



Albany Ride for Missing Children 2026 Orientation Ride (OR) Schedule

ORs help you train and prepare you for Ride Day.

Anyone bike ready for the listed distance is welcome. Registration for The Ride is not required. Come spin some wheels with us and learn what The Ride is all about!

NEW RIDERS OR INTERESTED? Come to an early OR (lower miles) to meet the team, learn about The Ride, and get started.

Visit our website for more info and to register: <https://albanyrfmc.org/riders>

ALL RIDERS: The purpose of ORs is to introduce you to how we ride on Ride Day. Training to ride 100 miles at pace takes time and effort.

Please follow a 100 mile training plan like this [An 8-Week Century Training Plan for the Busy Cyclist](#) (or search for your own) in addition to ORs.

Ride Day: Friday, September 25, 2026

 Ride Requirement: New Riders (2-ORs) Returning (1-ORs), raise \$350 minimum



All rides are weather dependent and subject to change.

Join the [Albany RFMC Ride Family](#) Facebook page for updates.

Orientation Ride Starting Locations

Zim Smith Trailhead (Mechanicville) [Google Maps Link](#)

Shenantaha Creek Park (Ballston Spa) [Google Maps Link](#)

Delmar location (Elm Street Park and Ride) [Google Maps Link](#)

Suzanne's Playground (Milton) [Google Maps Link](#)

West end, Albany County Helderberg Hudson Rail Trail [Google Maps Link](#)

Colonie Town Park [Google Maps Link](#)

****There will be pop up rides during the week (Colonie Town Park, Helderberg Hudson Rail Trail, Zim Smith) please check the Facebook Page! [Albany RFMC Ride Family](#)**

Goals Of ORs

- Learn how to ride safely 2x2 as one group
 - Learn about silent tributes.
 - Practice slow speed bike control-entering school stops
 - Become familiar with the Albany RFMC mission.
 - Establish appropriate ride etiquette
- ****Please follow a 100 mile training schedule of your choice.

Thoughts

- This is not a race. Passing happens on the left with control, one at a time to close larger gaps. Gaps often close naturally without any passing.
- Please communicate debris, holes, turns, stopping, slowing down, car passing so all riders up/down the line are informed.
- Communicate your intentions to the riders around you before making a move.
- Like planning for your first 5k run, half or full marathon, training is key. Follow a 100 mile training schedule to help your Ride Day go smoothly.

Orientation Ride Dates and Times

#	Date	Location	Arrive/Start	Distance-Miles
1	Saturday May 30th	Zim Smith Mechanicville	7:30/8:00	20
2	Sunday June 7th	Shenantaha Creek Park	7:30/8:00	20
3	Tuesday June 9th **No SAG	Colonie Town Park	5:00/5:30	15-20
4	Saturday June 13th	Delmar	7:30/8:00	20
5	Sunday June 21st	Suzanne's Playground	7:30/8:00	25
6	Saturday June 27th	Zim Smith Mechanicville	7:30/8:00	25
7	Sunday July 12th	Shenantaha Creek Park	7:30/8:00	30
8	Saturday July 18th	Zim Smith	7:30/8:00	30
9	Wednesday July 22nd **No SAG	Albany Helderberg-Hudson Rail Trail, West End (South Pearl)	5:00/5:30	18
10	Sunday July 26th	Shenantaha Creek Park	7:30/8:00	30
11	Saturday August 1st	Zim Smith	7:30/8:00	30
12	Sunday August 9th	Shenantaha Creek Park	7:30/8:00	35
13	Saturday August 15th	Zim Smith Mechanicville	7:30/8:00	35
14	Sunday August 23rd	Shenantaha Creek Park	7:30/8:00	35
15	Saturday August 29th	Zim Smith	7:30/8:00	40
16	Labor	Day	Special	*TBD
17	Sunday September 13th	Shenantaha Creek Park	7:30/8:00	40
18	Saturday September 19th	Zim Smith	7:30/8:00	40