

Summer Cycling for Veterans

Goals: Introduce the foundations of cycling with a focus on progression, to include mechanics, basic wellness and movement physiology and nutrition. A easy, flat park loop is available to test bikes and get proper fit or an out and back ride option on the greenway loop will be available.



Cheyenne VA and Adaptive Adventures will be available with a variety of bikes to meet your functional needs. Recumbents, hand cycles and tandems available. You are welcome to bring along your own bike if preferred.

Dates and Location:

Mondays, June 3 and 17th Holiday Park in Cheyenne

Mondays, July 8 and 22nd Holliday Park in Cheyenne

Thursdays, August 15 and 29th. Holliday Park in Cheyenne



Cycling improves mental well-being, improves sleep, promotes weight loss and builds muscle.

Session Times

Session 1 1300-1600

Session 2 1730-1930

Please come join in the fun. All skill levels welcome! Bring sunscreen, water, a snack and helmet if you have one, if not they will be provided.