

Level 1 Old Spokes rides 2021 Season:

In anticipation of a new riding season in 2021 we can provide a synopsis of previous year's rides for Level 1. At this Level we ride at speeds of between 13-17 km per hour and tend to ride distances of between 12-15 km (early season) increasing to 20-26 km later in the season with, in general, few hills, or mostly moderately flat terrain.

The focus is on enjoying the ride with stops to enjoy the views and/or frequent washrooms as requested. Our groups have been smaller in size (under 10) and participants are encouraged to volunteer to lead an occasional ride in parts of the city that they are familiar with. There is no pre-determined specific ride leader for all rides through the cycling season. Several riders will volunteer to lead 4 or 5 rides through the season, but we do expect all participants to assist with occasional ride planning responsibility.

Favourite rides are in Fish Creek, the Bow River Pathway system, on the irrigation canal pathways and last year rides were enjoyed along the Cranston bluffs and through Auburn Bay into Mahogany. Out of town rides in Okotoks, High River or Airdrie may occasionally be offered, depending on ride leader offerings. Safety of all participants is a major consideration. In general, at this Level there are few major road crossings or extremely busy pathways (unless at non-peak hours).

Hope to see new riders joining us again this 2021 season!