

empower
spinal cord injury



Knobby Tire Ride and Roll

Let's get out on the trails! Trail Riding Event open to All Abilities!

Led Rides for Able-Bodied Individuals, and

Accessible Equipment for Wheelchair-Users to Cycle on Off-Road Terrain!

- Biking, Barbeque, and a Great Raffle- what's not to love? All while raising awareness about adaptive cycling and raising funds for individuals with spinal cord injuries - a match made in heaven!
- Excited to get back out on the trails, but need a little adaptation to make it happen? Come to the Knobby Tire Ride, try adaptive equipment from [Bike-On](#) and [Northeast Passage](#), ride with our Empower Crew and let us help you get back on the trails!
- Interested in learning more about mountain biking? Join us for a clinic put on by Karen Eagan of Ride Like a Girl, which is free to all attendees!

Register on Active.com - Search "Knobby Tire"

September 24
1 pm - 5 pm
Great Brook Farm
State Park, Carlisle, MA

Empower Spinal Cord Injury is dedicated to creating healthier and more meaningful lives in individuals with spinal cord injuries. Our residential program at Stony Brook University runs the last two full weeks in July

www.empowersci.org
www.facebook.com/empowersci

Empower Spinal Cord Injury, Inc. A Nonprofit Corporation
EIN: 27-5575042 ccallahan@empowersci.org