**Tuesday, March 17, 2020**

5:15pm, Road Casual (11 - 13 mph / Flat - Rolling) 18.0 miles — **Rail Trail Relaxed Evening Ride Bring your Headlights and Taillights** — Bring out the Family, Come out if you are new to Biking. Join us if you just want to get in some easy miles off the street. This will be a ride I will try to hold weekly this spring until faster rides start again. This ride will be on the Helderberg Hudson Rail Trail starting at the midway point. Depending on those who attend we will choose to go to Voorheesville and back, or South Pearl St and back or do the whole rail trail. If those in attendance wish to continue down to the Corning preserve we can ride the two trails. But the beginning of the ride will be 8 to 10 or so easy miles with an option to increase as weather and light allow. There is not a GPS trail for this as it is just on the Rail trail. If you are a slower rider feel free to come and enjoy this trail. I will sweep between groups if we break up. I will try to hold this ride weekly on Monday or Tuesday for March. **Starting Location:** Slingerlands parking lot - Helderberg Hudson Rail Trail, Grove St. and Kenwood Ave (Near Slingerlands Fire House) Slingerlands, NY **See map:** Google Maps, **Directions:** Parking Lot at the end of the eastern portion of the Trail (Slingerlands Fire House / Grove St. and Kenwood Ave), **Ride Leader:** Jesse Chartier, Oreobby11@aol.com, Cell Number: 518-396-6085

**Monday, March 23, 2020**

5:15pm, Road Casual (11 - 13 mph / Flat - Rolling) 18.0 miles — **Rail Trail Relaxed Evening Ride Bring your Headlights and Taillights** — Bring out the Family, Come out if you are new to Biking. Join us if you just want to get in some easy miles off the street. This will be a ride I will try to hold weekly this spring until faster rides start again. This ride will be on the Helderberg Hudson Rail Trail starting at the midway point. Depending on those who attend we will choose to go to Voorheesville and back, or South Pearl St and back or do the whole rail trail. If those in attendance wish to continue down to the Corning preserve we can ride the two trails. But the beginning of the ride will be 8 to 10 or so easy miles with an option to increase as weather and light allow. There is not a GPS trail for this as it is just on the Rail trail. If you are a slower rider feel free to come and enjoy this trail. I will sweep between groups if we break up. I will try to hold this ride weekly on Monday or Tuesday for March. **Starting Location:** Slingerlands parking lot - Helderberg Hudson Rail Trail, Grove St. and Kenwood Ave (Near Slingerlands Fire House) Slingerlands, NY **See map:** Google Maps, **Directions:** Parking Lot at the end of the eastern portion of the Trail (Slingerlands Fire House / Grove St. and Kenwood Ave), **Ride Leader:** Jesse Chartier, Oreobby11@aol.com, Cell Number: 518-396-6085

**Sunday, March 29, 2020**

10:00am, Road Casual (10 - 12 mph / Flat) 30.0 miles — **Sunday Morning Casual/Tour de Cure Training Rides** — This is the weekly MHCC Casual Ride out of the main Schenectady County Community College Parking Lot. This ride will be SUNDAY and not Saturday with wheels rolling at 10 am. It is designed to be a beginner/casual ride for those that are just getting into cycling and are even perhaps training for the Tour de Cure. Your ride leader, Jim Anderson, is a veteran of 8 tours and has logged thousands of miles over the years. This is not a race. This is a ride. I will be "leading from the back" which means I will be with the slowest rider or riders in the group. If there are folks that want to charge ahead, that is fine. They can ride at a faster pace. What I do ask is that those that do plan on riding ahead plan on stopping and regrouping. This doesn't need to be said, but I will say it anyway. THIS IS A NO DROP RIDE! The route for this ride is around 25 miles in length. Do not let the distance scare you. These are flat miles. No hills. 90% of the ride is on the Mohawk Hudson Bikeway. The other 10% is on Route 5S through Rotterdam Junction and Pattersonville. This is a good stretch of road for folks new to riding to get used to sharing the road with cars. This will be a group ride with group decisions. If we decide to ride longer that day or certain riders would like to extend their portion, they are more than able to. If you have any questions on this ride, please contact me at jimcander@gmail.com Rain at SCCC at time of rollout does cancel the ride. **Starting Location:** Schenectady County Community College (Lot Near Bike Path), 78 Washington Avenue Schenectady, NY 12306 **See map:** Google Maps, **Ride Leader:** Jim Anderson, jimcander@gmail.com, Cell Number: 518-852-0541

**Monday, March 30, 2020**

5:15pm, Road Casual (11 - 13 mph / Flat - Rolling) 18.0 miles — **Rail Trail Relaxed Evening Ride Bring your Headlights and Taillights** — Bring out the Family, Come out if you are new to Biking. Join us if you just want to get in some easy miles off the street. This will be a ride I will try to hold weekly this spring until faster rides start again. This ride will be on the Helderberg Hudson Rail Trail starting at the midway point. Depending on those who attend we will choose to go to Voorheesville and back, or South Pearl St and back or do the whole rail trail. If those in attendance wish to continue down to the Corning preserve we can ride the two trails. But the beginning of the ride will be 8 to 10 or so easy miles with an option to increase as weather and light allow. There is not a GPS trail for this as it is just on the Rail trail. If you are a slower rider feel free to come and enjoy this trail. I will sweep between groups if we break up. I will try to hold this ride weekly on Monday or Tuesday for March. **Starting Location:** Slingerlands parking lot - Helderberg Hudson Rail Trail, Grove St. and Kenwood Ave (Near Slingerlands Fire House) Slingerlands, NY **See map:** Google Maps, **Directions:** Parking Lot at the end of the eastern portion of the Trail (Slingerlands Fire House / Grove St. and Kenwood Ave), **Ride Leader:** Jesse Chartier, Oreobby11@aol.com, Cell Number: 518-396-6085

