

INTERMEDIATE+:

GROUP NAME: Minions

Comfortably paced rides (averaging 12 – 14 mph) including flat, rolling terrain, and some occasional hills. We are not training for a criterium. Rides will typically be 35 - 45 miles with a once in a while longer ride just because. Routes with a Cue Sheet will be published on the Club's Event Calendar prior to scheduled rides. Riders are expected to register for rides by the night before. An "audible" (impromptu route deviation) may sometimes be declared during a ride for a variety of reasons. We are "no drop" and will pause to regroup if ride members spread out due to hill climbing, missing a traffic light, or a rider has a flat or other mechanical problem. Each ride will generally have at least one water/restroom/snack stop. Most snack stops will be for whatever you bring with you—COVID considerations will limit any stops at snack establishments to those few places all riders are totally comfortable with.

Riders who wish to go off the front or off the published route may do so provided they notify the ride leader in advance. If you're doing so solo, you'll be asked to text the ride leader when you get to your destination.

Before your first ride with the group, review the Safety Guidelines for LHC on our website (www.lincolnhillscyclists.com). On your first ride with the group, exchange cell phone numbers with the ride leader.

Riders are expected to be self-supporting in dealing with mechanical problems during a ride, especially with flats (carry your own spare tube to ensure you have a properly sized replacement). Riders are strongly encouraged to always use front and rear flashing lights.

Carry a mask in case you need to enter an establishment for some reason during the ride.

Generally, rides will be scheduled Monday, Wednesday, & Friday with a route and registration listed on the Club's Event Calendar.

Ride Leaders: Jean Curran (916) 740-5276, jeancur@aol.com;

Steve Valeriotte (916) 408-5506, jillsteval@gmail.com