

7 in Heaven

631-592-9804 · www.7-in-heaven.com



BICYCLE Ride

All Ages

FATHERS DAY

SUNDAY June 19, 2016

Sunrise Hwy and Broadway Massapequa, NY ([map](#))

TIME to meet: 12:30pm

Where: to meet- Sunrise Hwy Massapequa Train Station just WEST of Park Blvd. and EAST of Broadway. (*NOT Massapequa Park train Sta.*)

FREE to park at Train Station on weekends!

MEET and Park at the most EASTERN Parking area at the Massapequa Train station facing Sunrise Hwy. (FIELD M-5) We pick up the trail right there- no Sunrise hwy riding needed.

Level of difficulty Bike ride on smooth, off the road PAVED PATHS, Beginner to Intermediate with last few miles before Bethpage, hills to climb

Bike Trail Plan FROM: Massapequa Preserve TO: Bethpage State Park This will be a total of 14 miles round trip of smooth surface for riding. We will take breaks for those that need it to Bethpage Park. Then bike ride back to Massapequa. This route is safer because there's no traffic, beautiful well keep trail

Bring your own bicycle! If you don't have a bike rack- call me and I will see if I can make arrangements with someone that lives by you that is going.

PACK YOUR OWN LIGHT LUNCH and DRINK

Cost: \$5 to organizer for Administration fees for organizing the event ~
Pay CASH at event

Please RSVP CALL Gail: 631 592-9804

First time? [sign up HERE](#)