



# **NATIONAL GUARD CYCLING**

**We encourage any National Guard service member, spouse, dependant, retiree, and/or contractor to join NGC regardless of your experience or ability level! The main focus is to have fun and to bring awareness to the National Guard as members cycle through the very communities where we live, work, and play.**

The types of NGC activities are numerous. Our cycling seasons include both on and off road events for everyone. No exclusivity - All are welcome! NGC advantages include:

- Advice and coaching from fellow members who are from all levels of skill and fitness
- Scheduled rides with no obligations - do part or the entire event based on your time allotment
- Bike clinics - learn, teach, and share the wealth including safety tips and maintenance
- The opportunity to meet other Service Members/families and build a support group during this time of high deployments
- Most importantly - improving your health both physically and mentally

**Seeking a motivated cyclist interested in spearheading NGC for your State. For information, go to the website below:**

**[www.nationalguardcycling.com](http://www.nationalguardcycling.com)**