

Group Name: Electric Company

Ride Level: Intermediate / Advanced

Typical Distance: 30 to 40 miles, 1,800 to 2,500 ft elevation

Typical Pace: 13 to 15 mph avg

Description:

This is an advanced road e-Bike group. Moderate to fast paced, hilly rides. Although the pace can be aggressive, we welcome all riders able to maintain our pace. Riders must register on the calendar for rides and, for safety reasons, the group for any ride will be restricted to no more than 9 riders. The goal of our ride group is to ride 100-120 miles per week. Rides will be 30-40 miles in length with an occasional longer ride. Elevation gain per ride will be approximately 1,800'-2,500'. We will usually have a midway coffee/food - Rest Stop. Our total elapsed time for our rides will approximately equate to 10mph (ie. 35 miles, 3 1/2 hours). Total elapsed time includes unforeseen stops, planned regroupings and breaks over the entire ride. We usually ride on Mon., Wed., and Fri. with start times dependent on weather/time of year. Check Event Calendar for more information. The route for each ride will be posted on the calendar. The route for each ride will be posted on the ride calendar and can be sent to ride applications.

Ride Leaders:

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Steve Valeriotte (916) 408-5506 email: jillsteval@gmail.com