

## Zzz Skate Resumes for 2012

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The Sunday Zzz Skate departs at 10:30AM. This is the normal roll out time for the season. Season ends after Labor Day weekend. Changes for 2012 include: longer routes, new streets, and a boycott of Neighbors Pub. Group up location is Piedmont Park (at the 10th Street entrance). See the Zzz skate details below (Note: this is intended for intermediate level skaters). If you are interested in a beginner skate, please consider the 9AM Sunday Beginner Skate. Note: This skate is actively led Memorial Day through Labor Day.

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

Cold Water is strongly recommended