

Free Group Rides COVID-19 Update (3/25/20)

As of 25 March, Cascade Bicycle Club and the Rides Committee have decided to suspend Free Group Rides until further notice. This decision has been made with the safety and health of our riders in mind.

The [CDC is recommending canceling events with more than 50 people for the next 8 weeks](#). Although Free Group Rides are, for the most part, nowhere near these numbers, we think that this action is the right thing to do for our cycling cohort and for our community at large. We have had a number of our Ride Leaders who are physicians and health care professionals reach out and express their support for this safety measure.

Other factors that Cascade considered in coming to this decision:

1. [USA Cycling's recommendations to cancel all community rides for the time being](#)
2. [Governor Inslee's continued condemnation](#) of public events and lack of social distancing that put the safety and health of residents at risk
3. [The criteria put forth by King County and the Governor Inslee for gatherings under 50 registrants](#)
4. Observations by Rides Committee members that the requirement of "Maintaining Space" was not adequately met on rides during this period

Bicycling is still a great way to exercise and boost your immune system during this time of public health advisory. We encourage you to find a way to continue to ride your bike in a responsible and safe way during the upcoming weeks.

If you do choose to ride on your own or with close friends, remember that ["Ride SMART"](#) still applies and we encourage you to practice safety while on the road or trail. Our healthcare system is stressed due to the current situation, and the last thing our local care facilities need is new patients with injuries that could have been avoided by practicing smart riding habits.

Thank you for your patience and understanding as we navigate these difficult times. We look forward to riding as a group again soon. Stay safe and healthy.