## "The E's R Us"

A predominately E-bike-based group, but we welcome anyone who can keep up. Moderately paced, hilly rides with fairly frequent stops. Rides may include steep hills. Distances from 20 to 45 miles. Regroups occur at about 5 to 10 mile intervals or at intersections when there is a change in direction. Ride with the group pace. We watch out for each other and never lose anyone. Our rides usually include coffee and snack breaks. Longer rides may include a lunch stop. Scheduled rides – M, W, F. Summer rides nominally start at 8; winter rides at 9. However, we are weather-sensitive, and often leave later on cold mornings. Check the Event Calendar for more information. E-mail announcements are sent to those on my e-mail list.

Contact Ride Leader: David Wood 916-756-6495 dbwood81@gmail.com