

The MVBC offers a wide variety of rides for cyclists of all ability levels. While every attempt is made to support all riders it is possible that an individual may become separated from the group. Every rider should be prepared to perform their own repairs and find their own way home. It is always best to pair up with at least one individual during a ride.

C rides are moderately paced rides suitable for newer riders or riders who just want to take it easy. These rides offer the most rider support.

A and **B** rides are higher paced, often on more challenging terrain. Pace line riding and town line sprints are common. These rides are for people that desire more of a workout when they ride. Although the main pack will wait at regroup points for riders off the back there is an expectation that participants will be able to keep the average pace.

Check our ride calendar, <http://sports.groups.yahoo.com/group/mvbc-group/cal> for ride classification and location.

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	Pace
Class A	Difficult, 35+ miles	18-20mph average on flat terrain
		16-18mph average on rolling/hilly terrain
		15-16mph average on very hilly terrain
Class B	Advanced, 35+ miles	15-18mph average on flat terrain
		13-16mph average on rolling/hilly terrain
		12-14mph average on very hilly terrain
Class C	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.