

Supported Rides (SR) 2023

Rochester Bicycling Club
rochesterbicyclingclub.org



Rochester Bicycling Club (RBC) welcomes riders to SUPPORTED RIDES (SR), 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

#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.

#183A Two Parks West - 13mi Flat ride from Northampton to Churchville park and back.

#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.

#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 canal path with stop at Java Junction.

#320 Ontario Lake & Ponds - 9mi Neat ride past summer cottages as well as year-round homes on Lake Ontario. Includes stop in Braddock Bay Park.

#326 Rikki's Return - 13mi Fairport to Pittsford & back on canal path. Pittsford Dairy ice cream!

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

#347 Casey - Pultneyville - 18mi Quiet roads plus stop at B Forman Park lakeshore to play on swings and skip stones. Ice cream at Pultneyville Deli.

#358 Canal and River Trek - 16mi

#400 Schoen Place to Downtown - 22mi Paved Erie Canal and Genesee River trails 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.

#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 thru Scottsville and back! Artisan Coffeehouse stop.

#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 Deux - 16mi Takes Canal & River Trail from JCC to see 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 Nice suburban-to-rural rolling ride on the east side.

#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.

#457 Powder Mill - Mendon Meander - 13mi Nice ride all on good gravel/dirt trails. Ice cream stop!

#460 Hamlin Hustle - 24mi From Hafner Park in Clarkson to Hamlin Beach for lake views. Possible stop at The Farmer's Table on the way back.

#461 Way Out West - 19mi Beautiful part of canal from Brockport to Fancher Rd (Orleans Cty). Stop to see Holley Falls. Coffee/ice cream in Brockport.

#462 It's All Downhill From Here - 17mi Scenic gentle uphill on the Auburn Trail from Powder Mills to Mertensia park. All downhill on the way back!

#464 Nuevo Sandbar - 13mi Explore neat Webster neighborhoods and enjoy Lake and Bay views. Stop at the Bay Inlet and end with a tailgate at Sandbar Park.

#475 Pumpkin Hook Pump - 17mi Get pumped on quiet, scenic, and gently rolling roads between Victor and Farmington.

#476 Lehigh Valley Trail Trek - 16/24mi Rail-trail from Mendon to the Genesee River and back.

