

**GROUP NAME: Chain Gang**

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 3-8 riders. Average ride time about 3 hours 14 minutes.

Ride Leader: John Kirkwood (916)276-2520 email: [woodworld18@gmail.com](mailto:woodworld18@gmail.com)