



Weekly Mountain Bike Rides

- Listed start times are when the action starts. Come 10-15 minutes early to get ready so you don't delay other riders.
- Pace may vary depending on who shows up to ride on any given day. (Not all rides listed are official CBC Club rides, but all require HELMETS)

Monday Night

Time: 6:00 PM (During the fall/winter/spring months lights are required).

Location: Meet at the Y (Intersection of Sherman Valley Rd and Middle Waddell Rd).

Terrain: XC or Shuttle Trail Rides, depending on what the group wants to do

Pace: Recreational pace, great for beginners or anyone looking for a more casual ride.

Distance: Ride route picked day of ride. Ride is usually 1 to 2 hours including the stand around and chat time.

Rain Cancels: Rain or Shine

Leader: **Rachel** – FOCF group ride

Wednesday Night

Time: 6:00 PM (During the fall/winter/spring months lights are required).

Location: Meet at the Y (Intersection of Sherman Valley Rd and Middle Waddell Rd).

Terrain: XC or Shuttle Trail Rides, depending on what the group wants to do

Pace: Pace varies. Everyone waits at the fire road crossings for you no matter your pace.

Distance: Ride route picked day of ride. Ride is usually 1 to 2 hours including the stand around and chat time.

Rain Cancels: Rain or Shine

Leader: **David Snyder** – FOCF group ride

Saturday

Time: 9:00 AM Saturday mornings (First Saturday of every month is trail work day 9AM to 3 PM).

Location: Meet at the Y (Intersection of Sherman Valley Rd and Middle Waddell Rd).

Terrain: XC or Shuttle Trail Rides, depending on what the group wants to do

Pace: Pace varies. Everyone waits at the fire road crossings for you no matter your pace. Usually 15 plus riders.

Distance: Ride route picked day of ride. Ride is usually 1 to 3 hours including the stand around and chat time.

Rain Cancels: Rain or Shine

Leader: **David Snyder** – FOCF group ride

Sunday (Two Rides)

9:00 AM Sunday mornings

From: Bike Tech, Olympia

Shuttle or other Freeride DH activity

Relaxed fitness. Pace Lines

Leader: Justin Self CBC Freeride Ride Leader

9:00 AM Sunday mornings

From: the Y (Intersection of Sherman Valley & Middle Waddell Rd)

XC or Shuttle Trail rides, (depending on group desire)

Pace varies

Route Picked day of ride

Leader is informal