

# The Niagara Freewheelers Bicycle Touring Club Inc.



The Niagara Freewheelers Bicycle Touring Club schedules over 400 rides annually for its members, with routes that showcase the beauty of the Niagara region. If you are thinking of joining our club, be our guest and try three 'free' rides. These rides are for every interest and ability. All you need is a bicycle that is in good working condition, tools to change a flat, spare tubes, and a helmet. The Ride & Event Schedule provides everything you need to know before you choose a ride - start times; start locations (indicated by a code, with code definitions); ride rating system (speed to expect); distance, and terrain. Start times vary throughout the season, so check the schedule carefully, but please arrive 15 minutes early. Rides are subject to change with notification to paid members by email/website. A ride will not run if weather or ride conditions are unsafe (e.g. high winds), if there is a threatening weather warning (e.g. heat alert, lightening), or if it is raining steadily at the start time and is likely to continue through most of the ride. A ride can only proceed if a Tour Leader is present and if a Liability Release Form is signed by all riders. For more information about any rides, contact the individual Tour leader by visiting the website and viewing the Membership List (available to paid members).

## Ride Rating System

<b>Avg. Speed</b>	A	26+; vigorous pace, few stops
	B	21-25 km/hr; steady pace with re-grouping
	C	16-20; sightseeing pace, with re-grouping
	S	12-15 km/hr; relaxed scenic pace, staying together
<b>Terrain:</b>	1	multiple long and/or steep climbs
	2	multiple and/or large hills
	3	rolling with some hills
	4	generally flat or rolling
<b>3<sup>rd</sup> Digit:</b>		distance of ride in km
<b>g or t:</b>		g-gravel or t-dirt trail surfaces on route, & # of km
<b>R:</b>		includes skills/training component
<b>*</b>		more information in footnotes at end of schedule

## Group Ride

The Tour Leader usually leads the ride from the front and waits at all turns for all riders. There are no cue sheets/maps for these rides, but they are available on the website for many rides.

## Start Location Codes

<https://sites.google.com/site/niagarafreewheelers/start-location-codes>

## Highlights

- X - Specialty Ride
- S - Social Event
- O - Out of Niagara/USA rides (passport & health insurance required)
- M - Meeting
- R - Recurring Ride

When a ride takes place outside the normal Freewheelers' geographical area, a cost-recovery fee may be charged to participants.



<http://www.thefreewheelers.com>

**New to riding or getting back into riding, try the Tuesday night rides from Rockway Community Centre with Rod at 6:30 pm.**

