



Training Rides



Mondays – Road Novice

When: 5:30pm departure- will be moved later when daylight permits

Where: Race Pace Bicycles – Federal Hill Store

Who: Anybody with two wheels, pedals, & helmet

Ride Description: This is a recovery pace or beginner pace road ride. This ride is no-drop and usually rolls between 12-15 miles. Route may vary slightly but is a bike-friendly one.

Mondays – MTB Novice to Intermediate

When: 5:30pm will move to 6 pm daylight permitting

Where: Meet at lake hashawha parking lot in hashawha off of John Owings Rd in Westminster

Ride Description: 10 mile-ish ride for intermediate to beginner depending on the group. First month of rides will be a lot less technical than rides in late May through August.

Easy pace ride lasts around 1:30 – 2 hours depending on group

Mountain bike required.

Ride Leader: Steve Bechtel and David Binns

Tuesday- MTB Intermediate

When: Starts 5:30 pm start time (will move to 6pm start daylight permitting) starting 4/16

Where: Trailhead across from the Park and Ride 1171 S Rolling Rd Catonsville

Who: Intermediate riders

Ride Description: Ride will require skill set to navigate climbs, descents, rock gardens, etc at moderate pace with several breaks. Ride is a no drop ride lasting 1.5 hrs.

Ride Leader: Steve Roop

Tuesday – Road Intermediate

When: Starts 4/9 Tuesdays at 5:30 – will move to 6 pm daylight permitting

Where: Meet at Race Pace Bicycles Westminster store

Who: New and semi-experienced road riders

Ride Description: 30 miles+ at 16 mph pace on rolling roads in Carroll County

Road bike required

Leader: Mark Letsch

Tuesdays – MTB Novice

When: 5:30 p.m. starting time – will push back as daylight permits

Where: 5400 Landing Rd (same address as Rockburn Skills Park) all the way at the end of the parking lot.

Who: any level riders

Ride Description: This is a beginner-friendly trail ride to introduce riders to some of the easier trails in Rockburn Branch Park and neighboring Patapsco Valley State Park. Rides will last 1.5-2 hours.

Ride Leader: Ben Reisse

Tuesdays – MTB advanced

When: 6:00 p.m. starting time

Where: CCBC Parking Lot by the tennis courts.

Who: Cat 1 level riders

Ride Description: This is a spirited tempo ride focusing on “race like” efforts at times. There will be little to no resting. Rides will last 1.5-2 hours.

Ride Leader: Jon Gdowik, Dan Atkins

Tuesdays – Road advanced

When: 5:30pm p.m. starting time – moving to 6pm May 1st

Where: Race Pace Bicycles- Columbia store

Who: proficient road riders

Ride Description: Fast paced group road ride that follows a regular prescribed route. A few sprints are thrown in. Pace avgs 20+mph

Wednesday Night Girlie Rides

When: Meet 5:45, wheels roll at 6 sharp

Where: <http://goo.gl/maps/5cJpC> Main pavilions at Avalon Area of Patapsco Valley St Park

Who: Female riders of all abilities, but these trails are challenging.

Ride Description: This year the Wednesday Night Girlie Ride is an intermediate ride. Definition of intermediate is: you can ride at a moderate pace comfortably for ~2 hours with limited stops. You are relatively comfortable with the terrain (rocks, roots, logs) of Patapsco State Park.

Ride Leader(s): Tracy Posner and Debbie Cleave

Thursdays – Road Novice

When: 5:30pm p.m. starting time – moving to 6pm May 1st

Where: Race Pace Bicycles- Columbia store

Who: Road riders of all abilities

Ride Description: Medium paced group road ride that follows a regular prescribed route. A few sprints are thrown in. Pace avgs 16-17mph. Road bike recommended.

Ride Leader: Seth Vintinsky

Thursdays – Road Intermediate to Advanced

When: 5:30pm – will be moved later as daylight permits

Where: Race Pace Bicycles – Federal Hill Store

Who: Fit riders looking for a moderate effort ride

Ride Description: Road ride leading through Baltimore, 30+/- miles, brisk pace

Thursdays – Road Intermediate and Advanced

When: Meet at 5pm, wheels rolling by 5:20pm – will be moved later as daylight permits

Where: Race Pace Bicycles – Owings Mills Store

Who: Fit riders looking for a moderate effort ride

Ride Description: Road ride leading through Baltimore County, 30-35+/- miles, brisk pace
As Spring warms and weather improves, this ride will split into an A group (5:15 depart, 21+mph, drop ride) and a B group (5:30 depart, 17-18mph, no-drop) – watch for this change to be posted.

Fridays – Women's MTB Novice (This ride begins May 17)

When: Meet at 6pm

Where: Rockburn Elementary School

Who: Entry-level MTB riders

Ride Description: We leave the parking lot and do a few trails within Rockburn then head over to the yellow trail in Patapsco. Its about 8 to 9 miles total and mild to moderate terrain with occasional small obstacles.

Ride Leader(s): Diana Smith and Athena Smith

Saturdays – Women’s Road Novice (This ride begins May 18)

When: Meet at 5pm

Where: Race Pace Bicycles – Ellicott City store

Who: Women on road bikes or fitness hybrids.

Ride Description: We leave the EC shop and ride up 99 to St John, down to historic EC through town to River Rd, down river to the swinging bridge. Across the bridge down the Grist Mill trail and make a loop then we will come back on River and up Rogers back to the store. Rides for the Road will change some to make them a little more fun and so no one gets tired of the same route. This will be every Saturday night out of EC even when we move then we will do it out of the new store.

Ride Leader(s): Diana Smith and Athena Smith

Saturday Morning- MTB Intermediate

When: Starts 8:00 am start time

Where: Rolling Road – Across from park & ride at MD195

Who: Intermediate riders

Ride Description: Ride will require skill set to navigate climbs, descents, rock gardens, etc at moderate pace with several breaks. Ride is a no drop ride lasting 1.5 to 2 hours

Ride Leader: Ron Howard