

## Meeting at BMX/Velodrome

Day 1

Morning:

- Breakfast at **Blend Riverwalk**
  - A quick option for those wanting to enjoy a fresh smoothie or avocado toast.

Lunch:

- Looking for chips & queso? Tony's Catina Mexican Grill may be calling your name! In the mood for a flatbread or NY style pizza? Richie's Italian Bistro may be the place for you.

Afternoon:

- On a pretty afternoon, you are sure to find bike riders and dog walkers alike on the Piedmont Medical Center Trail. Take a stroll along the trail to enjoy the scenic views of the Catawba River- the perfect way to decompress after work.

Evening:

- Dine at Pump House for a meal that is sure to impress! Located along the banks of the Catawba River, the Pump House features a southern-inspired chophouse menu that blends history and charm.