

RIDE SCHEDULE

Ride times and locations subject to change.
Check www.wolverinesportsclub.com for the latest ride information.

Mondays

- 7:00 pm – Royal Oak American Cycle and Fitness Store on Woodward just north of 12 Mile Rd. Moderate pace approximately 20 miles.
- 6:00 pm – East Side Manhattan just north of 11 Mile Rd. in St. Clair Shores. Easy pace, 25 - 40 miles.

Tuesdays

- 6:00 pm – New Baltimore—Anchor Bay Bicycle & Fitness (35214 23 Mile Road). Moderate plus pace, 35-40 miles.
- 6:15 pm – Beverly School on Beverly (13 ½ Mile Rd.) just west of Southfield Rd. Moderate pace, 30-35 miles.

Wednesdays

- 6:00 pm – Northville Center Street and Main (across from the Post Office). Moderate pace, 30 miles.
- 6:15 pm – Royal Oak Library parking lot. Easy pace, 25 miles.
- 6:30 pm – East Side American Cycle and Fitness Store on Mack Ave. (Between Moross and Vernier) Moderate pace 25- 40 miles.

Thursdays

- 9:00 am – Dirt road ride, Stony Creek Boat Launch. Moderate Pace, mileage as announced.
- 6:15 pm – Beverly School on Beverly just west of Southfield Rd. Moderate plus pace, 30-35 miles, “drop ride”.

Thursdays (cont'd)

- 6:20 pm – Beverly Hills Village Park, W of Beverly School. Moderate pace, hilly, 30+ miles.

Fridays

- 6:30 pm – “Bridging the Gap” ride. Royal Oak Library parking lot – Easier pace than Wednesday nights.

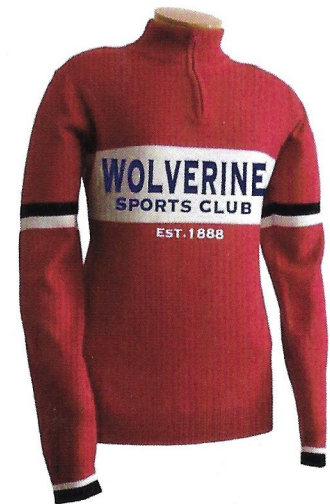
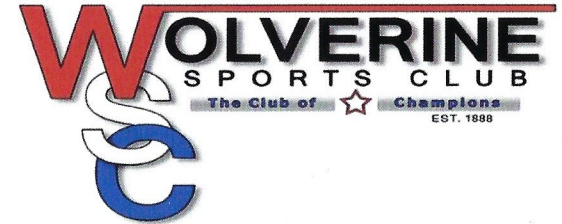
Saturdays

- 9:00 am – Beverly School on Beverly (13 ½ Mile Rd.) just west of Southfield Rd. Moderate pace, 40 miles.
- 9:00 am – Northville Center Street and Main (across from the Post Office). Faster pace, 60-80 miles.

Sundays

- 9:00 am – Beverly School on Beverly (13 ½ Mile Rd.) just west of Southfield Rd. Moderate pace, 40-50 miles.
- 9:00 am – East Side Grosse Pointe Woods Police Dept. parking lot, Mack Ave. – Moderate pace, 50 miles.
- 9:00 am – Northville Center Street and Main (across from the Post Office). Moderate pace, 50 miles.

For Speedskating Schedules and Information, please see www.wolverinesportsclub.com



Wolverine Sports Club

P.O. Box 63

Royal Oak, MI 48068

www.wolverinesportsclub.com

The Wolverine Sports Club has a long and glorious history of developing world class cyclists, speedskaters, and Nordic skiers to hone their skills and become competent and competitive athletes in their chosen discipline.

Known as The Club of Champions, the WSC works with individuals through structured training rides, fully disciplined skating sessions and cross country ski training to help athletes from junior to masters competitors gain the proficiency and expertise that comes from experienced coaching and a program that has produced countless state, national, world, and Olympic Champions since 1888.

Athletes join the Wolverines to learn proper techniques and receive motivation, training, and coaching, whether they want to simply learn to participate in their sport(s) more competitively or to race successfully in local events or on the national or the world stage.

CLUB POLICIES AND INFORMATION

The WSC offers a variety of informational safety training and skills practice related to all sports, for purposes of injury protection. The Club also promotes the World Anti-Doping Authority (WADA) code and promotes substance/alcohol-free sport activities. We are a SafeSport club (uscenterforsafesport.org).

Membership in the Wolverine Sports Club is on an annual, calendar year basis and dues are \$25 for individuals, \$30 for families and \$10 for juniors. 5-year and lifetime memberships are also available. Membership applications can be found on our website at www.wolverinesportsclub.com

Club activities are also announced via our Yahoo Groups E-Mail list called "wolverine-list." groups.yahoo.com/neo/groups/wolverine-list/info

The WSC also maintains the Wolverine Sports Club and the Wolverine Sports Club Speedskating Facebook page.



CYCLING

Cycling is the largest focus of the Wolverine Sports Club, and is comprised of two groups: racing and touring. There are training and touring group rides 7 days a week in many Metro Detroit areas including Royal Oak, Beverly Hills, Grosse Pointe, New Baltimore, Northville, and Stony Creek. Rides vary in distance from 25 to 100 miles with differing average speeds. Riders of all levels are welcome to join, enjoy riding with other experienced riders, and learn proper riding techniques, pack etiquette, and other skills. A list of rides is on the back of this brochure, but check the WSC website for an up-to-date schedule.



SPEEDSKATING

The historic WSC speedskating program runs year-round. We train at the Viking Arena in Hazel Park and the Ice Cube in Ann Arbor. All skating sessions are run by experienced coaches and all ability levels are welcome. Skaters are groomed to compete in local, regional and national competitions. Those interested in learning more are encouraged to drop in at one of the sessions. We have speed skates available for you to use and we accept newcomers throughout the year. Check the WSC website for a current schedule.



NORDIC SKIING

The Wolverines ski locally during the winter months, mostly at Huron Meadows Metropark and Forbush Corner in Frederic, MI located about 10 miles north of Grayling. No experience is necessary and the whole family is welcome to ski with the Club. The WSC hosts a "Wolverine Weekend" at Forbush Corner which is usually held the third weekend in January. WSC members receive free clinics geared to classic as well as skate-skiing techniques. Club members of all levels can also participate in special events like the Crazy Hat race and Poker Run.