General Information about Rides

MHCC rides are conducted throughout the riding season, roughly March into November, and throughout the Capital District area concentrated in Albany, Schenectady, Saratoga and Rensselaer counties but sometimes venturing into adjacent areas. All rides are listed in advance in the Ride Calendar on the MHCC web page.

MHCC rides are “recreational” in nature and vary greatly in pace, terrain and distance covered. If you are considering a ride please read the detailed information about it contained on the Ride Calendar and contact the ride leader ahead of time using the contact information in the Calendar if you have any questions.

New riders can participate in ONE ride as a non MHCC member, after that they must join the club to participate. While rides are intended primarily for adults, minors can also ride if they are accompanied by a parent or guardian. There is a sign up sheet and waiver for all rides. Riders, leaders and the club itself are covered by insurance during the ride.

Prospective riders are encouraged to carefully review the information in the About MHCC rides section of the web page and come prepared for the ride. Your bicycle should be in good (and safe) condition and you should have reasonable confidence that you can complete the listed ride at the pace indicated on the ride calendar.

Our rides are classified as follows:

Casual: 10 – 12 mph
Sport: 12 – 14 mph
Tour: 15 – 17 mph
Quick: 18+ mph

These guideline paces are the intended average speed for the ride. On the flats and descents the pace may be faster, on climbs slower. No drop rides where the ride leader or a designee will ride with the slowest rider will be indicated in the ride description. The terrain will be classified as flat, rolling, hilly or mountainous. With the increased availability of computerized maps, many rides will indicate the total gain in elevation per foot (tgif) statistic.

If you are new to group riding or just wish to refresh your knowledge you may wish to consult:

Guidelines from former MHCC President Skip Holmes about riding in a group and

Detailed suggestions from our colleagues at the Westchester Cycling Club