

Rochester Bicycling Club (RBC) welcomes riders to 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](https://www.meetup.com/RBC-NY)

Supported Rides (SR) 2020

Rochester Bicycling Club
[rochesterbicyclingclub.org](https://www.rochesterbicyclingclub.org)



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

#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.

#345A Amazing Grains to Muddy Waters - 22mi Ride to Palmyra and back on hard packed 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.

#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.

#416b Sandbar Park - 17mi Irondequoit Bay to Webster neighborhoods 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 east 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 Cemetery!

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

#449 Lakeside Ride - 14mi Flat, pleasant ride along Lake Ontario and the Parkway bike trail.

#450 A Penfield State of Mind - 16mi Rolling ride on the east side. Ice cream at Schutt's after!

#451 Sit & Sip on the Promenade - 15mi BYO refreshments to sit & sip on the river behind The Nathaniel downtown.

#452 Way Out East - 16mi Very scenic and rustic (unpaved) canal path beyond Palmyra to Newark and back.

2020 RBC Supported Rides (SR) Schedule

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

Date	Day	Time	Name	Miles	Map	Location	Leader
4/25	Sat	9:00 AM	Seneca to Turning Point	12	366	Seneca Zoo Main Parking lot	Matt W
4/26	Sun	9:00 AM	Canal & River Trek	16	358	Back Parking lot, JCC, Edgewood Ave	Mary D
4/29	Wed	6:00 PM	Rikki's Return	13	326	Parking lot behind Rikki's, North Main St, Fairport	Betsie M
5/2	Sat	9:00 AM	Henpeck Hop	22	311	Henpeck Park, Ridgeway, Greece	Mike L
5/3	Sun	9:00 AM	Graveyard Shift Part Deux	16	433	Back Parking lot, JCC, Edgewood Ave	Patricia
5/6	Wed	6:00 PM	Webster Park	15	011	Holt Rd at Lake Rd (east side of Holt)	Carla W
5/9	Sat	9:00 AM	Amazing Grains to Muddy Waters	22	345A	Parking lot off Cobbs Lane just east of Turk Hill Rd	Dave M
5/10	Sun	9:00 AM	North Chili - Churchville	18	140	North Chili Plaza, Buffalo Rd at Union St	Mary D
5/13	Wed	6:00 PM	Perinton Park Towpath	18	319	Perinton Park (lower lot), O'Connor Rd	Mike L
5/16	Sat	9:00 AM	Cheese Factory Loop	16	429	Mendon Ponds Park, Douglas Rd Beach lot	Brent+Amy
5/17	Sun	9:00 AM	Schoen Place to Downtown	22	400	Right of Coal Tower, Schoen Place, Pittsford	Bill L
5/20	Wed	6:00 PM	Ontario Lake & Ponds	9	320	Island Cottage at Edgemere (across from Schallers)	David D
5/23	Sat	9:00 AM	Lunch at Schoen Place	27	291	Long View Plaza, Long Pond Rd, Greece	Mike V
5/24	Sun	9:00 AM	Lakeside Ride	16	449	Abbott's lot, Beach and Lake, Charlotte	Matt W
5/27	Wed	6:00 PM	Seneca to Turning Point	12	366	Seneca Zoo Main Parking lot	Dave E
5/30	Sat	9:00 AM	Wendy's Train	26	431A	Rothfuss Park, 5 Mile Line Rd, Penfield	Wendy R
5/31	Sun	9:00 AM	Perinton Pancake	15	169A	Fellows Park, Fellows Rd, Fairport	Brent+Amy
6/3	Wed	6:00 PM	Sit & Sip On The Promenade	15	451	Back Parking lot, JCC, Edgewood Ave	Bill L
6/6	Sat	9:00 AM	Casey - Pultneyville	19	347	Casey Park, Knickerbocker Rd, Ontario	Ken H
6/7	Sun	9:00 AM	Summer Breeze	14	425	Parking lot off Seabreeze Dr near Culver, above Bill Grays	Donna T
6/10	Wed	6:00 PM	Rikki's Return	13	326	Parking lot behind Rikki's, North Main St, Fairport	David D
6/13	Sat	9:00 AM	Martin - Oatka Park	18	426	Martin Rd Park, Martin Rd at Middle Rd, Henrietta	Matt W
