

Southern Crescent Cycling

Group Rides

Southern Crescent Cycling has several official group rides Monday-Thursday leaving from Epic Bikes and Trek of McDonough and various unofficial rides are formed on the weekends and during the winter. The rides during the winter months are more dependent upon the weather as one might expect. There are typically four groups of riders if participation allows. The groups are categorized as:

“A”- This group is for those focused on fast riding and race training. The group typically averages 20 mph and above.

“B Fast” – This group is for those who are looking to get faster, compete among themselves, and use the ride as a stepping stone to the “A” group. The group typically averages 17 to 19 mph.

“B Social”- This group is focused on riding as a group, not racing. Typical relaxed pace is generally between 15-17 mph. No-drop group.

“Intermediate”-group which averages 13 to 15 mph. No-drop group.

On certain days SCC will also host “Novice” group rides for those people just starting out learning how to ride their bike on the road and in a group setting. Each of the Novice group rides will have an experienced Ride Leader that will assist and teach the participants safe riding skills. No-drop group.

We strongly recommend that people join SCC to receive all the benefits of club membership however new riders that are not SCC members are required to sign a SCC Waiver and sign in with the ride leader with emergency contact information at the beginning of the ride.

Riders meet at Epic Bikes at 1993 Jonesboro Rd., McDonough, GA 30253 on Monday and Wednesday and at Atlanta Trek at 120 Westridge Pkwy., McDonough, GA 30253 on Tuesday and Thursday at 6pm in the summer.

For a list of what rides are scheduled when and where see the website Calendar or go to the Southern Crescent Cycling Facebook page.