

Gravel Rides JSTS

It's easy for cyclists to get stuck in a rut, through their daily routine using the same roads and braving through the same traffic. Fortunately, all you need to do to break your habits is be open to try something new. GRAVEL DIRT RIDING

One of the fastest growing niches in cycling is gravel grinder It's fun, provides a break from traffic and doesn't cost much to get started.

They are a great way to get out and see an area you may never ride, or terrain you typically don't experience.

Time: Mondays, 5:30 PM

Location: **Burnt Mills Park**, Bedminster, NJ

Duration: 20 - 30 miles

Pace: Average 13mph -16 mph, depending on terrain

Course: Starting locations might differ. To be determined later on JSTS website
There are many types of gravel roads, first-timers will soon discover this.

Gear: Those rides can be done on any bike that have 28mm tires or wider:
Hybrid, Road, Cyclocross, Trail, Mountain, Fat bikes.
Rear and Front lights are recommended
Inner Tubes, Co2 &/or pump are highly recommended
Helmet is mandatory ... no helmet no riding.

Attire: Dress for the weather... Nothing specific. If you feel more comfortable wear knee and elbow protections, do it !! Comfort is key to enjoy any ride.

Maps: example: <https://ridewithgps.com/routes/29699902>

Cancellations: Rain will cancel, wet roads will not !! It's called DIRT riding and you should expect to end up with dirty clothes and bike.

Look around and enjoy nature and the ride!