



Skate, Bike and Stroll*

**The Lake @ Glen Rock
Every Wednesday at 6pm**

Join us as we travel down winding park trails that take us over bridges, alongside streams and around lakes as we pass through six towns on our approximate 1 to 1 1/2 hour adventure. Good food and grog follows as we meet up at the Office Restaurant in Ridgewood.

The park entrance is located at the intersection of Prospect Street and Alan Avenue in Glen Rock. For directions see MapQuest.com. Enter the park and drive around the pathway until you come to the second and largest parking lot – the one furthest from the trail head.

For info or to sign up for our email list, contact **Linda Castronovo** at Linda@roadskater.net or 201-314-6454, or **Ron LeVine** at 201-647-1851.

**A program of the Garden State Ski Club*

*Meet New
Friends*

Great Exercise

*Learn-to-Skate
Instruction*

Good Times

Pre-Event Dining Out