BREAKING OUT

Cycling still in season

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Don't put your bike away yet. There are still plenty of good days – and good events – left this year for those who like to get out on two wheels.

Here's some information on upcoming events:

■ The second annual Paris Mountain Downhill Race is Friday and Saturday at Paris Mountain State Park.

On Friday, riders can pre-dire the course to get used to the twists and turns that await them during competition. Friday night is dedicated to the pre-race party at 6 p.m. at Barley's Taproom (upstairs) in downtown Greenville.

When Saturday dawns, Upstate SORBA, the Greenville Country Recreation District and St. Francis Sports Medicine will host the race that is a bone-shocking, thrill ride down a treacherous mountain course.

For all the information you'll need, visit: www.parismountaindownhill.com

■ Tired of your peanut butter and jelly sandwich? Spend your lunch hour riding on Greenville's greenways.

The third Friday of every month – that means this Friday – Brian Graham, the City of Greenville's greenway planner, leads rides starting from Linky Stone Park. The easy-paced 30-minute ride has an option of a longer route if you're interested. The rides are a good opportunity to get to know Greenville trails and greenways better and to learn about upcoming projects and improvements to the trail network.

Meet at noon at Linky Stone Park on Reedy View Drive, off River Street, in downtown Greenville.

Contact Graham at 864-467-4350 or e-mail bgraham@GreenvilleSC.gov.

■ On Saturday, the Greenville Spinners host the Seizures Head Slog Fest. This is a 60-mile loop ride from Travelers Rest to Caesars Head.

The route and ride is designed for "moderate riders." The route can be cut short to avoid the climbs.

Greenville Spinners members ride free; others pay $5. Ride starts at 9 a.m. at the closed Winn Dixie on U.S. Highway 25 in Travelers Rest near the McDonald's.

Visit: webpages.charter.net/audionet/slog.html

■ The Greenville Spinners host a Cyclocross Weekend on Saturday and Sunday at the former Millstone Golf Course on U.S. Highway 123. Both race days feature numerous categories depending on experience.

Register online at: www.pre-reg.com or for more information, contact: Randy Hutchison by e-mail at: rhutchis@gmail.com or call: 864-884-7162.

■ On Nov. 7, the Greenville Spinners host the fifth annual Leaf Tour.

This is a 46-mile ride from Tigerville Elementary to Aunt Sue's Country Corner (at Highway 11 and Highway 8) for lunch, then return, stopping at Slater Drug Store for a famous handmade milkshake along the way.

This ride starts at 9:30 a.m. Greenville Spinners members pay nothing; others pay $5. Visit: webpages.charter.net/audionet/leaftour.html

NATURE DIVISION