Group Name: Chain Gang

Ride Level: Intermediate

Typical Distance: 25 to 35 miles

Typical Pace: 12 to 15 mph, 1,000 to 2,000 ft elevation

## **Description:**

Average rides from 25 to 35 miles. Average pace about 12-15 mph. Some hills, average altitude gain between 1000 to 2000 feet. A few gathering stops, usually 3-5 riders. Average ride time about 2 hours 15 minutes to 3 hours.

## Ride Leader:

John Kirkwood (916)276-2520 email: woodworld18@gmail.com