



your **VELOCITY**
COLUMBIA'S RIDE TO END CANCER

RIDE THE 2019

BLUE ROUTE



We turned our 10-mile Blue Route into a 23.5 mile loop that will take you over the GWB twice and challenge your endurance on our famous Palisades Push hill! [Click here to access one of our best suggested routes yet.](#)



Flat Tire?



Nobody likes a flat tire. Fortunately, our friends at Urban Cyclery created a video showing you everything you need to know in case it happens to you. Just click the play button above to learn how to fix a flat.