

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 30mi 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

Supported Rides (SR) 2019

Rochester Bicycling Club
rochesterbicyclingclub.org



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

#109 Towpath Tour - 22mi Flat out-and-back along the canal east from Clover. Plenty of food & ice cream opportunities!

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

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

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

#187 Kelly's Apple Farm - 27mi 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 - 18mi A couple small hills near the end of this ride on low traffic roads and some residential housing tracts.

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

#291 Lunch at Schoen place - 27mi For west siders, starting from Longview Plaza in Greece. Canal path all the way (and back)!

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

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

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

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

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

#345A Amazing Grains to Muddy Waters - 22mi Ride to Palmyra and back on the hard packed pea gravel canal path with refreshments at Muddy Waters.

#347 Casey - Pultneyville - 14mi Quiet roads plus a leisurely stop at B. Forman Park lake shore to play on the swings and skip stones followed by ice cream at Pultneyville Deli.

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

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

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

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

#400 Schoen Place to Downtown - 22mi Paved Erie Canal west to paved River Trail north to downtown. Refreshments at Javas on Gibbs St.

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

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

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

#429 Cheese Factory Loop - 16mi Rolling scenic country roads east of Mendon Ponds Park.

#431A Wendy's Train - 21mi This ast side ride is mostly flat, yet surprisingly scenic. Few small hills.

#433 Graveyard Shift Part Deux - 16mi Takes Canal and River Trail from JCC to explore Mt. Hope Cemetary!

#436 The Lake, the Park, and Other Things - 17mi Neat nooks & crannies in Durand and north Irondequoit. Several hills.

