### RIDE CLASSIFICATIONS

- AX: For strong, experienced cyclists in top physical condition. Average speed is 18 mph or more while moving.
- A+: For strong, experienced cyclists. Average speed is 17-18 mph while moving.
- A: For strong, experienced cyclists. Average speed is 16-17 mph while moving.
- A-: For strong, experienced cyclists. Average speed is 15-16 mph while moving.
- B+: For good, competent cyclists. Average speed is 15-16 mph while moving.
- B: For good, competent cyclists. Average speed is 13-14 mph while moving.
- B-: For good competent cyclists. Average speed is 12-13 mph while moving.
- C+: For average cyclists. Average speed is 11-12 while moving.
- C: For average cyclists. Average speed is 10-11 mph while moving.
- C-: For average cyclists. Average speed is 9-10 mph while moving.
- D: For novice cyclists. Average speed is 9 mph or less while moving.
- ATB: For All-Terrain and Hybrids. Average speed will vary with terrain and riders' experience. Must call ride leader.

MTNB: For All-Terrain Bike only. Speeds will vary. Must call rider leader.

## **TERRAIN RATINGS**

- 1: Hill Mania (multiple long and/or steep climbs)
- 2: Large Hills (such as Hillcrest Road in Warren or Johnston Drive in Watchung)
- 3: Rolling Hills (such as Valley Road in Warren Township)
- 4: Flat (except for an occasional overpass)

Example: B, 3, 35 indicates an average 13-14 mph pace over rolling hills for approximately 35 miles.



# CENTRAL JERSEY BICYCLE CLUB

Make checks payable to: CENTRAL JERSEY BICYCLE CLUB, Inc.

Mail check and membership form to:

Membership Chairperson
P.O. Box 10686, New Brunswick, NJ 08906

You can also sign up for membership with www.active.com

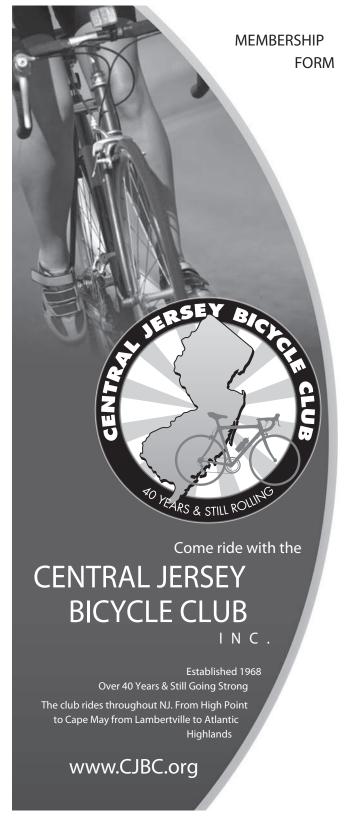
# **RULES OF THE RIDE**

Under each listing is the Ride Classification, Terrain Difficulty, Distance in Miles, Starting Time, Location of Start, and Ride Leaders(s) with phone number(s). Our rule is that you Must call the leader of the ride you plan to attend; this will let you ask questions about the ride and will let the Leader notify you if he/she has any special instructions on conditions or stops.

Helmets must be worn on all rides

732-225-HUBS

www.CJBC.org



# **RELEASE**

In consideration of being permitted to participate in any way in Central Jersey Bicycle Club, Inc. sponsored bicycling activities. I do hereby, for myself, for my heirs, executors, and administrators waive, release, and forever discharge any and all rights and claims for property damage and/or personal injury which I may have or which may occur to me, against the Central Jersey Bicycle Club, League of American Bicyclists or any of their officers, members, sponsors, agents or representatives, arising out of traveling to, participating in, or returning from any of these activities.

Signature		Date
Signature		Date
Members mu	ust be at least 18 there are two adı	years of age. BOTH adults
Name		
	s MUST be filled out co	mpletely & printed clearly)
Street		
City		
State	Zi <sub>l</sub>	o
Phone (	)	
E-mail addre	ess	
Individual:	☐ 1 Yr \$15	<b>Family:</b> □ \$20
	☐ 2 Yr \$30	□ \$40
	☐ 3 Yr \$45	□ \$60

Membership will include our monthly newsletter, The HUB



## **FAMILY MEMBERSHIPS**

Family membership consists of one or two adults in the samehousehold and minor children if any. All adult applicants must sign the release. Individuals under 18 must join as part of a Family Membership and a parent/guardian must sign the release for them. Riders under 18 years of age must be accompanied by a responsible adult on a club ride. Please print all family members names below.

# **CJBC FEATURED RIDES**

Membership Appreciation Ride - lunch provided Farmlands Tour - largest attendance with over 800 riders Longest Day Ride - distance challenge 100, double metric, 200 miles

Hillier Than Thou - 62 or 100 of extremely hilly routes Anniversary Ride - lunch provided

Shortest Day Ride - 6 grueling miles and Holiday Party to celebrate

# CJBC SOCIAL GATHERINGS

General Meetings - alternate months with guest presenters Awards Meeting - awards distributed to leaders and riders including Spirit of Cycling

Volunteers Dinner - thank our volunteers for their special efforts

### PLEASE CHECK AREAS OF INTEREST

	Event Voluntee			
	Ride Leadershi	o 🗆		
	Serving on Boa	rd 🗆		
Optional:				
Age				
Birthdate				
Gender:	Female [	] Male		
Where did you hear about the Club?				
Our Membership List is published (for members only) once a year. If you DO NOT want your phone number to appear in the Membership List, check here:				
From time to time the CJBC Membership List may be released on a one time only basis to bicycle-related organizations. If you DO NOT want your name/address released in this fashion, check here:				

Join in January through September and your membership is good through December of the year in which you join. However, if you join the club after October 1st, your membership continues through December of the following year