



## Cycle2Health 2026 Rides

*Special Note for All Rides - Please arrive 15 minutes before ride start time to ensure an on-time start. We advise continuing to bring masks on the rides, as many rides have stops for bathrooms, snacks or water and a facility or business may ask you to have a mask on. Remember your water bottle as water fountains may not be accessible on rides; bring sunscreen, and tools to change a tire; bring a cell phone if you have one, and identification including emergency contact information. You must register for Cycle2Health and review the bicycle guidelines before you can participate in these rides.*

*Disclaimer: rides are subject to change or be canceled at the ride leader's discretion. Please subscribe to the listserv for the most accurate ride information. To join, email [cycle2healthhowardcounty@gmail.com](mailto:cycle2healthhowardcounty@gmail.com) with the subject "add to listserv."*

*Contact Rachel Filar at 410-313-6073 or [rfilar@howardcountymd.gov](mailto:rfilar@howardcountymd.gov) for more information.*

**2026 Ride Details Coming Soon! Please Stay Tuned!**