



## Hudson Trail Outfitters presents...”2 Legs or 2 Wheels”

### WEEKLY GROUP RUN TRAINING CAMP!

#### Every Tuesday Night, Starting in March, 6:30pm

Runners, come one come all! HTO and Let's Get Fit want to help get you energized for the week and get your blood pumping. Join the HTO Running Club every Tuesday night for an all inclusive running adventure. This program will include: Trail Runs, to help improve pace, Hill Running, to help improve stride and Loop Sprints, to help improve speed; choose one activity per week or work all three as a circuit. Let's Get Fit team leaders will be on hand to assist with proper running techniques, stretching advice as well as nutritional and proper hydration advice. As simple as running may seem, at times we are not aware that improper technique or something as simple as lack of hydration can cause injury. HTO and Let's Get Fit can help to provide you with the tools to become a stronger runner. Become a regular and receive special deals with your HTO Group Run Card (5 times = 20% off your next pair of running shoes)! If you are interested in group motivation, then please join us. There are a variety of pace groups within the group and our philosophy is that no runner will be left behind! Runs will start promptly at 6:30pm, arrive early for stretching and warm up. Ask a Store Manager for sign-up details and reserve your spot today! Runs are FREE! **If there is inclement weather: heavy rains, storm/flood warnings or lightning the runs will be cancelled.**

Weekly Training Camps: every Tuesday Night, starting at 6:30pm. **Meeting Spot:** Norwood Park 4700 Norwood Road Chevy Chase, MD 20815. Park either in the upper or lower parking areas, meet on the grass in the center of the lower parking area.



## GROUP RIDES

Calling all Riders! Come join “HTO’s Cycling Club” to meet new people, find new biking partners and create new adventures. Join HTO for local touring and mountain biking rides throughout the season. Rides will be lead by HTO staff and will range from 10-20 mile trail rides to 20-60 mile road rides. Rides will start promptly at 9:00 am (arrive at 8:30 am for pre-ride group stretching). Sign up in stores ... ask to speak to a Store Manager! At the conclusion of each ride HTO will have a 30 minute question and answer session on basic bike maintenance. Contact your local HTO store today for ride details. Helmets required! **If there is inclement weather: heavy rains, storm/flood warnings or lightning, the ride will be cancelled.**

**Weekly Road Rides, every Saturday, starting in March:** This ride will travel all over Germantown and through Poolesville. Riders will pace on flats, climb hills and enjoy speed on down hills. The routes will vary in length (anywhere from 20-60 miles) depending on abilities and desires. Every pace level is welcome! So grab your bike, your morning coffee and come meet our bike ‘gurus’ for a Saturday morning of hard pedaling! We will meet at the South Germantown Recreation Center, 14501 Schaeffer Road in Germantown, Maryland, (the south-east side of the circle on Schaeffer Rd). There are real bathrooms and tons of parking. The ride leader will be wearing an HTO cycling jersey, look for the HTO Banner!

**Monthly Mountain Bike Rides:** Get ready to get dirty! Join HTO’s Mountain Bike experts to ride some of the areas best trails and ramped log hops around. The trails will offer something for all levels. Some parks may have more technical sections and will require beginners to dismount, but intermediates should find most sections ride-able and challenging.

**3/21- Patapsco State Park-Avalon, MD:** 15 miles of single track, creek crossings and logs to jump make this a great ride. This ride is great for all levels; you just must like to get dirty! **Meeting Spot:** Rolling Road Park and Ride, look for the HTO Banner.

**4/18- Wakefield Park-Annandale, VA:** 7 miles of single track, moderate terrain. This ride is for intermediate to advanced mountain bikers, filled with assorted obstacles and skill-building features. **Meeting Spot:** Follow the entrance road until it ends at a left turn into a parking lot; rides leave from the large recycling bins in this lot. Look for the HTO Banner.

**5/16- Schaeffer Farms-Germantown, MD:** 12 miles of rolling single track loops. The trails offer something for all levels, but tend toward fast and smooth hard pack single track, with moderate climbs, and a good number of log hops. **Meeting Spot:** Main parking lot, look for the HTO Banner.

**6/13- Fountain Head Regional Park-Fairfax Station, VA:** 10 miles of single track (with only a few short sections of two-way traffic) that feature multiple short, steep climbs and several fast descents. This ride is for intermediate to advanced mountain bikers, filled with assorted obstacles and skill-building features. **Meeting Spot:** Fountainhead is located at 10876 Hampton Road, Fairfax Station, VA 22039. The trailhead is clearly visible from the parking lot, look for the HTO Banner.