

 LARCHMONT'S REAL ESTATE  
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**CELEBRATING 9 YEARS!**  
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# Larchmont's L Train Celebrates 10 Years

By Loop Contributor | November 22, 2016

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Laurie Parkinson leads an L Train Class, Larchmont

As we all know, it is a huge challenge for small businesses to thrive and compete with national chains. So it's worth celebrating and patronizing those that do.

L Train Cycling Studio in Larchmont is a great example.

"We are so proud to announce that this December, we will be celebrating our 10th anniversary and we couldn't have done it without the support of the community", says L Train owner and former triathlete Laurie Parkinson.

"I started L Train in 2006 knowing it would be a great vehicle for the community. So many residents had said that they wished the town had a fitness facility. Besides offering a place for people to achieve their fitness goals, we also provide a venue that supports fundraising initiatives that impact our community."

For 10 years L Train Cycling Studio has been a haven for cyclists, triathletes and those looking for a high intensive cardio workout. Innovative classes with signature playlists are taught by talented and experienced instructors and provide an intimate and personal setting for everyone, from beginners to Ironmen.

*L Train is at 2005 Palmer Avenue, Larchmont [www.ltrainfit.com](http://www.ltrainfit.com)  
(<http://www.ltrainfit.com>).*

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