



# RIDE DESCRIPTION FORM

**Ride Date:** \_\_\_\_\_  
(month/day)

**Day of Week:** \_\_\_\_\_

**Ride Title:** \_\_\_\_\_

**Distance:** \_\_\_\_\_ miles

**Pace:**

- Easy (under 10 mph)
- Leisurely (10-12 mph)
- Social (12-14 mph)
- Moderate (14-16 mph)
- Brisk (16-18 mph)
- Strenuous (18-21 mph)
- Super-strenuous (21+ mph)

**Terrain:**

- Mostly flat
- Rolling
- Some hills
- Hilly
- Off-road

**Map:**

- Yes
- No

**Regroup:**

- None
- Occasional
- Frequent
- Stay-together

**Start Time:** \_\_\_\_\_  AM  PM

**Start Location:** \_\_\_\_\_

**Rain Cancels?**  Yes  No \_\_\_\_\_

**Ride Leader(s):** \_\_\_\_\_

**Phone(s):** (\_\_\_\_) \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_

**Description/Additional Information:** (Please keep short and do not repeat the above information.)

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