

Rochester Bicycling Club (RBC) welcomes riders to the SUPPORTED RIDES (SR) (formerly called S&E), a less demanding series of rides. All rides are under 30 miles with some suitable for families with children. **Riders under 18 must be accompanied by an adult.** Ride maps will be provided where needed. We ride as a loose group that will pause to regroup from time to time. We have selected rural and low-volume roads, as well as bicycle paths.

These rides are designed for those who want to ride with a group, develop their riding skills and not be left behind. RBC can help you achieve the skills you need to ride with confidence. To enjoy these rides, it is necessary to be physically conditioned and able to cycle for 2 hours at about 10-12 mph over some possible rolling terrain.

These rides have a NO RIDER LEFT BEHIND policy. The ride leader stays at the rear and can help with minor mechanical breakdowns, other problems, and offer encouragement and support. As you develop your riding skills, you will want to challenge yourself with longer rides, faster rides, and hills. "The more you do, the more you can do." In general, cycling experience and self-sufficiency are expected. Always bring a spare tube and water bottle. **Safety is our first concern, helmets are strongly encouraged.**

The SR rides and all of the other RBC rides are on Meetup. Be sure to check there for any updates as they approach.

[meetup.com/RBC-NY](https://www.meetup.com/RBC-NY)

Supported Rides (SR) 2018

Rochester Bicycling Club
rochesterbicyclingclub.org



#11 Webster Park Ride - 15 miles Low traffic flat country roads.

#80 Mendon Ponds - Fishers - 19 miles Ride from Mendon Ponds Park over gently rolling hills.

#130 Mendon Ponds Loop - 15 miles Ride around Mendon Ponds Park on gently rolling hills.

#140 N Chili - Churchville - 18 miles Quiet mostly flat roads makes for a nice ride.

#169A Perinton Pancake - 15 miles Less traveled rolling roads around Perinton and Penfield.

#180 Penfield Walworth Back Roads - 18 miles Couple hills on this flat ride on low traffic roads & residential housing tracts.

#187 Kelly's Apple Farm - 27 miles Ride close to the lake for cool temps in summer or cider and donuts in the fall. Mostly on flat roads.

#190 Penfield 1000 Acre Swamp - 18 miles A couple small hills near the end of this ride on low traffic roads and some residential housing tracts.

#216 Scottsville Strawberry Stroll - 18 miles Rolling country roads to Caledonia, Mumford and back. Refreshments at the Reminisce Soda Fountain in Caledonia.

#311 Henpeck Hop - 23 miles Ride to Brockport and back on the hard packed pea gravel canal path with refreshments at Java Junction.

#319 Perinton Park Towpath Trundle - 18 miles Canal path from Fairport to JCC and back. Hard packed crushed pea gravel.

#320 Ontario Lake & Ponds - 9 miles A neat ride past summer cottages as well as year-round homes on Lake Ontario.

#326 Rikki's Return - 13 miles Fairport to Pittsford and back on the hard-packed pea gravel canal path. Ice Cream at Pittsford Dairy.

#331 Spencerport Saunter - 20 miles Flat country roads south of Spencerport.

#345 East Side Hop to Palmyra - 23 miles Ride to Palmyra and back on the hard packed pea gravel canal path with refreshments at Muddy Waters.

#347 Casey - Pultneyville - 14 miles Quiet scenic rural roads, minor hills, and views of Lake Ontario. Refreshments at Pultneyville Deli Co..

#358 Canal and River Trek - 16 miles Paved Erie Canal west to meet the paved River Trail north to downtown. Refreshments at Javas on Gibbs St

#366 Seneca Park - Turning Point - 12 miles Paved River Trail to the lake, views of both the river and gorge. Up gentle hill on the way back.

#374 Three Towns NW - 29 miles Mostly flat low traffic roads through rural countryside.

#399 Greece Ponds - Ferry Terminal - 21 miles Wander through residential areas along the lake, on a paved bike path and the pier on this flat ride.

#400 Schoen Place to Downtown - 22 miles Paved Erie Canal west to meet the paved River Trail north to downtown. Refreshments at Javas.

#416 Kent Park Outlet - 17 miles Webster neighborhoods to Irondequoit Bay and back. Two Hills

#425 Summer Breeze - 14 miles Sea Breeze to Genesee River and back through quiet lakeside neighborhoods, and paved bike paths.

