

Cycling

for health and fitness



Cycling is a great way to meet people and make friends!

Low impact – it causes less strain and injuries than most other forms of exercise.

A good muscle workout – cycling uses all of the major muscle groups as you pedal.

Easy – unlike some other sports, cycling does not require high levels of physical skill. Most people know how to ride a bike and, once you learn, you don't forget.

Good for strength and stamina – cycling increases stamina, strength, and aerobic fitness.

As intense as you want – cycling can be done at very low intensity to begin with, if recovering from injury or illness, but can be built up to a demanding physical workout.

A fun way to get fit – the adventure and buzz you get from coasting down hills and being outdoors means you are more likely to continue to cycle regularly, compared to other physical activities that keep you indoors or require special times or places.

Time-efficient – as a mode of transport, cycling replaces sedentary (sitting) time spent driving motor vehicles or using trams, trains or buses with healthy exercise.

Plymouth County Cyclists

P.O. Box 511

Le Mars, IA 51031

**CYCLING
HEALTHY
RELAX
FUN**



**COMMUNITY
EXERCISE
STAMINA
BICYCLE
TRAILS
SCENERY
ENJOY
FRIENDS**

Plymouth County Cyclists

Welcomes You to Le Mars

What we do...

- Organized Bike Rides - All Levels of Ability & Equipment
- Sponsor of Tour De Plymouth Community Bike Ride in June
- Promoters of Bicycle Safety for Kids with a Bike Rodeo



A bicycle club for all ages

*Plymouth County Cyclists
is a bicycle club for all types
of bicycling based in Le Mars, Iowa.
We offer group bicycle rides
for all ages and levels of riding.*

We welcome you to ride with us.

We invite you to join our club!

For information and to sign up

go to

our website www.plymouthcountycyclists.org

or email us plymouthcountycyclists@gmail.com

- Monthly Meetings
- Sponsor of DNF (Do Not Freeze) Winter Ride in February
- Members Christmas Party & Halloween Party/Costume Ride
- Participation in Area Parades
- We are Involved in and Support Assorted Community Projects
 - Share the Road Signs
 - Kid's Helmet Program
 - Bike Rack Program