

RECREATIONAL AND TRAINING RIDES

READ ME; There is not enough time to enter all the rides and tours in the North Atlantic/Mid-Atlantic regions as our main emphasis on this web page is road, track and cyclocross racing, but we will list as many as we can.

NOTE: To obtain more information on the Tour de Cures, go to their web page: tour.diabetes.org. Also check out if there is pre-registration on bikereg.com.

MASSACHUSETTS

July 15 through July 21 - New England Classic 500 - Woburn

The New England Classic 500 7-day Bicycle Tour is a challenging, fun-filled opportunity to get away from the work-a-day world and spend seven days in the company of an elite group of adventurers. While you discover the thrill and the satisfaction of your personal accomplishment, you will also discover the beauty of scenic New England. You will pedal along the seacoasts of Maine and New Hampshire, over the White and Green Mountains, through the countryside of Massachusetts and Vermont, cruising past historic glances into yesteryear and through panoramic vistas that you will remember for a lifetime.

July 15 and 16, 2006 - New England Classic 150 - Woburn

The New England Classic 150K 2-day Bicycle Tour will rate as one of the best three-state tours you can imagine. See the back roads and seacoast of New England as you tour through Massachusetts, New Hampshire and Maine. Along the way, enjoy the company of a great group of cyclists and volunteers.

June 25, 2006 - Tour de Cure - Marshfield Fairgrounds, Marshfield

Enjoy gentle ocean breezes and seacoast views as you pedal around the South Shore communities of Marshfield, Scituate, Cohasset and Norwell. With three routes of varying lengths, we have a ride for the experienced and the novice cyclist. Families enjoy the 25k route while more experienced cyclists enjoy the challenge of the Marshfield Hills. This tour is fully supported with rest stops manned by friendly volunteers who want to make this a ride to remember. When you return to the Marshfield Fairgrounds, enjoy a great post-ride party with lunch and entertainment provided by WATD.

June 11, 2006 - Tour de Cure - O'Maley Middle School, Gloucester

25 to 100k. All three courses cruise past the scenic coastline with its long, sandy beaches and breathtaking views of the Atlantic Ocean. The 50k and 100k routes wind their way past Gloucester's historic fishing port, Rockport's famous art galleries, the unique antique shops of Essex and the old New England charm of Manchester-by-the-Sea. Join us and find out why this tour is a rider favorite. Along the way you will find friendly volunteers who will provide you with refreshments as well as mechanical and medical support. When you return to the O'Maley Middle School enjoy a post-ride lunch and entertainment.

April 30, 2006 - Tour de Cure (25-100k) - Barnstable County Fairgrounds, Cape Cod

Enjoy this scenic Oceanside route from the Barnstable County Fairgrounds. The ride will take you through North Falmouth, Old Silver Beach, West Falmouth, Chappaquoyt and Woods Hole. Whether you do the 25k, 50k or 100k ride, this is a beautiful way to see this tranquil part of Cape Cod. Along the way, we will have volunteers to help you with medical and mechanical support and rest stops for refreshment and rejuvenation. A great new ride to add to your favorites.

RHODE ISLAND

CONNECTICUT

MAINE

NEW HAMPSHIRE

May 7, 2006 - Tour de Cure - Portsmouth Middle School, Portsmouth

25 to 100 miles. All routes are fully supported with rest stops and SAG vehicles staffed by enthusiastic volunteers who want to make this ride your best cycling experience. Start the day with a continental breakfast provided by Young's Restaurant and end the day with a massage provided by NE Institute of Whole Health and lunch from Outback Steakhouse in Newington.

VERMONT

June 11, 2006 - Tour de Cure - Dorset Park, South Burlington

Riders will begin and end their adventure at beautiful Dorset Park enjoying a festive start and finish line, silent auction, wonderful food and entertainment. Four touring options, that received rave reviews the past two years, travel through scenic countryside, past picturesque farm land and along the shores of Lake Champlain. Choose from a 10k leisure ride or a 25k ride. If you're looking for something more challenging choose the 50k or 100k option.

NEW YORK

November 19, 2006 - Sweat n' Ice Century - Clifton Park

Part of the most talked about capital district century series. Scenic 100-mile loop takes you past beautiful Sacandaga Lake on selected country roads.

September 24, 2006 - Sweat n' Fall Century (100 miles) - Parkwood Plaza, Clifton Park

July 23, 2006 - Sweat n' Summer Century (100 miles) -

Part of the most talked about capital district century series. Scenic 100-mile loop takes you past beautiful Sacandaga Lake on selected country roads.

