



Sanctuary Ski Club's Bike Ride of the Month!

Are you ready to pump?

Old Plank Road Trail in Frankfort

Saturday, May 8th



**10 AM WE MEET, 10:30 AM WE RIDE
20-mile or 40-mile options**

Frankfort is just south of Orland Park, at the intersection of routes 45 and 30. The trail is flat and paved in blacktop, so it is good for road bikes as well as hybrids.

We will meet at 10 a.m. in Frankfort at the Trolley Barn, 11 South White Street. The Trolley Barn is an antique marketplace with a deli and ice cream shop. We will start out going east doing about a 20-mile ride round trip.

We'll be back at the Trolley Barn about noon. We'll take a short break to eat and hydrate, then take the path to the west, which is about another 20-mile ride round trip.

Join us for either of the 20-mile options or the full 40-mile ride.

See the map below. For more information about the trail [click here](#) and visit the Old Plank Road Trail web-site.

Here are some things that you might want to bring on the ride:

BICYCLE LOCK • WATER BOTTLE • MONEY • SPARE INNER TUBE

HELMET & SEAT BAG or RACK (FOR CARRYING THE ABOVE)

Just show up, meet the group, and ride (SHOW AND GO).

For more information contact: Debbie Geiger at debbie_geiger@msn.com or 630-400-6620 (cell).

For further directions on where we are starting off see the map below:

