

Club Rides Schedule Rev.2016.10.10

Days – Everyday but ...

Main rides are **Tuesday, Thursday, & Saturday**

Recovery rides are Sunday, Monday, Wednesday, & Friday.

Main ride days have the most ride levels so **first time visitors** should ride on **main ride days only**.

Start Time –

Summer Schedule: **April 1** through **Sept 30** -- **8:00 AM** Ride Start

Fall Schedule: **October 1** through **November 30** -- **8:30 AM** Ride Start

Winter Schedule: **December 1** through **March 31** -- **9:00 AM** Ride Starts

Temperature – The club voted 1/12/2015 to simplify -- **no weather delays**. Group start times are independent of weather and a personal decision of your choice to ride based on weather.

Start Location – All rides leave from the Parking Lot from

El Santiago Recreation Center, 2373 Enrique Drive, The Villages, FL

GPS Location is N 28.948285 W -81.984277

Restrooms and free parking are available.

Safety – Choose the appropriate ride level. When in doubt, choose one ride level lower so you will not be over stressed. It is expected that a rider is competent in handling a bicycle on the road and in traffic. All riders are required to wear **helmets** and ride in a safe manner as not to endanger themselves or other riders. **Mirrors** are highly recommended and earbuds are prohibited by law.

Page Groups – A, B, C and S designators indicate the **typical** speed (not average) the group will maintain on **flat roads** and the typical ride distance. Most rides are **2 to 2.5 hours** with a 15 minute break in the middle.

A + = 22 – 27 mph & distance of 45 – 60 miles

A = 20 – 23 mph & distance of 36 – 46 miles

B + = 17 – 20 mph & distance of 32 – 40 miles

B = 15 – 17 mph & distance of 28 – 36 miles

C = 13 – 16 mph & distance of 25 – 32 miles

Social = 10 – 13 mph with distance adjusted to new rider skills.

(No social rides scheduled until October)

Post Ride – Generally, after the ride, most groups meet at Panera Bread in Spanish Springs (1181 Main St, Lady Lake, FL 32159) for good conversation, coffee, and food. This is a buy your own refreshments and food. Most riders go home from there but some peddle back to the parking lot at El Santiago Recreation Center.