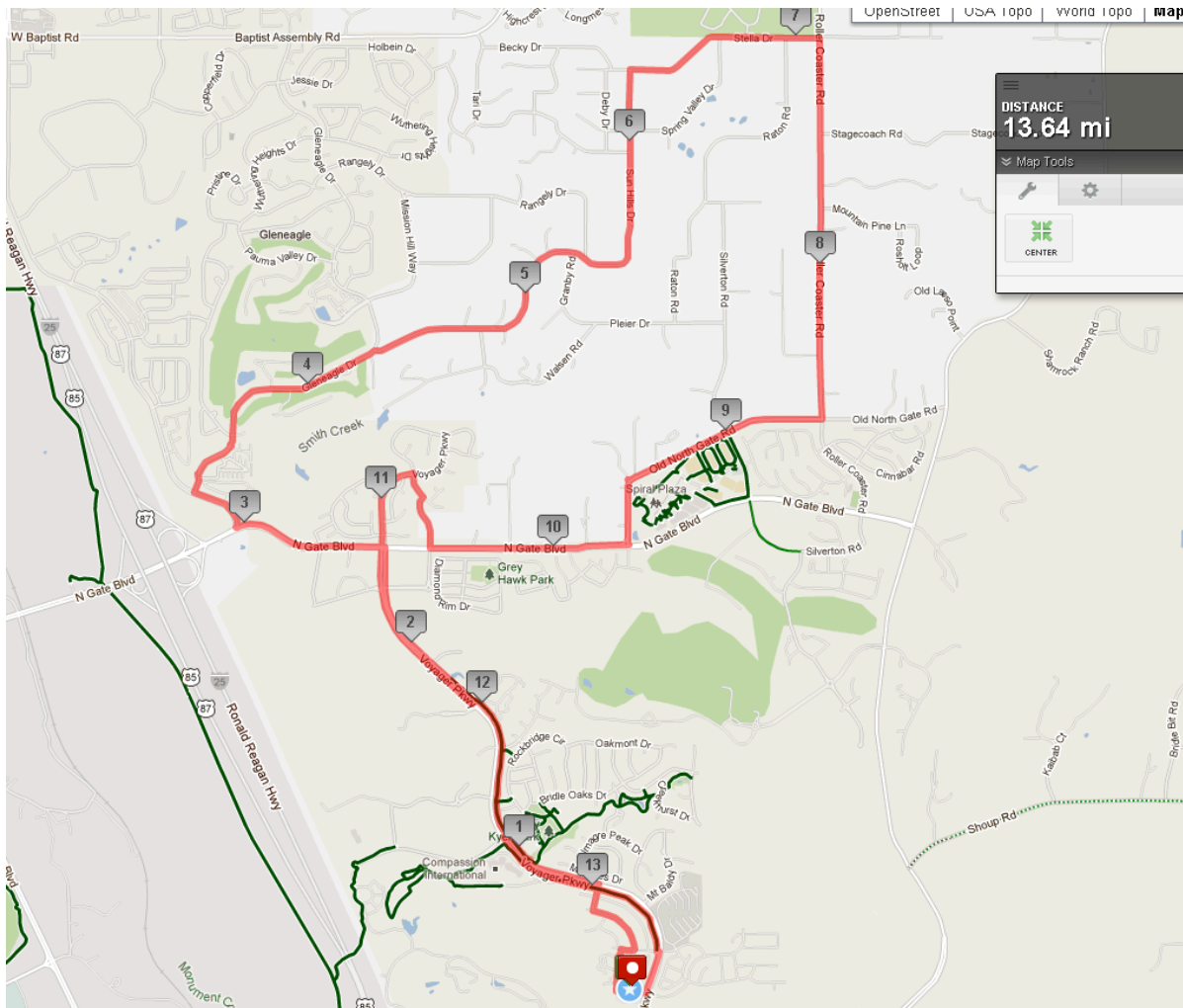


NEO Endurance Friday Night Ride at Cafe Velo

Route map for [Aug 31st](#) is below!



Join Coach Nicole of NEO Endurance Sports & Fitness every Friday evening through the summer of 2012 at Cafe Velo for an all-abilities ride of 45-60 minutes (~10-14 miles). We meet at 6:00 to ride at 6:15pm. Bring your friends and your family, and start the weekend off right!

NEO Endurance Sports & Fitness ~ <http://neoendurancesports.com> ~719-235-8209

Cafe Velo ~ <http://cafevelobikes.com> ~ 719-772-6101