

How to Post a Ride on the PMTCC Calendar

Thank you for volunteering to lead a ride. Our club success is dependent on volunteers like you. Posting a ride is a simple process and only a small amount of information is needed. Ride calendar requests should be sent to the ride coordinator at: bhwoods@gmail.com

The following information is **required** to post a ride:

Ride Date: 6/12/14

Ride Start Time: 9:00 am

Mileage: 20 miles

Location: (address preferred) 885 Progress Street, Pittsburgh, PA

Description of Ride: At the minimum include pace, terrain, and contact information (phone and/or email address)

***Example 1:** Join us for a casual ride (C Pace) through the City of Pittsburgh. The terrain will be mostly flat with a few hills. This will be a no drop ride, with faster riders waiting for slower riders. Rest stops will be available.*

Contact: Ferrell Katz at llovebicycles@legsakimbo.com

***Example 2:** We are headed out to Fox Chapel to do some hill climbing. The pace will be A/B with steep hills. Stops will be minimal. Riders will be expected to stay with the group or follow cue sheet.*

See link for route: <http://ride.withgps.com/trips/sufferfestrade123>

Contact: Ferrell Katz at llovebicycles@legsakimbo.com. Rain cancels; RSVP to receive cancellation.

Optional information to include but not necessary:

A cue sheet or route link

Rain Cancels

Ride Title

Any additional information relevant to the ride

Ride classifications allow riders to match up rides with their skill level. PMTCC will be using these classifications in ride descriptions this year. Please include your pace in the ride description.

Ride Classification Definitions

A Pace: 16 mph and up. Rolling to hilly terrain, rest stops are at discretion of ride leader.

B Pace: 13 - 15 mph. Rolling to hilly terrain, rest stops are at discretion of ride leader.

C Pace: 11 – 13 mph. Variable terrain, distance is usually 15 -35 miles. No drop with option of a sweep, if volunteered. Rest stops will be periodically available.

D Pace: Up to 11 mph. Most level terrain, distance is less than 20 miles. Designated sweep: group will wait for all cyclists. Rest stops will be frequent. D Pace rides are a good pace for beginners and families. Try a D pace ride if you are not sure of your abilities.

All Class Rides: Give riders an opportunity to try to keep pace with riders from the category above to see if they are ready to move up a category for regular rides. Riders can always fall back to slower group if necessary.

Example: “C Pace” riders try riding with the “B pace” group. (Wednesday night rides are All Class Rides)