

Hills R Us

Moderate to fast paced, hilly rides with a few regroup plus at least one 20-30 minute rest/coffee/food break. Rides are generally 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. The group tends to stretch out on long climbs, so riders should be self-sufficient on the road in terms of flat repair and other, common mechanical problems. Cue sheets are always made available and should be printed out and carried by each rider. Scheduled Rides are M, W, F. Scheduled rides cancelled for weather may be rescheduled for the following day depending on leader availability and weather conditions. Check the Calendar before ride time for updates and cancellations.

Ride Leaders:

Mike Connolly (916) 408-3650

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Ken Corcoran (925) 699-5151

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