2023 RBC Supported Rides (SR) Schedule

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

Date	Day	Time	Name	Miles	Map	Location	Leader
4/22	Sat	9:00 AM	Seneca-Turning Point	12	366	Seneca Zoo Main Parking lot	DaveM
4/23	Sun	9:00 AM	Canal and River Trek	16	358	Back Parking lot, JCC, Edgewood Ave	DaveD
4/26	Wed	6:00 PM	Webster Park Ride	15	011	Holt Rd at Lake Rd (east side of Holt)	CarlaW
4/29	Sat	9:00 AM	Amazing Grains to Muddy Waters	22	345a	Parking lot off Cobbs Lane just east of Turk Hill Rd	EliseW
4/30	Sun	9:00 AM	Graveyard Shift Part Deux	16	433	Back Parking lot, JCC, Edgewood Ave	DaveD
5/3	Wed	6:00 PM	Rikki's Return	13	326	Parking lot behind Rikki's, North Main St, Fairport	MarkS
5/6	Sat	9:00 AM	Henpeck Hop	23	311	Henpeck Park, Ridgeway, Greece	MikeL
5/7	Sun	9:00 AM	North Chili-Churchville	18	140	North Chili Plaza, Buffalo Rd at Union St	Doreen
5/10	Wed	6:00 PM	Powder Mill-Mendon Meander	13	457	Powder Mills Park ski hill parking area off Woolston Rd	LisaB
5/13	Sat	9:00 AM	Mendon Ponds Loop	15	130	Mendon Ponds Park, Douglas Rd Beach lot	Amy+BrentW
5/14	Sun	9:00 AM	Lunch at Schoen Place	27	291	Long View Plaza, Long Pond Rd, Greece	MelissaJ
5/17	Wed	6:00 PM	Ontario Lake & Ponds	9	320	Island Cottage at Edgemere (across from Schallers)	KenH
5/20	Sat	9:00 AM	Hamlin Hustle	24	460	Hafner Park, Rt 19 just north of Rt 104	EliseW
5/21	Sun	9:00 AM	Lakeside Ride	14	449	Abbott's lot, Beach and Lake, Charlotte	Doreen
5/24	Wed	6:00 PM	Seneca-Turning Point	12	366	Seneca Zoo Main Parking lot	JoeH
5/27	Sat	9:00 AM	Casey-Pultneyville	18	347	Casey Park, Knickerbocker Rd, Ontario	RickE
5/28	Sun	9:00 AM	Perinton Pancake	15	169a	Fellows Park, Fellows Rd, Fairport	MikeL
5/31	Wed	6:00 PM	Rikki's Return	13	326	Parking lot behind Rikki's, North Main St, Fairport	Randy+BeckyF
6/3	Sat	9:00 AM	Summer Breeze	14	425	Parking lot off Seabreeze Dr near Culver, above Bill Grays	DaveM
6/4	Sun	9:00 AM	Martin-Oatka Parks	18	426	Martin Rd Park, Martin Rd at Middle Rd, Henrietta	MaryD
6/7	Wed	6:00 PM	Sit & Sip on the Promenade	15	451	Back Parking lot, JCC, Edgewood Ave	Randy+BeckyF
6/10	Sat	9:00 AM	It's All Downhill From Here	17	462	Powder Mills Park ski hill parking area off Woolston Rd	BetsieM
6/11	Sun	9:00 AM	The Lake, The Park and Other Things	17	436	Public Parking lot just south of Silk O'Laughlin's	Doreen
6/14	Wed	6:00 PM	A Penfield State of Mind	16/13	450	Penfield Town Hall	JoeH
6/17	Sat	9:00 AM	Greece Ponds-Ferry Terminal	21	399	Greece Town Hall, Long Pond Rd, Greece	MikeL
6/18	Sun	9:00 AM	Schoen Place to Downtown for Java	22	400	Right of Coal Tower, Schoen Place, Pittsford	BillL
6/21	Wed	6:00 PM	Seneca-Turning Point	12	366	Seneca Zoo Main Parking lot	MaryD
6/24	Sat	9:00 AM	Amazing Grains to Muddy Waters	22	345a	Parking lot off Cobbs Lane just east of Turk Hill Rd	LorieR
6/25	Sun	9:00 AM	Wendy's Train	26	431a	Rothfuss Park, 5 Mile Line Rd, Penfield	JoeH
6/28	Wed	6:00 PM	Powder Mill-Mendon Meander	13	457	Powder Mills Park ski hill parking area off Woolston Rd	BetsieM
7/1	Sat	9:00 AM	Henpeck Hop	23	311	Henpeck Park, Ridgeway, Greece	LisaB
7/2	Sun	9:00 AM	Two Parks West	19	183a	Northampton Park, Hubbell Rd west lot	MelissaJ
7/5	Wed	6:00 PM	Rikki's Return	13	326	Parking lot behind Rikki's, North Main St, Fairport	EddieE
7/8	Sat	9:00 AM	Way Out East	16	452	Pal - Mac Aqueduct Park, just off Rt 31, Palmyra	BetsieM
7/9	Sun	9:00 AM	Way Out West	19	461	Clinton St just west of Main, Brockport (lot & street parking)	BetsieM
7/12	Wed	6:00 PM	Nuevo Sandbar	13	464	Sandbar Park, Lake Rd, Webster	JoeH
7/15	Sat	9:00 AM	Pumpkin Hook Pump	17	475	Pumpkin Hook Park, Allen Padgham Rd, Farmington	Amy+BrentW
7/16	Sun	9:00 AM	Perinton Pancake	15	169a	Fellows Park, Fellows Rd, Fairport	RickE
7/19	Wed	6:00 PM	Webster Park Ride	15	011	Holt Rd at Lake Rd (east side of Holt)	CarlaW
7/22	Sat	9:00 AM	Scottsville Strawberry Stroll	18	216	Behind Union Presbyterian Church, Browns Ave, middle of lot	EddieE
7/23	Sun	9:00 AM	Lehigh Valley Trail Trek	16/24	476	HFL-Mendon Youth Baseball lot	JoeH
7/26	Wed	6:00 PM	Sit & Sip on the Promenade	15	451	Back Parking lot, JCC, Edgewood Ave	MaryD
7/29	Sat	9:00 AM	Casey-Pultneyville	18	347	Casey Park, Knickerbocker Rd, Ontario	MikeL
7/30	Sun	9:00 AM	Lunch at Schoen Place	27	291	Long View Plaza, Long Pond Rd, Greece	DaveE
8/2	Wed	6:00 PM	Ontario Lake & Ponds	9	320	Island Cottage at Edgemere (across from Schallers)	DonnaT
8/5	Sat	9:00 AM	Lakeside Ride	14	449	Abbott's lot, Beach and Lake, Charlotte	LorieR
8/6	Sun	9:00 AM	Canal and River Trek	16	358	Back Parking lot, JCC, Edgewood Ave	BillL
8/9	Wed	6:00 PM	Powder Mill-Mendon Meander	13	457	Powder Mills Park ski hill parking area off Woolston Rd	KenH
8/12	Sat	9:00 AM	Amazing Grains to Muddy Waters	22	345a	Parking lot off Cobbs Lane just east of Turk Hill Rd	LorieR
8/13	Sun	9:00 AM	Henpeck Hop	23	311	Henpeck Park, Ridgeway, Greece	JoeH
8/16	Wed	6:00 PM	Rikki's Return	13	326	Parking lot behind Rikki's, North Main St, Fairport	JoeH
8/19	Sat		RBC Picnic - Andrew Spiller Rides				
8/20	Sun	9:00 AM	Graveyard Shift Part Deux	16	433	Back Parking lot, JCC, Edgewood Ave	BetsieM
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9/16	Sat	9:00 AM	Cheese Factory Loop	15	429	Mendon Ponds Park, Douglas Rd Beach lot	MikeL
9/17	Sun	9:00 AM	Kelly's Apple Farm	27	187	Stutson St Plaza, Pattonwood Dr at Thomas	JoeH
9/23	Sat	9:00 AM	Lehigh Valley Trail Trek	16/24	476	HFL-Mendon Youth Baseball lot	Doreen
9/24	Sun	9:00 AM	Casey-Pultneyville	18	347	Casey Park, Knickerbocker Rd, Ontario	KenH
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