

Zzz Skate Announcement (06/05/2011)

Written by Jonathan

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On Sunday I will lead a Sunday Beginner Skate at 9:00 AM. This skate route is a little shorter than the regular Zzz Skate routes and rolls at a slower pace. See the Sunday Beginner Skate details below.

The Zzz Skate will depart at 10:30AM. This will be the normal roll out time for the season. Group up location is Piedmont Park (at the 10th Street entrance). See the Zzz skate details below.

Beginner Skate details:

- Pace: 7-9 mph
- Distance: 5-7 miles
- Duration: 1-1.5 hours
- Group up at 8:45AM at Piedmont Park near the 10th St entrance (across from Charles Allen)
- **Departs at 9AM**

Zzz Skate details:

- Pace: 9-11 mph
- Distance: 8-10 miles
- Duration: 1-1.5 hours
- Group up at 10:15AM at Piedmont Park near the 10th St entrance (across from Charles Allen)
- **Departs at 10:30AM**
- Brunch around 11:30PM in the Va-Hi neighborhood (location TBD)

Requirements:

- Control speed using a heel brake
- Helmet
- Wrist guards

Water is strongly recommended.