6/14	Sun	9:00 AM	Penfield 1000 Acre	18	190	Greenwood Park, Scribner Rd at Embury, Penfield	Wendy R
6/17	Wed	6:00 PM	A Penfield State of Mind	16	450	Penfield Town Hall	Brent+Amy
6/20	Sat	9:00 AM	Greece Ponds Ferry Terminal	21	399	Greece Town Hall, Long Pond Rd, Greece	Mike L
6/21	Sun	9:00 AM	Canal & River Trek	16	358	Back Parking lot, JCC, Edgewood Ave	Bill L
6/24	Wed	6:00 PM	Sandbar Park	18	416B	Public Parking lot, Across From Bayside, Webster	Dave M
6/27	Sat	9:00 AM	Amazing Grains to Muddy Waters	22	345A	Parking lot off Cobbs Lane just east of Turk Hill Rd	Bob S
6/28	Sun	9:00 AM	Seneca to Turning Point	18	366	Seneca Zoo Main Parking lot	Matt W
7/1	Wed	6:00 PM	Webster Park	15	011	Holt Rd at Lake Rd (east side of Holt)	Carla W
7/5	Sun	9:00 AM	Mendon Ponds Loop	15	130	Mendon Ponds Park, Douglas Rd Beach lot	Patricia
7/8	Wed	6:00 PM	Perinton Park Towpath	18	319	Perinton Park (lower lot), O'Connor Rd	Lisa B
7/11	Sat	9:00 AM	Henpeck Hop	23	311	Henpeck Park, Ridgeway, Greece	Elise
7/12	Sun	9:00 AM	Scottsville Strawberry Stroll	18	216	Behind Union Presbyterian Church, Browns Ave, middle of lot	Matt W
7/15	Wed	6:00 PM	Sit & Sip On The Promenade	15	451	Back Parking lot, JCC, Edgewood Ave	Mike V
7/18	Sat	9:00 AM	Way Out East	16	452	Pal - Mac Aqueduct Park, just off Rt 31, Palmyra	Betsie M
7/19	Sun	9:00 AM	Casey - Pultneyville	19	347	Casey Park, Knickerbocker Rd, Ontario	Ken H
7/22	Wed	6:00 PM	Ontario Lake & Ponds	9	320	Island Cottage at Edgemere (across from Schallers)	Donna T
7/25	Sat	9:00 AM	Perinton Pancake	15	169A	Fellows Park, Fellows Rd, Fairport	Mike L
7/26	Sun	9:00 AM	Schoen Place to Downtown	22	400	Right of Coal Tower, Schoen Place, Pittsford	Mike L
7/29	Wed	6:00 PM	A Penfield State of Mind	16	450	Penfield Town Hall	Brent+Amy
8/1	Sat	9:00 AM	Amazing Grains to Muddy Waters	22	345A	Parking lot off Cobbs Lane just east of Turk Hill Rd	Lisa B
8/2	Sun	9:00 AM	Cheese Factory Loop	16	429	Mendon Ponds Park, Douglas Rd Beach lot	Brent+Amy
8/5	Wed	6:00 PM	Rikki's Return	13	326	Parking lot behind Rikki's, North Main St, Fairport	Dave M
8/8	Sat	9:00 AM	Graveyard Shift Part Deux	16	433	Back Parking lot, JCC, Edgewood Ave	Melissa
8/9	Sun	9:00 AM	Lakeside Ride	16	449	Abbott's lot, Beach and Lake, Charlotte	Matt W
8/12	Wed	6:00 PM	Sandbar Park	18	416B	Public Parking lot, Across From Bayside, Webster	Eddie E
8/15	Sat	9:00 AM	Summer Breeze	14	425	Parking lot off Seabreeze Dr near Culver, above Bill Grays	Eddie E
8/16	Sun	9:00 AM	Wendy's Train	26	431A	Rothfuss Park, 5 Mile Line Rd, Penfield	Mary D
8/19	Wed	6:00 PM	Seneca to Turning Point	12	366	Seneca Zoo Main Parking lot	Bob S
8/22	Sat	9:00 AM	RBC Picnic Ride			Victor Municipal Park	Dave E
8/23	Sun	9:00 AM	Greece Ponds Ferry Terminal	21	399	Greece Town Hall, Long Pond Rd, Greece	Matt W
8/26	Wed	6:00 PM	Webster Park	15	011	Holt Rd at Lake Rd (east side of Holt)	Carla W
8/29	Sat	9:00 AM	Casey - Pultneyville	19	347	Casey Park, Knickerbocker Rd, Ontario	Ken H
8/30	Sun	9:00 AM	The Lake, The Park & Other Things	16	436	Public Parking lot just south of Silk O'Laughlin's	Betsie M
9/2	Wed	6:00 PM	Perinton Park Towpath	18	319	Perinton Park (lower lot), O'Connor Rd	Lisa B
9/5	Sat	9:00 AM	Henpeck Hop	23	311	Henpeck Park, Ridgeway, Greece	Elise
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9/20	Sun	9:00 AM	Kelly Apple Farm	27	187	Stutson St Plaza, Pattonwood Dr at Thomas	Matt W
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