June 11, 2006 - Tour de Cure - Brookville, Long Island

June 11, 2006 - Tour de Cure - Mendon Ponds Park, Rochester

15 to 100 miles. This route features rolling hills and the beauty of Mendon Ponds Par. Each route offers medical and mechanical support and fully equipped rest stops about every 10 miles. Dedicated volunteers provide support and encouragement along the way. Enjoy a festive finish line celebration complete with massage therapists, live entertainment and lunch. Whether you are an avid cyclist or a leisure rider, you'll enjoy this Tour NOTE: A 4-hour cyclist's end time will be strictly enforced.

June 11, 2006 - Tour de Cure - Stillwater Central School, Stillwater

10 to 100 miles. The 10-mile is a beautiful ride with flat terrain and views of the Hudson River. The 25-mile is mostly flat terrain with a few gentle rises, taking you along the Hudson and through beautiful farm land. The 50-mile is a rider favorite. The terrain is mostly flat, with some gentle rises and a challenging hill. The 75-mile course is new this year and is a great stepping stone for those seeking a greater physical challenge. The route is a mixture of flat terrain as well as plenty of hills. The 100-mile course will challenge even the strongest rider. Although the first 25 miles mirror the 50-mile course, the next 65 miles have plenty of hills, ending with a nice flat 10 miles. All routes are fully supported with rest stops and SAG vehicles. When you cross the finish line you will be greeted by volunteers, treated to lunch by Romano's Macaroni Grill and dessert from Friendly's!

June 9, 10, 11, 2006 - Great Finger Lakes Bicycle Tour - Watkins Glens

For more information got to www.southerntierbicycleclub.org.

June 4, 2006 - Tour de Cure - Morningside Park, New York City

15 to 62 miles. Riders will have the experience of cycling over the George Washington Bridge and the opportunity to ride on Riverdale Drive. Cyclists will travel through Northern New Jersey's scenic landscape and take in the breathtaking view of the mountains and Hudson River in Rockland County. You can tart your day off right with bagels, fruit, juice and coffee for breakfast. Rest stops.

June 4, 2006 - Tour de Cure - Verona Beach State Park, Verona Beach

15 to 100 miles. Starting and finishing at Verona Beach State Park these routes are guaranteed to be a beautiful journey through the quaint towns and villages surrounding Oneida Lake. The 62.5- and the 100-mile routes travel around Oneida Lake. Both the experienced and novice riders alike are encouraged to join us since the day will provide an excellent challenge for all levels of cycling enthusiasts. Rest stops along the way will feature an array of nutritious snacks and dedicated volunteers. When you are finished join us back at Verona Beach State Park for a victory party complete with food, drink, music and more. The 100-mile route is our most challenging course. The distance is suggested for the experienced rider and should be completed in 6 hours or less.

June 3, 2006 - Tour de Cure - Buffalo

16 to 105 miles. Breakfast, lunch and more.

April 9, 2006 - Sweat n' Spring Century (100 miles) - Parkwood Plaza, Clifton Park

NEW JERSEY

June 25, 2006 - Tour de Cure - Princeton

10 to 62.3 miles. Also "funwalks." The largest Tour in New Jersey! Routes take participants through historic and scenic Central New Jersey.

June 10, 2006 - Tour de Cure - Morristown

10 to 65 miles. Prepare to say "wow." Ride through the Great Swamp Wildlife Refuge and part some of New Jersey's most impressive estates as you experience the beauty of historic Morris County.

June 03, 2006 - Tour de Cure - Brookdale College, Lincroft

13 to 62.3 miles. Let the wind blow across your face and through your hair. Routes take participants through the most scenic areas of Monmouth County's families and shore communities.

June 03, 2006 - Mt Laurel

April 23, 2006 - Tour de Lake Hopatong, Mt Arlington Civic Center, Mt Arlington

20 miles and 40 miles. The course will go clockwise around the lake and consists of 19.7 miles of rolling terrain. This course is not flat, but there are no monster hills to discourage those who are looking for an enjoyable ride.

PENNSYLVANIA

June 25, 2006 - Tour de Cure - Seneca Valley High School, Harmony

8 to 100 miles. Finish Line festivities. Following the ride enjoy lunch, massage therapy, music and vendor booths with your fellow riders. Lunch and massage are for those meeting the \$100 fund-raising minimum.

May 7, 2006 - Suburban Cyclists Unlimited - Quad County Metric - Green Lane, PA

8:00am-76 mile Metric Century with Climbing Challenge; 8:00am-68 mile Metric Century+; 9:00am-53 mile Road Ride with Climbing Challenge; 9:00am-45 mile Road Ride; 9:00am-31 mile Road Ride; 10:00am-21 mile Road Ride; 11:00am-10 Mile Flat Trail Ride.