2019 RBC Supported Rides (SR) Schedule

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

Date	Day	Time	Name	Miles	Map	Location	Leader
4/27	Sat	9:00 AM	Seneca to Turning Point	12	366	Seneca Zoo Main Parking Lot	Mary D
4/28	Sun	9:00 AM	Canal and River Trek	16	358	Back Parking Lot, JCC, Edgewood Ave	Dave D
5/1	Wed	6:00 PM	Rikki's Return	13	326	Parking Lot behind Rikki's, North Main St, Fairport	Betsie M
5/4	Sat	9:00 AM	Henpeck Hop	23	311	Henpeck Park, off Ridgeway	Dave M
5/5	Sun	9:00 AM	Graveyard Shift Part Deux	16	433	Back Parking Lot, JCC, Edgewood Ave	Betsie M
5/8	Wed	6:00 PM	Perinton Park Towpath	18	319	Perinton Park (Lower Lot), O'Connor Rd	Mike L
5/11	Sat	9:00 AM	Amazing Grains to Muddy Waters	22	345A	Parking Lot off Cobbs Lane just east of Turk Hill Rd	Dave M
5/12	Sun	9:00 AM	North Chili - Churchville	18	140	North Chili Plaza, Buffalo Rd at Union St	Dave D
5/15	Wed	6:00 PM	Webster Park	15	11	Holt Rd at Lake Rd (east side of Holt)	Carla W
5/18	Sat	9:00 AM	Cheese Factory Loop	16	429	Mendon Ponds Park, Douglas Rd, Beach Lot	Bob T
5/19	Sun	9:00 AM	Schoen Place to Downtown	22	400	Right of Coal Tower, Schoen Pl, Pittsford	Bill L
5/22	Wed	6:00 PM	Rikki's Return	13	326	Parking Lot behind Rikki's, North Main St, Fairport	Dana B
5/25	Sat	9:00 AM	3 Towns NW	29	374	Greece Town Hall, Long Pond Rd	Mike L
5/26	Sun	9:00 AM	The Lake, The Park & Other Things	13	436	Public Parking just south of Silk O'Laughlins	Bob S
5/29	Wed	6:00 PM	Mendon Ponds Loop	15	130	Mendon Ponds Park, Douglas Rd, Beach Lot	Dave E
6/1	Sat	9:00 AM	Wendy's Train	26	431A	Rothfuss Park, 5 Mile Line Rd, Penfield	Wendy R
6/2	Sun	9:00 AM	Spencerport Saunter	20	331	Northampton Park - Hubbell Rd	Andy H
6/5	Wed	6:00 PM	Kent Park Outlet	17	416	Kent Park Arboretum, Schlegel Rd, Webster	Dave E
6/8	Sat	9:00 AM	Summer Breeze	14	425	Parking Lot off Sea Breeze Dr near Culver, above Bill Gray's	Betsie M
6/9	Sun	9:00 AM	Casey - Pultneyville	20	347	Casey Park, Knickerbocker Rd, Ontario	Ken H
6/12	Wed	6:00 PM	Seneca to Turning Point	12	366	Seneca Zoo Main Parking Lot	Dave E
6/15	Sat	9:00 AM	Martin - Oatka Parks	18	426	Martin Rd Park, Martin Rd at Middle Rd, Henrietta	Andy H
6/16	Sun	9:00 AM	Penfield 1000 Acre	18	190	Greenwood Park, Scribner Rd at Embury Rd, Penfield	Louie
6/19	Wed	6:00 PM	Rikki's Return	13	326	Parking Lot behind Rikki's, North Main St, Fairport	Brent+Amy
6/22	Sat	9:00 AM	Greece Ponds - Ferry Terminal	21	399	Greece Town Hall, Long Pond Rd	Mary D
6/23	Sun	9:00 AM	Canal and River Trek	16	358	Back Parking Lot, JCC, Edgewood Ave	Tony C
6/26	Wed	6:00 PM	Webster Park	15	11	Holt Rd at Lake Rd (east side of Holt)	Carla W
6/29	Sat	9:00 AM	Amazing Grains to Muddy Waters	22	345A	Parking Lot off Cobbs Lane just east of Turk Hill Rd	Mike L
6/30	Sun	9:00 AM	Seneca to Turning Point	12	366	Seneca Zoo Main Parking Lot	Jerry S
7/3	Wed	6:00 PM	Ontario Lake and Ponds	9	320	Island Cottage at Edgemere (across from Schallers)	Mary D
7/6	Sat	9:00 AM	Henpeck Hop	23	311	Henpeck Park, off Ridgeway	Dave E
7/7	Sun	9:00 AM	Mendon Ponds Loop	15	130	Mendon Ponds Park, Douglas Rd, Beach Lot	Brent+Amy
7/10	Wed	6:00 PM	Perinton Park Towpath	18	319	Perinton Park (Lower Lot), O'Connor Rd	Dave E
7/12	Fri	9:00 AM	Lunch at Shoen Place	27	291	Long View Plaza, Long Pond Rd, Greece	Dave M
7/13	Sat	9:00 AM	Graveyard Shift Part Deux	16	433	Back Parking Lot, JCC, Edgewood Ave	Betsie M
7/14	Sun	9:00 AM	Scottsville Stawberry Stroll	18	216	Behind Union Presbyterian Church, Browns Ave, middle of lot	Eddie E
7/17	Wed	6:00 PM	Rikki's Return	13	326	Parking Lot behind Rikki's, North Main St, Fairport	Cynthia H
7/19	Fri	9:00 AM	Towpath Tour	22	109	Lock 32 Canal Park, off Clover St	Dave M
7/20	Sat	9:00 AM	Challenge Ride & Picnic			Mendon Ponds Park, East Lodge, Canfield Rd	-----
7/21	Sun	9:00 AM	Summer Breeze	14	425	Parking Lot off Sea Breeze Dr near Culver, above Bill Gray's	Carla W
7/24	Wed	6:00 PM	Kent Park Outlet	17	416	Kent Park Arboretum, Schlegel Rd, Webster	Brent+Amy
7/27	Sat	9:00 AM	Casey - Pultneyville	20	347	Casey Park, Knickerbocker Rd, Ontario	Ken H
7/28	Sun	9:00 AM	North Chili - Churchville	18	140	North Chili Plaza, Buffalo Rd at Union St	Mary D
7/31	Wed	6:00 PM	Seneca to Turning Point	12	366	Seneca Zoo Main Parking Lot	Bob S
8/3	Sat	9:00 AM	Amazing Grains to Muddy Waters	22	345A	Parking Lot off Cobbs Lane just east of Turk Hill Rd	Mike V
8/4	Sun	9:00 AM	Schoen Place to Downtown	22	400	Right of Coal Tower, Schoen Pl, Pittsford	Jerry S
8/7	Wed	6:00 PM	The Lake, The Park & Other Things	13	436	Public Parking just south of Silk O'Laughlins	Dave D
8/10	Sat	9:00 AM	Wendy's Train	26	431A	Rothfuss Park, 5 Mile Line Rd, Penfield	Wendy R
8/11	Sun	9:00 AM	Perinton Pancake	15	169A	Fellows Park, Fellows Rd, Fairport	Carla W
8/14	Wed	6:00 PM	Ontario Lake and Ponds	9	320	Island Cottage at Edgemere (across from Schallers)	Betsie M
8/17	Sat	9:00 AM	Greece Ponds - Ferry Terminal	21	399	Greece Town Hall, Long Pond Rd	Mike L
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9/8	Sun	9:00 AM	Perinton Pancake	15	169A	Fellows Park, Fellows Rd, Fairport	Carolyn A
9/11	Wed	6:00 PM	Rikki's Return	13	326	Parking Lot behind Rikki's, North Main St, Fairport	Dave D
9/14	Sat	9:00 AM	Cheese Factory Loop	16	429	Mendon Ponds Park, Douglas Rd, Beach Lot	Eddie E
9/15	Sun	9:00 AM	Webster Park	15	11	Holt Rd at Lake Rd (east side of Holt)	Carla W
9/21	Sat	9:00 AM	Kelly's Apple Farm	27	187	Stutson St Plaza, Pattonwood Dr at Thomas	Mike L
9/22	Sun	9:00 AM	Canal and River Trek	16	358	Back Parking Lot, JCC, Edgewood Ave	Bill L
9/28	Sat	9:00 AM	Casey - Pultneyville	20	347	Casey Park, Knickerbocker Rd, Ontario	Ken H
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