

Club Ride Schedule Rev2022.04.15

The Village Bicycle Club - *TheVillageBicycleClub.com*

Days –

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

First time visitors should only ride on **main ride days** since they typically have the most ride levels. Members may also infrequently form recovery rides on the other days of the week, particularly Sunday.

Ride Start Times –

- **9:00 AM - October 1 through April 30**
- **8:00 AM - May 1 through Sept 30**

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.

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 pool house and the recreation center. Some very few park their car at Ruby Tuesday Spanish Springs parking lot (east side) and then depart **30 minutes** prior for the Club warm-up ride to El Santiago Rec Center.

Safety –

First time visitors must 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. All riders must at least **18** years old and you must have a (1) **Helmet**, (2) rear-facing **Mirror**, and (3) a **Water Bottle** or other hydration.

Pace Groups –

Choose the appropriate pace group. When in doubt, choose one level lower so you will not be over stressed or exhausted. Pace groups are divided by **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
- C** = 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.