

# Ride Descriptions

The 4th Annual Ride the Ridge Bike Challenge benefits the High Meadow Performing Arts Center in Stone Ridge, NY. The event offers 4 routes, all starting at the School.

Expert riders taking on the **50-mile Shawangunk Ridge Ride** will tackle the ascent up the West Trapps of the Shawangunk Ridge towards Minnewaska State Park. The views of the Catskill Mountains and Hudson Valley are spectacular. A thrilling descent follows as riders hit speeds up to 50 mph! Riders make their way past the Trapps cliffs as they head back to Stone Ridge along the Wallkill River. (Category A and strong Category B riders only\*)

Advanced riders taking the **30-mile Countryside Ride** will journey a loop from the historic houses of Stone Ridge, along the Wallkill River, and by the original stone Gatehouse to Mohonk Mountain House in New Paltz. The ride offers flats, rolling hills, and some several steep (but short) climbs along, with fantastic views of the Trapps Ridge and Smiley's Tower on Skytop. (Category B riders\*)

The **12-mile Bud Clarke Memorial Ride** is a new addition to the Ride the Ridge Bike Challenge. Bud was a founding member of the Ride the Ridge team who passed away several months ago. On this route, riders meander southward along the winding Rondout Creek, next to the remnants of one of the historic Delaware & Hudson Canals. The journey is mostly flat terrain with some light rolling hills, and offers glimpses of the majestic Mohonk Mountain House atop the ridge. (Category C riders\*)

Parents and children will enjoy a **5-mile Family Ride** from the school through the scenic back roads and neighborhoods of Stone Ridge. Much of the route has light rolling hills with a couple of challenging hills. (Category D riders\*)

All rides will be supported by SAC volunteers, directional signs, and strategically located food/water stops. A satisfying lunch will await riders at the Finish Line.

\*Pace Categories:

- A** avg 18 plus mph
- B** avg 13-18 mph
- C** avg 8-13 mph
- D** avg less than 10 mph

Ride The Ridge  
High Meadow School  
3643 Main Street  
Stone Ridge, NY 12484

**INFORMATION ONLY**

**RIDE the RIDGE**



4th annual

**RIDE the RIDGE**  
Bike Challenge

Sponsored by  
TRUTH  
TOASTIC SPA  
To Benefit:  
High Meadow Performing Arts Center

Sunday June 6, 2010

Named one of the best cycling events in the month of June by *Bicycling Magazine*

Free sports massage offered on-site by our event sponsor

For additional information:

[www.ridetheridge.org](http://www.ridetheridge.org)

\*All riders are asked to arrive at least a half hour prior to their start time to register.  
All riders **MUST** wear a bicycle helmet.  
Riders age 13 and under must be accompanied by an adult.

**Start & Finish:**

High Meadow Performing Arts Center  
3643 Main Street, Stone Ridge, NY 12484

**Featuring a:**

- 5-Mile Family Ride 11:00am start\*
- 12-Mile Bud Clarke Memorial Ride 10:30am start\*
- 30-Mile Countryside Ride 10:00am start\*
- 50-Mile Shawangunk Ridge Challenge 8:30am\*

