

## **Group Road Bike Rides**

Looking for a local bike group to join? Not sure where to look for one? Fortunately for you, Frederick is one of the premier place to find a riding group that best fit your needs. Below are rides that are open to riders of varying abilities. Find the group that fits your riding style by assessing your pace in the Road Bike Pace table.

Organization	Contact Person	Ride Update	Day	Time	Location	Difficulty	Description
The Bicycle Escape	Roger Rinker	<a href="http://www.facebook.com/TheBicycleEscape/">www.facebook.com/TheBicycleEscape/</a>	Sunday	1:15 PM	Utica Park	C/CC pace	We gather at 1:15pm and wheels are rolling at 1:30pm. This is a 20-40 mile ride at a pace of 14-17 miles per hour (varies depending riders & weather). We are all in it for the fun and we make sure to keep the group together.
Frederick Pedalers	Terry Eskuchen	<a href="http://www.facebook.com/groups/1438484043049286/">www.facebook.com/groups/1438484043049286/</a>  <a href="http://frederickpedalers.org">frederickpedalers.org</a>	Sunday	11:30 AM	Monocacy Middle School	C Pace	This is a "no cue sheet ride". We wander around this side of route 15 (no crossing), picking a slightly different route each week. No go if rain or snow or icy roads.
			Tuesday	5:30 PM	Utica Park	B pace	Hills & Pacelines. May through September. This ride will be 27 – 30 miles. There will be several regrouping points. Those in attendance are encouraged to ride as a team – until the last mile when all bets are off.
			Wednesday	6:00 PM	Utica Park	B, CC, C & D Pace	Starting in April, the "Utica Park Wednesday Night Rides" return for the season. In April and September, the ride starts at 6:00 PM. In May, June, July and August, the ride starts at 6:15 PM. We aim to have four different rides (B, CC, C, & D pace) on Wednesday nights.
			Various	Various	Various	B, CC & C Pace	From time to time, special rides will be hosted around the state including rides on C&O canal, Mt Vernon trail and other bike trails.
Wheel Base	Tom Peperone	<a href="http://wheelbasebikes.com/">wheelbasebikes.com/</a>	Sunday	8:00 AM	Wheelbase	A, B & CC pace	We ride as long as there is no precipitation and it's above 25 degrees. Must wear helmet and bring water. For Sunday rides, you have a choice of 35-40 mile ride or a longer 50-60 mile ride. Call (301) 663-9288 to verify group ride schedule and for updates.
			Wednesday	11:00 AM	YMCA Frederick	B pace	
Bike Doctor Frederick	Brian Wisowaty Doug Milliken	<a href="http://www.facebook.com/BikeDrFrederick/">www.facebook.com/BikeDrFrederick/</a>	Wednesday	5:30 PM	Bike Doctor	BB pace	Starting in April, wheels roll at 5:30 from Bike Doctor located at Evergreen Square Shopping Center, 5732 Buckeystown Pike. Tail lights recommended. Proposed route takes us up Hamburg Road. Climb at your own pace. We will regroup at the top. We won't drop anyone.
			Thursday	6:30 PM	Ballenger Creek Park	CC pace	Starting in April, bike group will leave from Ballenger Creek Park every week at 6:30pm. Designed to be a novice pace ride, we'll regroup at all of the corners (no drop). All are welcome. Bring a taillight if you've got one, and a sense of adventure!
Frederick Road Cycling	Darius Mark	<a href="http://www.facebook.com/groups/638565706174010/">www.facebook.com/groups/638565706174010/</a>	Monday	5:00 PM	Starbucks Coffee, 7th St	BB pace	Informal Monday EZ riding group leaves from Starbucks Coffee and rides 30 to 40 miles at a brisk recovery pace.

Road Bike Pace	Description
A	Advanced 18+ mph avg, 40-80 miles
BB	Intermediate+ 16-18 mph avg, 35-70 miles
B	Intermediate 14-16 mph avg, 30-60 miles
CC	Novice 12-14 mph avg, 20-30 miles
C	Moderate 10-12 mph avg, 15-25 miles
D	Slow and Easy 8-10 mph avg, 10-15 miles

## ***Mountain Bike Trails***

Looking for a local bike group to join? Not sure where to look for one? Fortunately for you, Frederick is one of the premier place to find a riding group that best fit your needs. Below are rides that are open to riders of varying abilities. Find the group that fits your riding style by assessing your pace in the Road Bike Pace table.

Organization/Park	Contact Person	Ride Update	Day	Time	Location	Difficulty	Description
Bike Doctor Frederick	Brian Wisowaty Doug Milliken	<a href="http://www.facebook.com/BikeDrFrederick/">www.facebook.com/BikeDrFrederick/</a>	Wednesday	5:30 PM	Hamburg Road Parking Lot	Intermediate	Starting in April, experienced mountain bike riders will leave from the parking lot to go Gambrill Mount/Frederick Watershed for single track rides.
Mid-Atlantic Off-Road Enthusiasts (MORE)	Joe Whitehair	<a href="http://www.facebook.com/RideWithMORE/">www.facebook.com/RideWithMORE/</a>	Various	Various	Various	Various	MORE does frequent rides that fit the intermediate (and sometimes beginner) category. However, these are member led rides and don't generally get planned very far in advance (usually a week to 2 weeks in advance unless it is a special event). The best resource for any planned activities are MORE's calendar located at