**Saturday, April 4, 2020**

9:00am, Road Tour (14 - 15 mph / Rolling) 63.0 miles — **Hawthorne Farm Store Ride** — Mostly gently going with some climbing out of Chatham to get to Hawthorne. A fine food stop at the store, then a nice roll home. Only 3,200 feet of climbing. Note: If the riding weather promises to be better on Sunday (April 5), we will go then — so check with the leader. **Starting Location:** Comfort Inn, 99 Miller Rd Miller Road East Greenbush, NY 12061 **See map:** Google Maps, **Directions:** Just off of exit 10 of I-90, **Ride Leader:** John Ball, jball@emmaguilland.org, Home Number: 518-495-2412

**Sunday, April 5, 2020**

10:00am, Road Casual (10 - 12 mph / Flat) 30.0 miles — **Sunday Morning Casual/Tour de Cure Training Rides** — This is the
weekly MHCC Casual Ride out of the main Schenectady County Community College Parking Lot. This ride will happen SUNDAY and NOT Saturday with wheels rolling at 10 am. It is designed to be a beginner/casual ride for those that are just getting into cycling and are even perhaps training for the Tour de Cure. Your ride leader, Jim Anderson, is a veteran of 8 tours and has logged thousands of miles over the years. This is not a race. This is a ride. I will be “leading from the back” which means I will be with the slowest rider or riders in the group. If there are folks that want to charge ahead, that is fine. They can ride at a faster pace. What I do ask is that those that do plan on riding ahead plan on stopping and regrouping. This doesn’t need to be said, but I will say it anyway. THIS IS A NO DROP RIDE! The route for this ride is around 25 miles in length. Don’t let the distance scare you. These are flat miles. No hills. 90% of the ride is on the Mohawk Hudson Bikeway. The other 10% is on Route 5S through Rotterdam Junction and Pattersonville. This is a good stretch of road for folks new to riding to get used to sharing the road with cars. This will be a group ride with group decisions. If we decide to ride longer that day or certain riders would like to extend their portion, they are more than able to. If you have any questions on this ride, please contact me at jimcander@gmail.com Rain at SCCC at time of rollout does cancel the ride.

**Starting Location:** Schenectady County Community College (Lot Near Bike Path), 78 Washington Avenue Schenectady, NY 12306 See map: Google Maps, **Ride Leader:** Jim Anderson, jimcander@gmail.com, Cell Number: 518-852-0541

1:30pm, Road Sport (11 - 13 mph / Flat - Rolling) 19.1 miles — **Search For Lost Legs #1 2020** — Start to shake winter off! This will be a no drop ride with an average overall pace of 11-13 mph. Faster riders welcome, but leader will hold to stated pace. There are a few short hills, but nothing early spring legs can’t handle. Total climbing for the ride will be 855 feet. Rain at the start will cancel. This will be the first of a series of rides on Sunday afternoon in April. Contact ride leader if you have questions: albanybenn@aol.com or (518) 577-5943 **Starting Location:** Bethlehem Elm Ave Park & Ride, Rt 32 bypass and Elm Ave Delmar, NY 12054 See map: Google Maps, **Directions:** The park and ride is on the SW corner of the intersection., **Ride Leader:** Jonathan Benn, albanybenn@aol.com, Cell Number: 518-577-5943

**Saturday, April 11, 2020**

10:00am, Road Casual (10 - 12 mph / Flat) 30.0 miles — **Saturday Morning Casual/Tour de Cure Training Rides** — This is the weekly MHCC Casual Ride out of the main Schenectady County Community College Parking Lot. It will be held every Saturday, wheels roll at 10 am. It is designed to be a beginner/casual ride for those that are just getting into cycling and are even perhaps training for the Tour de Cure. Your ride leader, Jim Anderson, is a veteran of 8 tours and has logged thousands of miles over the years. This is not a race. This is a ride. I will be “leading from the back” which means I will be with the slowest rider or riders in the group. If there are folks that want to charge ahead, that is fine. They can ride at a faster pace. What I do ask is that those that do plan on riding ahead plan on stopping and regrouping. This doesn’t need to be said, but I will say it anyway. THIS IS A NO DROP RIDE! The route for this ride is around 25 miles in length. Don’t let the distance scare you. These are flat miles. No hills. 90% of the ride is on the Mohawk Hudson Bikeway. The other 10% is on Route 5S through Rotterdam Junction and Pattersonville. This is a good stretch of road for folks new to riding to get used to sharing the road with cars. This will be a group ride with group decisions. If we decide to ride longer that day or certain riders would like to extend their portion, they are more than able to. If you have any questions on this ride, please contact me at jimcander@gmail.com Rain at SCCC at time of rollout does cancel the ride.

**Starting Location:** Schenectady County Community College (Lot Near Bike Path), 78 Washington Avenue Schenectady, NY 12306 See map: Google Maps, **Ride Leader:** Jim Anderson, jimcander@gmail.com, Cell Number: 518-852-0541