

Ride Leader Signup

Name

Phone Number to list for contact

Email address

Do you want it listed?

Phone Number for Ride Coordinator to contact (if different from above)

Preferred Day and Date of the ride

Alternate Day and Date

Starting Time

Distance

Pace

Details of the ride

Where do you plan to ride. If you plan to do a ride in "Williamsburg Area Bike Rides", give the name and number. List any special things you plan to do, such as lunch stops, etc.

Options

Bring Money

for example for lunch, or refreshments after the ride

No Calls, No Ride

Any additional information for the Ride Coordinator

Road Ride Paces (Overall average speed)

A = fast & steady, 18-22mph

B + moderate, steady, 15-17mph

C = moderate, with stops, 11-14mph

Casual = up to 11mph, group will wait for all cyclists

+ or – indicates that the ride will be at either the top or bottom end of the Pace range.