

Hills R Us

Moderate to fast paced, hilly rides with a few regroup and generally a 20-30 minute rest/coffee/food break. Rides are usually in the 40-50 mile range, with a few special longer rides and some shorter rides usually resulting from weather concerns. Ride at your own pace. Get word to the ride leader if you plan to miss a regroup or deviate from the published route at the start, during, or near the end of a ride. Riders should be self-sufficient on the road in terms of flat repair and other common mechanical problems. Routes are always made available on RideWithGPS and can be downloaded to Garmin, Wahoo or other bike computers. Scheduled Rides are M, W, F but may be cancelled for weather. Check the Calendar before ride time for updates and cancellations.

Ride Leaders:

John Wright (925) 487-4850, mtbjohn@gmail.com

Doug Smith (916) 742-2905 email: douglasrsmith19@gmail.com