

GROUP NAME: Tweeners

Moderately paced, hilly-ish rides. We are “no drop”, with regroupings after: (1) long climbs, (2) to assist riders with mechanical or safety problems, (3) at designated stops (restrooms, coffee, etc), (4) as otherwise necessary. All rides include a stop at a coffee shop/bakery and a “debriefing” at Kilaga Café after. While most rides are approximately 50 miles (4-5 hours), there are some longer rides of 60-80 miles, which often include a lunch break. An occasional sprint may break out as we near home. On more challenging rides, it is possible for a “splinter group” to take an easier detour or quicker route back. Get word to the ride leader if you plan to deviate from the published route at any time. Cue sheets are always available and should be carried with you. Carry tire pump and/or CO2 inflator, extra tube(s), patch kit, rain gear, multi-tool, lights, extra batteries, water, and your cell phone with the ride leader’s number. It is also a good idea to bring along some food or other form of sustenance. Scheduled rides M, W, F. Check ride calendar for times and ride details.

Ride leaders: Tom Frady (916) 409-0836, TDfrady@sbcglobal.net,

Backup Leader: Ray Watkins (650) 759.3513, watkinsray@wavecable.com,