							their website.
Emmitsburg Multi User Trail	Tim O'Donnell	<a href="http://www.mtbproject.com/trail/7004672/the-emmitsburg-multi-user-trail-tour">www.mtbproject.com/trail/7004672/the-emmitsburg-multi-user-trail-tour</a>	N/A	N/A	Hampton Valley Road next to Rainbow Dam Access Trail	Easier to Advanced	Ride begins at Hampton Valley Road, at the Rainbow Lake Dam Access Trail. Cross the dam and turn left onto the stem of the Beginner/Intermediate Trail's lollipop. Bear right at the three-way intersection to ride the loop counterclockwise, which results in a mellow climb and a ripping flow trail descent back to the dam. This loop makes a great warm-up/cooldown for longer rides at Emmitsburg. Once warmed up, then you can go into the flowy section of trail eventually brings you to the crossing of Turkey Creek and the intersection of the Intermediate Trail, Advanced Trail, and The Connector Trail.
Brunswick Rivers Edge Trails	Carlo Alfano	<a href="http://www.facebook.com/pg/Rivers-Edge-Trails-645576958881484/">www.facebook.com/pg/Rivers-Edge-Trails-645576958881484/</a>	N/A	N/A	210 13th Avenue, Brunswick, MD	Easier to Intermediate	Rivers Edge Recreation Park is located at 210 13th Avenue in Brunswick, MD with 59 acres of wooded goodness above the town of Brunswick, MD along the Potomac River in Frederick County. Close to the C&O Canal path and the river, this trail system provides a great community resource and an awesome addition to the recreation opportunities in the area. Currently we have 1.3 miles of trail open to the public for hiking, running, biking, etc. Trail maps will be coming soon.

							This summer we'll have machines and professional trail builders coming in to build the next mile of trail.
Greenbrier State Park	Philip Van Werkhoven	<a href="http://dnr.maryland.gov/publiclands/Documents/Greenbrier_Map.pdf">dnr.maryland.gov/publiclands/Documents/Greenbrier_Map.pdf</a>	N/A	N/A		Intermediate to Advanced	Greenbrier State Park is officially in Washington County, but literally a few dozen yards from the Frederick County border. The trail system is easy to navigate. The red trail loop around the outside is about 6 miles long, and there are several trails that dissect the center of the loop. The riding there is slightly easier than Gambrill State Park or the Frederick Watershed and not as rocky, but still has a distinct elevation rise to it. The trail system traverses mainly across two ridges and a bit of the third and is mostly on the west side of the lake.
Gambrill State Park/ Frederick Watershed	Joe Whitehair	<a href="http://www.singletracks.com/bike-trails/gambrill-state-park.html">www.singletracks.com/bike-trails/gambrill-state-park.html</a>	N/A	N/A		Advanced	All trails begin at the Trailhead Parking Lot on the east side of Gambrill Park Road (about half-way up the mountain between the Rock Run area and the High Knob area, on the right side of the road). All trails are day use only. There is no overnight parking. Park hours are 8 a.m. to sunset, April to October, and 10 a.m. to sunset, November to March. All Maryland State Forests and Parks are trash free. Please carry out what you carry in. All trails, except the Catoctin Trail, are loop trails, and return to the Trailhead Lot. All trails,

							except the White Oak Trail, are open for hiking, mountain biking, and horseback riding. Please respect other trail users.
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Mountain Bike Pace	Description
Beginner/Casual	This is a very casual pace and completely beginner friendly. Someone who has little to no experience on a mountain bike should be able to stay with the group. Casual rides generally have many stops to allow everyone to rest as needed and to regroup. This is the pace often used for kids and beginner rides. The goal is to keep the group together and encourage / assist our new riders as needed.
Casual/Moderate	While still laid back and “casual” in nature this pace will have fewer stops/breaks along the way. Often times stronger riders will lead and attend a casual/moderate pace if the aim of the ride is more social in nature. Riders with an average level of fitness and at least a few months of regular riding under their belts should do fine on this level of ride.
Moderate	This pace is for the average rider with a season or more of experience under their belt and the desire to push the pace a bit. Riders at this level are often starting to further refine their bike handling skills. While not a race pace moderate rides are considerably faster than casual rides and tend to offer few if any regular rest breaks.
Moderate/Fast	This pace is intended for the experience rider who wishes to push themselves above the average pace. These rides will seldom have regular breaks and require a significant level of fitness and bike handling skills in order to stay with the group.
Fast	This is intended for the “hammer heads” of the club. These rides can and often will be done at a full on race pace. Pushing yourself to your limits is what a fast pace is all about

Mountain Bike Terrain	Description
Easier	An entry-level MTB trail. Minimal obstacles (roots & rocks) on the tread. Most climbs and descents will be gradual. A step up from the towpath. Cedarville and Cabin John are examples.
Intermediate	Assumes the rider has basic MTB skills. There will be obstacles which require the rider to get their front wheel off the ground to clear successfully. Short steep climbs and descents may be encountered. Many intermediate trails may be successfully ridden by more fit entry-level riders. Schaeffer and Fountainhead are examples.
Advanced	Assumes the rider has mastered fundamental MTB skills. Significant obstacles will be present (rock gardens, large and/or suspended logs, drop-offs). Climbs and descents will be long and/or steep. There may be sections where even experienced riders will need to portage their bikes. Gambrill and Elizabeth Furnace are examples.
Extreme	A mastery of fundamental MTB skills is required along with good fitness. Slow riding or “trials” skills may be required to “clean” some sections. Areas of trail may be “exposed” (i.e. large dropoffs to one or both sides). Even the most skilled and fit rider should expect to portage their bike through sections. Tibet Knob and East Massanutten are examples.