The Quad County Metric is SCU's premier spring ride. It begins at beautiful Green Lane Park in Upper Montgomery County and continues through Berks, Lehigh and Bucks Counties before returning to the park. Road riders can choose from metric centuries and road rides with or without the climb (over 1200 feet of elevation over 8 miles); hybrid and mountain bikers can enjoy the 10-mile Trail Option, a leisurely ride on the recently reconstructed Perkiomen Trail.

June 24, 2006 - 16th Annual Lutheran Charities Steeple Chase (10-100 miles), Center Square

Several distances from 10 to 100 miles. Registration fee of \$25 with a minimum pledge of \$50. Sponsoring bike shops provide SAG support, well-marked routes, well-stocked rest stops, lunch and t-shirts to all participating riders.

June 10, 2006 - Tour de Cure - Valley Forge National Historical Park - King of Prussia

Choose your route - Choose your challenge! Are you up for the challenge? There is a route for everyone. Select from four new routes and distance options including a full metric center (100k, 63 miles), a 30-mile route and the less challenging 15-mile course. New this year, a 75-mile route that includes Delaware. Tour de Cure will also be offering a "fun ride" for kids. Cyclists will travel through history, along the historic Revolutionary War region from Valley Forge. Along the route riders will be greeted by volunteers and supporters with drinks, snacks and cheers! A nutritious lunch and beverages will be provided at the finish line by Palermo's Pizza and Giant Food Stores. All riders will receive a Tour de Cure T-shirt and sincere thanks for their fund-raising efforts.

June 10, 2006 - Tour de Cure - Monroe Township Elementary School - Harrisburg, PA

Grab your bike and join us in riding through some of the most scenic roads of Pennsylvania. This year you may choose to ride one of 3 routes, all of which follow the beautiful country roads of Cumberland County. Whether you choose a breezy 25k ride, an intermediate 50k course, or a challenging 100k tour, you are sure to enjoy the fantastic scenery of winding creeks, majestic mountains and rustic country bridges. All three routes are supported with frequent rest stops, food, water, medical support and bike technicians. When you arrive at the finish line, you will be greeted with a hot meal, entertainment, prizes and a whole lot of fun!

MARYLAND

DELAWARE

DISTRICT OF COLUMBIA

VIRGINIA

June 10-11, 2006 - The 18th Annual Stop in Food Stores, MS 150 Bike Tour, Tour de Vine - Charlottesville will explore this intoxicatingly beautiful countryside with its award-winning wineries and historic past. The fully supported tour features frequent rest stops, support vehicles, radio communication, bike mechanics, medical staff and a load of fun at each turn. The Tour de Vine is a party is a party of wheels. This year's newly-designed route has something for everyone - whether you are a novice or expert cyclist. The tour begins and ends both days in Charlottesville at St Anne's Belfield School (lower campus). The finish line Saturday is an all-day party that starts at 11:00am and lasts until 9:00pm. There will be live bands, wine tasting, a silent auction, bike washes activities for kids and plenty of food. Saturday's catered dinner features both high protein and high carbohydrate options. Saturday night you'll camp out in Tour de Vine's Tent City Vineyard, where Boy Scouts will be on hand to pitch your tent, or you may choose to spend the night in one of the area's hotels. Sunday's finish line will be the best ever with an outdoor barbecue, music and crowds to cheer your accomplishment. This year for the first time riders will be able to choose their own challenge. Bike one day or two. Each day you'll have the choice of biking 75 kilometers, 75 miles, 150 kilometers, 150 miles, or, for those who dare, choose to go the century on either Saturday or Sunday (or both!). Bike 25 miles on Saturday and join us for the party. The choice is yours.

May 13, 2006 - Celebration of Life Ride

May 7, 2006 - Crabtree Falls 50-Mile Ride

January 8, 2006 - Peter Teeuwen Memorial Ride - Ruritan Club, Chesapeake

WEST VIRGINIA

ONTARIO, CANADA

September 23, 2006 - Hasting Highlands Hilly Hundred - Bancroft

The 2nd Annual "Hastings Highlands Hilly Hundred," the toughest century ride in Ontario takes place in September. Four challenging distances are offered (160k plus, 160k, 80k and 60k). Road bikes are recommended. The course weaves its way through hills and valleys of the Canadian Shield. The terrain is a mix of country roads, limited highway riding and breathtaking hills carved through ancient granite bedrock. You will be awed by the beauty of the lakes, rolling hills and colorful hardwood forests. This one-day "Tour de France" coincides with "Septemberfest" in Millenium Park in Bancroft.