

The MVBC offers a wide variety of rides for cyclists of all ability levels:

**Tuesday and Thursday** night **C** rides are on moderate terrain at a leisurely pace. These rides are conducive to conversation and sightseeing. They are a guaranteed no drop ride.

There is a **Monday** night **B** recovery ride also on moderate terrain but at a faster pace than the Tues. and Thurs. **C** rides.

**Wednesday** night there is an **A & B** ride. This ride is on more challenging terrain and at a faster pace than the other rides. Town line sprints and pace line riding are frequent occurrences.

**Saturday** morning there are breakfast rides. These are **C** paced rides on moderate terrain followed by breakfast at a local restaurant.

Use this table to help you determine which class of ride you should be in. Keep in mind that the speeds shown are average speeds; actual speeds may be higher or lower. If you are unsure which ride you should be on take the less strenuous ride. You can always upgrade the next week.

Class	Difficulty	Rate
<b>Class A</b>	Difficult, 35+ miles	18-20mph average on flat terrain
		16-18mph average on rolling/hilly terrain
		15-16mph average on very hilly terrain
<b>Class B</b>	Advanced, 35+ miles	15-18mph average on flat terrain
		13-16mph average on rolling/hilly terrain
		12-14mph average on very hilly terrain
<b>Class C</b>	Moderate, 20+ miles	12-15mph average on flat terrain
		10-13mph average on rolling/hilly terrain
		9-11mph average on very hilly terrain

Helmets are required for all rides. Earphones are not permitted. Non-members are allowed to ride with us once before they will be required to join the club. Non-members will be required to sign a liability waiver. All riders are expected to obey applicable NYS motor vehicle laws. This link to the New York Bicycling Coalition, <http://www.nybc.net/bikingny> provides a summary of principal requirements as well as a link to specific NYS Vehicle and Traffic laws.

Please see the section with more specific rides descriptions and requirements.