

BEBC TOUR FORM		
Ride Name		
Day and date		
Return date for overnight rides		
Start time		
Start location		
Distance		
Lunch		
Terrain (check one)	Flat	High range gears
	Easy hills	Mid to high range gears
	Moderate hills	Mid range gears
	Hilly	Low range gears
	Strenuous hills	Need granny gear or push bike
Pace (check one)	Slow	< 10 mph
	Social	10 mph < speed < 13 mph
	Moderate	13 mph < speed < 16 mph
	Fast	Speed > 16 mph
Elevation gain		
Driving instructions		
Ride description		
Other notes		
Tour leader(s)		
Telephone(s)	Home : Cell : Work :	Home : Cell : Work :
E-mail(s)		