



FARTHER.
FASTER.
SAFER.

WHAT'S NEW IN NOVEMBER 2018



Tour de Foothills

November 10

It's here, and VROOM will be there! That's right, the **Tour de Foothills** has arrived, and we want YOU to come visit our booth! We'll make it worth your while with a wheel of prizes, new merchandise, and candy (in case you didn't get enough this Halloween).

It's **November 10** in **Downtown Upland**, so come along for the fun!

[Follow Us for Updates](#)



New Group Rides and Group Workouts

What could be more fun than suffering with friends towards a common goal? With our new **group rides** you can ride in a structured group equipped with a leader, a group chat, and matching jerseys. Want something more tailored to you but with the same community feel? Then, our **group workouts** are for you! This type of exercise is personalized to each individual's strengths, but you still ride the same course together. Perhaps you enjoy a solitary atmosphere but the group workouts sound about your speed? Come in anytime, and you can complete an individual workout that is perfect for your ambitions.

[Join a Group Ride or Group Workout](#)



Passo dello Stelvio Challenge

Courageous QOM Crowned

KOM Needed

Connie is our **QOM** on this **9 mile, 3655 foot** Stelvio climb! She killed it with a time of **1 hour and 51 minutes**, closely followed by our second place rider, Tamara, at 1 hour and 52 minutes. **Men**, if you are the **first** to ride this challenging climb, you'll receive a **free nutritional item** along with the **KOM** title. **Ladies**, if you **beat Connie's time** (or current QOM) on the Stelvio, you get **2 weeks of free rides!** What is there to lose? Book today.

Accept the Challenge

Studio Hours

Monday - Thursday

6:00am to 3:00pm by appointment

3:00pm to 9:00pm walk-ins welcome

Friday - Sunday

By appointment