#426 Martin-Oatka Parks - 18 miles Buddhist temple and a Yak?! Yes! on this ride from Henrietta through Scottsville and back! Refreshments at Artisan Coffeehouse in Scottsville on the return.

#429 Cheese Factory Loop - 16 miles Rolling scenic country roads on the east side of Mendon Ponds Park.

#431 Wagon Train - 21 miles This east side ride is mostly flat and straight, with a few small hills.

2018 RBC Supported Rides (SR) Schedule

Be sure to check meetup.com/RBC-NY for updates!

Date	Day	Time	Name	Miles	Map	Location	Leader
4/28	Sat	9:00 AM	Canal and River Trek	16	358	Back parking lot, JCC, Edgewood Ave	Dave D
4/29	Sun	9:00 AM	Seneca to Turning Point	12	366	Seneca Park Zoo, Main Gate parking lot	Mary D
5/2	Wed	6:00 PM	Rikki's Return	13	326	Parking lot Behind Rikki's, North Main St, Fairport	Bob S
5/5	Sat	9:00 AM	Henpeck Hop	23	311	Henpeck Park, on Ridgeway at Elmgrove	Dave M
5/6	Sun	9:00 AM	Perinton Pancake	15	169 A	Fellows Park, Fellows Rd, Fairport	Carla W
5/9	Wed	6:00 PM	Ontario Lake & Ponds	9	320	Island Cottage at Edgemere Dr	Tony C
5/12	Sat	9:00 AM	Casey Pultneyville	20	347	Casey Park, Knickerbocker Rd, Ontario NY	Ken H
5/13	Sun	9:00 AM	Wagon Train	21	431	Rothfuss Park, Five Mile Line Rd, Penfield	Amy & Brent W
5/16	Wed	6:00 PM	Perinton Park Towpath	18	319	Perinton Park, O'Connor Rd, Fairport	Dana B
5/19	Sat	9:00 AM	Cheese Factory Loop	16	429	Mendon Ponds Park, Douglas Rd, Beach parking lot	Bob S
5/20	Sun	9:00 AM	Schoen Pl to Downtown	22	400	Right of The Coal Tower, Schoen Pl, Pittsford	Bill L
5/23	Wed	6:00 PM	Webster Park	15	11	Holt Rd at Lake Rd (East Side of Holt)	Carla W
5/26	Sat	9:00 AM	Eastside Hop to Palmyra	23	345	Perinton Park, O'Connor Rd, Fairport	Mike V
5/27	Sun	9:00 AM	North Chili - Churchville	18	140	North Chili Plaza Buffalo Rd at Union St	Mary D
5/30	Wed	6:00 PM	Kent Park Outlet	17	416	Kent Park Arboretum, Schlegel Rd, Webster	Mike L
6/2	Sat	9:00 AM	Wagon Train	21	431	Rothfuss Park, Five Mile Line Rd, Penfield	Dave E
6/3	Sun	9:00 AM	Scottsville Strawberry Stroll	18	216	Behind Union Presbyterian Church, Browns Ave, third row of lot	Dave E
6/6	Wed	6:00 PM	Seneca to Turning Point	12	366	Seneca Park Zoo, Main Gate parking lot	Betsie M
6/9	Sat	9:00 AM	3 Towns NW	29	374	Greece Town Hall / Library, Long Pond Rd	Dave E
6/10	Sun	9:00 AM	Summer Breeze	14	425	Parking lot on Sea Breeze Dr, South of Bill Gray's	Betsie M
6/13	Wed	6:00 PM	Rikki's Return	13	326	Parking lot Behind Rikki's, North Main St, Fairport	Carla W
6/16	Sat	9:00 AM	Martin - Oatka Parks	18	426	Martin Rd Park, Marton Rd at Middle Rd, Henrietta	Greg T
6/17	Sun	9:00 AM	Penfield 1000 Acre	18	190	Greenwood Park, Scribner Rd at Embury Rd, Penfield	Wendy R
6/20	Wed	6:00 PM	Ontario Lake & Ponds	9	320	Island Cottage at Edgemere Dr	Tony C
6/23	Sat	9:00 AM	Casey Pultneyville	20	347	Casey Park, Knickerbocker Rd, Ontario NY	Ken H
6/24	Sun	9:00 AM	Canal and River Trek	16	358	Back parking lot, JCC, Edgewood Ave	Bill L
