Expanded Ride Descriptions

(Effective March 1, 2018)

- Distance: ____ MilesUrban Rural
- Course Terrain Levels
 - #1: Flat (mostly flat route)
 - #2: Flat/Easy Climbs (combination of flat & easy grades/hills)
 - #3: Rolling (rolling hills throughout half or much of the route)
 - #4: Challenging Hills (some long or steep grades/climbs + long mileage)
 - #5: Extremely Demanding Course (many hard climbs + long mileage)

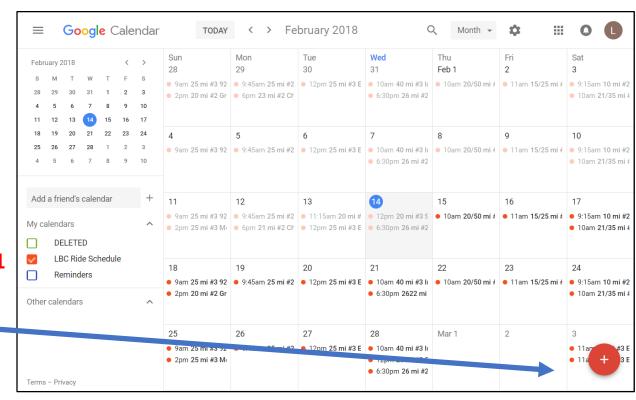
Ride Pace Levels

- **Very Fast** (19+ mph) with higher average on flats; strenuous pace requiring strong bike handling/experience skills; ability to ride in pace lines; riders expected to navigate on their own if they cannot maintain the pace
- **Fast** (15-18 mph) with some higher average on flats; brisk to at times rigorous pace requiring above average bike handling/experience skills
- Intermediate (13-15 mph); mostly moderate to brisk pace with good bike handling skills
- Moderate (11-13 mph); steady riding pace
- Casual (8-12 mph); a very casual or relaxed/conversational pace

Add a Ride

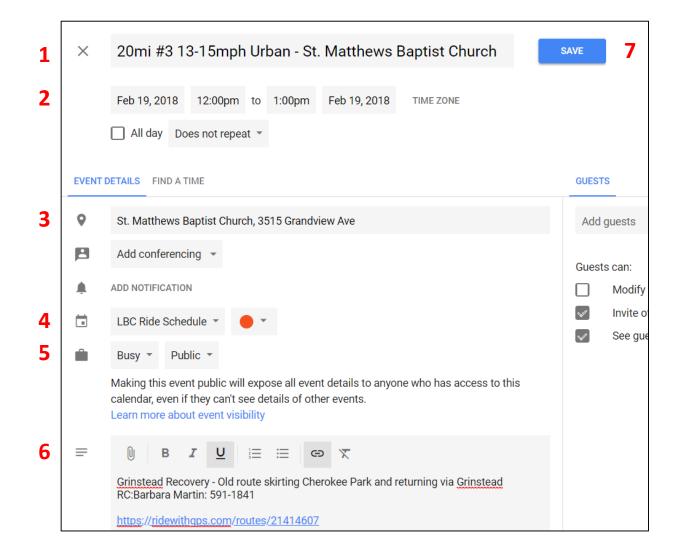
1. Make sure you have the LBC Ride Schedule calendar selected.

2. Click to add a ride.



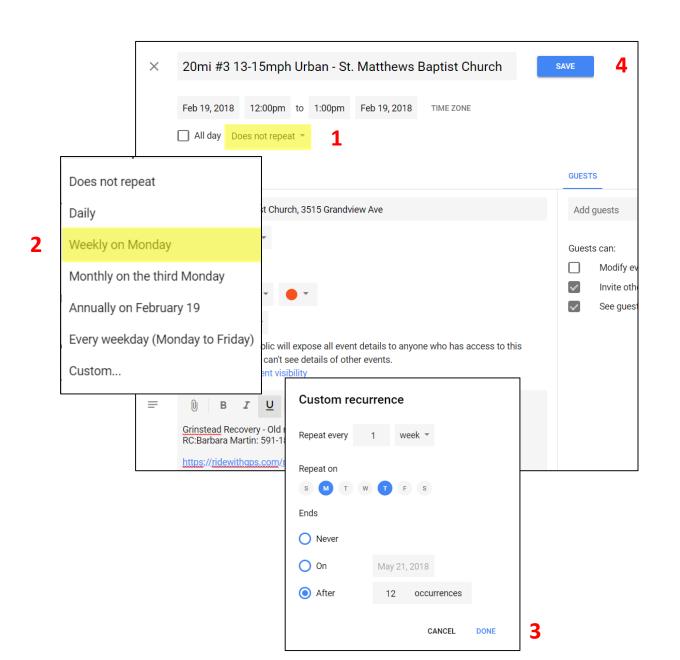
Add Ride Details

- Title should include:
 - a. # Miles
 - b. Terrain Level
 - c. Pace Level
 - d. Urban/Rural
 - e. Start Location
- 2. Date & Start Time (End times do not matter)
- 3. Ride start location
- Calendar = LBC Ride Schedule
- 5. Visibility = Public
- 6. Description include Ride Captain name and phone number. Can also include GPS link.
- 7. Click Save.



Recurring Rides

- 1. Click **Does not repeat**
- 2. Select from the recurring options
- If entering Custom recurrence options, click Done when complete.
- When you're finished creating your event, click Save at the top of the page.



Edit a Ride

- 1. Click the ride on the calendar.
- 2. Click the pencil icon.
- 3. Make desired changes and click **Save**.

