

10-10-10 Riding Group



Although GVR Cycling doesn't sponsor any rides or riding groups, they let informally organized groups post information on the website.

In early 2021, Karen Rainford started a new, loosely organized riding group that is actively growing and open to anyone. The group fills a gap for newer or slower riders. To be added to the e-mail list, send an email to Karen at karen.rainford@gmail.com. Include your name, email address, and phone number. If you'd like to include an emergency contact, that's great, too.

The 10-10-10 riding group rides every Thursday at 10 am, starting at the Las Campanas Rec Center. There are several routes, but all are:

- Less than 10 mph
- Less than 10 miles in distance
- Less than 10 people riding together (we split into smaller groups if needed)

The pace is leisurely, but there is a focus on safe riding. Helmets are required, and masks should be worn when not actively riding. We practice good communication techniques, signaling our intentions to our fellow riders, and pointing out hazards.

Our rides attract a wide variety of riding experience levels. Some have done cross-country rides while others are logging their longest rides ever in this group. What they all have in common is a sense that riding together is a great way to spend an hour or two and an appreciation for fellow riders of all skill levels.

We hope you'll join us, for one ride or for many rides. Call or email Karen with questions.

Karen Rainford
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