GROUP RIDES
Due to the COVID-19 outbreak, ALL upcoming group rides have been put on hold until further notice.

Solo Cycling Tips
It’s best to ride solo when enjoying the outdoors (as long as there are no local restrictions to doing so). Be sure to maintain a safe distance from other cyclists and pedestrians.

Getting in 30 minutes or more of moderate to brisk exercising can help your immune system keep viruses at bay. Regular exercise promotes a strong immune system.

Long-term benefits of exercising outweigh any short-term concerns. However, cyclists are cautioned to avoid long or intense rides at this time. Just don’t overdo it. Your health is more important than fitness.
If you must touch something like a traffic light button, portable bathroom door, or some other outside device that others have touched, use a glove, sleeve, or elbow. Then wash or dispose of the glove when you get home.

If you are sick or at-risk of spreading the virus, you shouldn’t go out.

If you are self-quarantined, but not sick, try doing some indoor exercises to help stay healthy. Bodyweight exercises and indoor bicycle trainers are great ways of doing this.

If you are sick, you can’t exercise the virus out of your system. Unfortunately, that usually has the opposite effect.

Visit your state and local government website before heading outside for a workout, in case there are any restrictions in your area.

**Board Meeting (Virtual)**
Tuesday, April 14th at 6 PM

**On-line: Google groups**

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2020 BCM EVENTS

Note: Your rides/events can be added to the Bicycle Coalition of Maine Events calendar by emailing the ride/event info to info@bikemaine.org.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Bicycle Coalition Events</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apr 8</td>
<td>8:00am-9:00am</td>
<td><strong>BCM Webinar: Bicycle Rodeo Training</strong></td>
<td>Webinar</td>
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<tr>
<td>Apr 8</td>
<td>9:00am-10:00am</td>
<td><strong>BCM WEBINAR: BICYCLE &amp; PEDESTRIAN SAFETY EDUCATION</strong></td>
<td>Webinar</td>
</tr>
<tr>
<td>Apr 19</td>
<td>12-4:00p.m.</td>
<td><strong>Maine Beer Company Bike Drive: CANCELLED</strong></td>
<td>Rt 1 Freeport, ME</td>
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<tr>
<td>Apr 26</td>
<td>10am-6pm</td>
<td><strong>Great Maine Bike Swap: CANCELLED</strong></td>
<td>USM 66 Falmouth St Portland, ME</td>
</tr>
<tr>
<td>Apr 29</td>
<td>3:00pm-4:00pm</td>
<td><strong>BCM WEBINAR: BICYCLE &amp; PEDESTRIAN SAFETY EDUCATION</strong></td>
<td>Webinar</td>
</tr>
<tr>
<td>Apr 29</td>
<td>4:00pm-5:00pm</td>
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<td>Webinar</td>
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**Weekly rides: (ON HOLD)**
Sunday morning ride in Gorham (ON HOLD)
Departs 9:00 AM year-round. Meet at the Field House on the USM campus. (Take Route 114 north from the intersection with Route 25 in the middle of town. At blinker, 1/4 mile, turn left, field house is the second building on right.) No set mileage. Usually closer to 20 miles in the winter and 35 miles in the summer. No set pace. Determined by slowest pace called for by any individual attendee that week, down to about 12-13 mph average (~15-16mph flat ground cruising). FMI contact Ken at 207-415-0364 or kob22225@mac.com.

Monday morning ride in West Falmouth (new for 2019)
Departs 9:00 am from the Falmouth Community Park on Winn Road. Distances will be 25 to 35 miles, and in keeping with club tradition will usually include a stop for something to eat, either during or after the ride.

Wednesday evening ride in Yarmouth
Departs 6:00 PM May – August; 5:45 in September. Meet at the south end of the Hannaford Supermarket parking lot (beyond TD Bank). 15-20-mile ride at a moderate (12-15 mph average) pace. Romeo’s Pizza after the ride for something to eat and drink. FMI, contact cbbc-board@googlegroups.com. Sign up to lead a Wednesday ride.

Steve Buxton is also offering a “learn to group ride” session and ride on the first Wednesdays of May, June, July, August and September. This ride leaves from the same location and at the time as the regular ride. Participants are welcome to join the group afterward at Romeo’s! For more information, contact Steve at smarkbux@gmail.com or text 207-632-4191.

Thursday evening ride in Westbrook
Departs 6:00 PM May – August; 5:45 in September. Meet at the Westbrook Common. The Thursday evening ride is centrally accessible in Westbrook. The format will be essentially the same as our Wednesday night ride – a 12 to 20-mile ride at a moderate pace, followed by something to eat and drink. FMI contact Janice Musacchio at murdoch@maine.rr.com.

Saturday Morning ride in West Falmouth
Departs 9:00 AM May through September; 10:00 AM in October (please consult our calendar: no rides when some other club rides are scheduled…such as York Beaches or Fryeburg Frolic). Our new start location is at the Falmouth Community Park at 19 Winn Road, Falmouth. Rides are generally from 25 to 35 miles with mostly a moderate pace and moderate terrain. Stops during the ride or after the ride at Maddens Bar & Grill for food and drink. FMI contact Steve Capriola at sjcapri@maine.rr.com. Volunteer to lead a Saturday ride ***
Club Discounts:

Thank you to these shops for offering a discount to club members! (See shop for details.)

Links:

Casco Bay Bicycle Club: http://cascobaybicycleclub.org/


Bicycle Coalition of Maine: http://www.bikemaine.org/

Road Bike Rider: http://www.roadbikerider.com/