

## HbW and HbCC Fall 2016 Ride Schedule - as of September 11, 2016

HbW - Women's only rides; HbCC - Co-ed. All rides, including start location, are subject to change. Updates, this week's ride details & cancels posted via facebook.

Make sure you review Ride Categories & Ride Guidelines!

Category	Group	Date	Time	Start Location	Comments	Ride Leaders
B	HbCC	Sunday	8:00 AM	Hb Cranford	Only when posted	TBD.
C+	HbCC	Sunday	8:30 AM	TBD - Westfield area	Only when posted.	Lois Yurow
B	HbCC	Tuesday	TBD (AM	Publick House (899 Mountain Ave, Mountainside)	Starting 9/20/16.	Jen Burke, Claudine Gimblette
C+	HbCC	Tuesday	9:15 AM	Priscilla's Pantry, 534 Lyons Rd Basking Ridge	Arrive early for coffee/snack at the café.	Erin Kassoy Falquier
C+	HbCC	Saturday	7:15 AM	Hb Summit	25-40 miles	Robert Huckfeldt
A-/B+	HbCC	Saturday	8:00 AM	Hb Summit	40-60 miles, No drop	Mike Lorditch, Edward Hernandez
B+	HbCC	Saturday	8:00 AM	Hb Cranford	40-50 Miles, drop Ride	Walter Reiss
C+	HbCC	Saturday	8:00 AM	Hb Madison		Joe Somers
C	HbW	Saturday	8:30 AM	Publick House (899 Mountain Ave, Mountainside)		Lisa Braddock

# HbW and HbCC Fall 2016 Ride Guide

## Ride Categories

A	Expert/Highly Experienced. 18+ mph ride average. Demanding terrain & pace. 'A' level rides drop slower rides unless otherwise specified. May regroup after climbs
B+	Strong/Highly Experienced. 16 -18.9 mph ride average - pace on flats sustained >22 mph. Hilly terrain & steep climbs. Often includes a pace line. No drop ride, minimal stopping to regroup.
B	Strong/Experienced. 15 - 17.9 mph ride average - - pace on flats sustained 20 mph. Moderately hilling/rolling terrain & steep climbs. May include pace line. No drop ride, minimal stopping to regroup.
C+	Solid. 14 - 15.9 mph ride average - pace on flats sustained 18 mph Moderately hilly/rolling terrain as well as steep climbs. No drop ride, regroups occasionally.
C	Solid. 12 - 14.9 mph ride average - - on flats sustained 16 mph. Rolling terrain & can include moderate hills and climbs. No drop ride, regroups occasionally. Rides longer than 30 miles will typically have a rest stop.
D+	Capable. 11 - 13.9 mph ride average. Flat/rolling terrain, introduces hill climbing. Routinely stops to regroup. Rides longer than 25 miles will typically have a rest stop. Open to hybrid as well as road bikes.
D	Newer/Leisure. 10 - 11.9 mph ride average. Primarily flat with some rolling terrain. Group will ride together and ride leader will provide encouragement & instruction. Open to hybrid as well as road bikes.
E	Introduction to Group Riding. <11 mph ride average. Flat terrain, short distance and low traffic roads (often includes riding within a park). Focus is on learning the basics of group riding & getting comfortable on your bike. All bikes welcome!
O	Other. Can include Cross, Mountain and Family Friendly rides as well as Club Socials. Specifics (pace, terrain, location, type of bike) will be included with ride posting.
AMB	Advanced Mountain Bike.

## Ride Guidelines

- All rides, unless noted otherwise, begin June 21. Unless otherwise posted, rides will not operate Friday through Monday on the following weekends:
  - Columbus Day
- In case of inclement weather ride leaders will determine if the ride will be held as scheduled. Weather related cancellations will be published on the Hb Women or Hb Cycle Club Facebook pages no later than 90 minutes before ride start. **CHECK BEFORE YOU GO!**
- Exact routes and ride details will be published on the Hb Women (Hb Women Cyclists) or Hb Cycle Club (Hb Cycle Club / Team Hb Hilltop) Facebook group page(s) at least 24 hours in advance. You can download or print the route - cue sheets will NOT be provided. Rides leave **ON TIME.**
- Unless otherwise stated in the weekly detailed ride description all rides, except A, are 'no-drop'.
- A-C rides require road bike. D-E rides are hybrid friendly. Tri bikes are excluded from all rides unless otherwise indicated.
- Pre-registration is not required but we do request that you sign-in for each ride. Visit [HbW/HbCC Ride Signup](#)
- All riders must complete a 2016 HbW/HbCC waiver via <https://www.bikereg.com/hbcchbw-membership>.
- Carry ID, Medical Insurance card, cell phone, water, spare tube & CO2 cartridge (or pump). Unless otherwise noted rides do NOT have planned rest stops.
- HbW rides are women only, HbCC rides are co-ed.

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Updates, this week's ride details & cancels posted via Facebook - Hb Women Cyclists and Hb Cycle Club / Team Hb Hilltop).

Make sure you review Ride Categories & Ride Guidelines!

## HbW Weekly Group Rides

### *Women Only Rides*

#### **Saturday**

8:30 AM AM - C, Publick House (899 Mountain Ave, Mountainside)

## HbCC Weekly Group Rides

### *Co-ed Rides*

#### **Tuesday**

9:15 AM - C+, Priscilla's Pantry (534 Lyons Rd Basking Ridge)

TBD - B, Publick House (899 Mountain Ave, Mountainside)

#### **Saturday**

7:15 AM - C+, Hb Summit

8:00 AM - C+, Hb Madison

8:00 AM - A- /B+, Hb Summit

8:00 AM - B+, Hb Cranford

Ad-hoc rides: Keep an eye on Facebook for pop-up and ad-hoc (unscheduled) rides - Yee Jao (rides vary from C to B pace) & Fran Schumer (rides D/D+) often post daytime rides in the Swamp/Madison area. Sunday morning Hb Cranford (B) and Westfield (C+) rides will be on an 'as posted schedule'.

Also, keep an eye out for the HbW Fall Social Ride to Cocolux and other ad-hoc weekend rides.

Ride sign ups are encouraged. Visit [HbW/HbCC Ride Signup](#) to sign up!

Join HbW/HbCC - membership is free! <https://www.bikereg.com/hbcchbw-membership>