

MOUNTAIN BIKE RIDES:

GROUP NAME: 3R Gang

(3R=Rocks, Roots and Ruts): 8-20 miles on single track, dirt trails. Rides vary in elevation gain and may be around 2,000 feet. Riders should have at least intermediate mountain bike skills with ability to ride through and over trail obstacles (rocks, roots, ruts and streams). Area mountain bike trails such as Hidden Falls, Granite Bay, Foresthill Divide and Salmon Falls are typically chosen. Rides are often strenuous. Ride days, when scheduled on the ride calendar, are normally, but not always, Tuesdays and Thursdays to avoid conflicting with the Monday, Wednesday, Friday road bike schedule. To receive emails about 3R Gang rides/activities, consider joining our Gmail Group. PLEASE NOTE: Be sure your Mt. Bike is well maintained and in good working order.

Ride leaders:

John Wright (925) 487-4851 email: mtbjohn@gmail.com

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