6/27	Wed	6:00 PM	Webster Park	15	11	Holt Rd at Lake Rd (East Side of Holt)	Joann E
6/30	Sat	9:00 AM	Kelly's Apple Farm	27	187	Stutson Street Plz, Pattonwood Dr at Thomas Ave	Dave E
7/1	Sun	9:00 AM	Seneca to Turning Point	12	366	Seneca Park Zoo, Main Gate parking lot	Greg T
7/4	Wed	9:00 AM	Henpeck Hop	23	311	Henpeck Park, on Ridgeway at Elmgrove	Mike L
7/7	Sat	9:00 AM	Eastside Hop to Palmyra	23	345	Perinton Park, O'Connor Rd, Fairport	Dave D
7/8	Sun	9:00 AM	Cheese Factory Loop	16	429	Mendon Ponds Park, Douglas Rd, Beach parking lot	Greg T
7/11	Wed	6:00 PM	Perinton Park Towpath	18	319	Perinton Park, O'Connor Rd, Fairport	Mark R
7/14	Sat	9:00 AM	Greece Ponds - Ferry Term.	21	399	Greece Town Hall / Library, Long Pond Rd	Mary D
7/15	Sun	9:00 AM	Schoen Pl to Downtown	22	400	Right of The Coal Tower, Schoen Pl, Pittsford	Bill L
7/18	Wed	6:00 PM	Rikki's Return	13	326	Parking lot Behind Rikki's, North Main St, Fairport	Joann E
7/21	Sat	8:00 AM	Challenge Ride & Picnic			Mendon Ponds Park, East Lodge, Canfield Rd	-----
7/22	Sun	9:00 AM	Summer Breeze	14	425	Parking lot on Sea Breeze Dr, South of Bill Gray's	Eddie E
7/25	Wed	6:00 PM	Kent Park Outlet	17	416	Kent Park Arboretum, Schlegel Rd, Webster	Mike L
7/28	Sat	9:00 AM	Casey Pultneyville	20	347	Casey Park, Knickerbocker Rd, Ontario NY	Ken H
7/29	Sun	9:00 AM	North Chili - Churchville	18	140	North Chili Plaza Buffalo Rd at Union St	Greg T
8/1	Wed	6:00 PM	Seneca to Turning Point	12	366	Seneca Park Zoo, Main Gate parking lot	Dave M
8/4	Sat	9:00 AM	Eastside Hop to Palmyra	23	345	Perinton Park, O'Connor Rd, Fairport	Jerry S
8/5	Sun	9:00 AM	Canal and River Trek	16	358	Back parking lot, JCC, Edgewood Ave	Tomy C
8/8	Wed	6:00 PM	Rikki's Return	13	326	Parking lot Behind Rikki's, North Main St, Fairport	Cynthia H
8/11	Sat	9:00 AM	Perinton Pancake	14	169 A	Fellows Park, Fellows Rd, Fairport	Jerry S
8/12	Sun	9:00 AM	Wagon Train	21	431	Rothfuss Park, Five Mile Line Rd, Penfield	Wendy R
8/15	Wed	6:00 PM	Mendon Ponds Loop	15	130	Mendon Ponds Park, Douglas Rd, Beach parking lot	Andy H
8/18	Sat	9:00 AM	Casey Pultneyville	20	347	Casey Park, Knickerbocker Rd, Ontario NY	Ken H
8/19	Sun	9:00 AM	Schoen Pl to Downtown	22	400	Right of The Coal Tower, Schoen Pl, Pittsford	Greg T
8/22	Wed	6:00 PM	Webster Park	15	11	Holt Rd at Lake Rd (East Side of Holt)	Dave E
8/25	Sat	9:00 AM	3 Towns NW	29	374	Greece Town Hall / Library, Long Pond Rd	Dave E
8/26	Sun	9:00 AM	Penfield 1000 Acre	18	190	Greenwood Park, Scribner Rd at Embury Rd, Penfield	Wendy R
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9/22	Sat	9:00 AM	Kelly's Apple Farm	27	187	Stutson Street Plz, Pattonwood Dr at Thomas Ave	Carolyn A
9/23	Sun	9:00 AM	Mendon Ponds Loop	15	130	Mendon Ponds Park, Douglas Rd, Beach parking lot	Carla W
9/29	Sat	9:00 AM	Casey Pultneyville	20	347	Casey Park, Knickerbocker Rd, Ontario NY	Ken H
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