

Exciting NEWS!!! All CSP Express rides are now *7:00am year round *Friday Levee Ride starts at 6:30am

OUR RIDES / RUNS

We have 4 rides and 2 cross-training workouts a week to choose from:

Wednesday's "road bike training" ride / run @ 7:00am

Friday's "mountain bike levee" ride / run @ 6:30am

Saturday's "road bike group" ride / run @ 7:00am

Sunday's "road bike group" ride @ 7:00am

[For more details click here](#)

[](#)

All levels are welcome to join us.

The "training" rides are "no drop", and are perfect for beginner to advanced levels.

***Headphones, Ear Buds and Speakers are strictly PROHIBITED on all CSP Express rides.**

***Aero bars are welcome, but NOT ALLOWED while in a paceline or rotation.**

When using aero bars, either ride off to the left side or stay in the rear.

This is for your safety as well as the safety of others around you.

CSP Express / zMotion requires all event / training ride participants to wear a helmet and obey all traffic laws (i.e. respect signals, stop signs, yield signs, etc.).

Use caution at intersections and respect all other road users (other cyclists, pedestrians and motorists).

As a participant, you recognize that cycling is a potentially hazardous activity and you assume all risks associated therewith.