

RIDING FOR MEN'S HEALTH

SUNDAY 19TH MAY 2024



The group ride will start at Spartan Cycle 8:30 / KSU 9:00

(fill up in advance)

Dress code: Dapper, check pictures for ideas.

Women are also included.
dress appropriately.

Make sure you are registered. Donations
Start at 20.00.

More detail to follow.

Register and join our group ride from Spartan Cycle to this event.

Register here: <https://www.gentlemansride.com>

**MORE THAN 100,000 RIDERS IN 900 CITIES
AROUND THE WORLD, RIDE FOR MEN'S HEALTH!**



<https://www.gentlemansride.com/blog/post/a-record-setting-year-for-the-distinguished-gentlemans-ride>