AOCCNJ Spring 2023 Ride Schedule

Ride details, including start location, subject to change. Updates, current week's ride details & cancel posted via Facebook.
Be sure to review Ride Categories & Ride Guidelines!

Category	Group	Day	Start Time	Start Location	Ride Name / Comments	E-Bikes Allowed	TT / Tri Friendly	Ride Leaders
Sunday								
C+	Co-Ed	Sunday	8:30 a.m.	Westfield High School	Sunday C+	No		Lois Yurow
B	Co-Ed	Sunday	8:30 a.m.	Westfield High School	Sunday B	No	Yes	Ray Sullivan / Chris Lum
O	Co-Ed	Sunday	8:00 a.m.	Municiple Lot #7, Cranford	The 100 Club Distance: Start at 25, work up to 100 Pace: C to start, increasing to B over time Elevation: Flat	Yes	Tri / Tri Friendly	Robert Coulter
D	Co-Ed	Sunday - Pending Ride Leader Availability	9:00 a.m.	Hb Cranford, but possibly other locations	Easy Like Sunday Morning	Yes		HbCC/HbW Ride Leaders
Monday								
C/C+	Co-Ed	Monday	9:30 AM	Senior Services Center of the Chathams, 58 Meyersville Rd, Chatham Township, NJ 07928.	Saif Riding!	Yes		Saif Alnasseri
Tuesday								
A-	Co-Ed	Tuesday	SUNRISE!	Publick House Mountainside	Dawn Patrol	No		Troy Doll / Mike Ward
B	Co-Ed	Tuesday	10:00 a.m.	Mountainside firehouse		No	TT / Tri Friendly	Albert Gaudin / Claudine Gimblette
C+	Co-Ed	Tuesday	9:15 a.m.	Liberty Corner, Harry Dunham Park		Yes	TBD	Erin Falquier - Russell Mangione
Gravel 12-13mph	Co-Ed	Tuesday	6:30 PM	Bedminster Dog Park on Burnt Mills Road, Bedminster, NJ.	Gravel	No	No	Chip Quayle
Wednesday								
A+	Co-Ed	Wednesday	6:00 p.m.	Hb Summit	The Summit Hammer (Drop Ride)	No		Bob Penn / Damian Barny
A	Co-Ed	Wednesday	5:45 p.m.	Hb Cranford	Special K 1 (SK1) 17-18mph	No		Kevin Ellis / Richard Lavigne
B	Co-Ed	Wednesday	5:45 p.m.	Hb Cranford	Special K 2 (SK2) 16-17mph	No		Mary Konsolaki / Ray Sullivan
C+	Co-Ed	Wednesday	5:45 p.m.	Hb Cranford	Special K 3 (SK3) 15-16mph	No		John Piszko / Lou Jimenez
C	Co-Ed	Wednesday	6:00 p.m.	Hb Cranford		Yes	No	Susan Levy / David Ehrlich
D+	Co-Ed	Wednesday	9:15a.m.	TBD		Yes		Lisa Gelmetti
D	Co-Ed	Wednesday	6:15 p.m.	Cranford High School	D-lightful Ride	Yes		Kim Polimeni
Thursday								
O	Co-Ed	Wednesday	08:00 - 9:00 a.m.	Hb Madison	Kings Crew - 17.5-19 avg depending on group, terrain, and duration	No	No	Paul Coviello
A	Women Only	Thursday	6:00 p.m.	Hb Summit	MYF-"A"	No	TT / Tri Friendly	Stacey Barbossa / Holly Goodman
B+	Women Only	Thursday	6:00 p.m.	Hb Summit		No	TT / Tri Friendly	Barbara Foley / Kelli Cusano
C+/B	Women Only	Thursday	6:00 p.m.	Hb Summit		No		Jane Ellis / Sue Hinds / Lillian Pliner
C	Women Only	Thursday	6:00 p.m.	TBD	Thursday ZEN	No	No TT / Tri	Pamela Gregory
D	Women Only	Thursday	6:10 PM	Hb Summit		Yes		Joanne Penn / Julie Chambers
Saturday								
A-/B+	Co-ed	Saturday	08:00 a.m.	Hb Summit	Coffee Crew (Regroup only on hills) ("friendly" drops on flats if it is obvious the rider can't stay with the group on the flats)	No	TT / Tri Friendly	Mike Lorditch, Edward Hernandez, Rob Coyle
A-/B+	Co-ed	Saturday	08:00 a.m.	Hb Madison	Bottle Hill Ride	No	Case by Case	Murat Koksel
C	Co-ed	Saturday	8:00 a.m.	Sarah & Jame's House, 111 E Dudley Ave, Westfield	Hills Build Character	Yes		Sarah Stuart Schaefer / James Hurwitz
D	Co-ed	1st and 3rd Saturday of the Month	8:00 a.m.	Tamaques Park in Westfield - Main parking lot by the tennis courts	Saturday in the Park Intro to Group Riding - D ride	Yes		Robert Coulter and Others TBD