

Club Ride Schedule Rev2018.03.28

The Village Bicycle Club - *TheVillageBicycleClub.com*

Days –

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

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

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

Start Location –

All rides leave from the parking lot at the **El Santiago Recreation Center,**

2373 Enrique Drive, The Villages, FL (GPS Location is N 28.948285 W -81.984277)

There is plenty of free parking and restrooms are available in the recreation center and the pool house.

Start Times –

- Winter Schedule: **December 1** through **March 31** – **9:00 AM** Ride Start
- Summer Schedule: **April 1** through **Sept 30** – **8:00 AM** Ride Start
- Fall Schedule: **October 1** through **November 30** – **8:30 AM** Ride Start

You can also park and ride **30 minutes** prior from the Spanish Springs Ruby Tuesday parking lot (east side) for the Club warm-up ride to El Santiago Rec Center. The club voted on 1/12/2015 for no weather delays. It is a personal decision of your choice to ride based on the weather. When the morning temperatures drop to near **40°F**, most riders choose not to ride.

Safety –

All riders must at least 18 years old and are required to wear helmets, have a mirror, and a water bottle or other hydration. First time visitors should arrive 10 minutes early and are required to sign a Release & Waiver of Liability. Riders must be competent in handling a bicycle on the road and in some traffic and also be able to ride in a safe manner as not to endanger themselves or other riders.

Pace Groups –

Choose the appropriate pace group. When in doubt, choose one level lower so you will not be over stressed or exhausted. Pace A, B, C & 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, 2+ to 3+ hours

A = 20 – 23 mph & distance of 36 – 46 miles, 2+ to 3+ hours

B + = 17 – 20 mph & distance of 32 – 40 miles, 2+ to 3 hours

B = 15 – 17 mph & distance of 28 – 36 miles, 2+ hours

C = 13 – 16 mph & distance of 25 – 32 miles, 2+ hours

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

Post Ride –

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