

2022 WINTER TRAINING SERIES

OVERVIEW

INTRODUCTION:

The Winter Training Series returns January 8, 2022! – Don't be left riding in the cold on your own! Starting out with short routes they gradually increase in length and/or difficulty (more elevation gain) over a nine-week period. This is a nine-ride series, with distances that vary from about 34 miles on our first ride to 100 miles on our last. It's hard to predict what the weather gods will have in store for us. In previous years we have had to cancel a couple of rides due to snow and/or ice. We don't want to sacrifice safety just to get in an early season ride.

These rides are a great way to get in some early season training with a natural buildup of miles while enjoying the company of other riders. Winter riding is tough enough - this gives you a chance to do it with friends. You know what they say – misery loves company.

IMPORTANT DETAILS:

We'll start all rides at 9:00AM on Saturday (**Note:** except for the last one – the 100-mile century that starts at 8:00AM). This doesn't mean show up and gather at 9:00AM. It means be ready to ride at 9:00 AM. Be sure to show up earlier to check off your name, pump up your tires, adjust your fenders, and put all your warm clothes on. Check-in starts at 8:30AM. We'll start the required pre-ride briefing and safety announcements at 9:00 AM, and ride when the briefing is done. **If you miss the briefing, you will not be able to ride with the group.**

All riders must preregister for each ride through the Cascade Bicycle Club website at least four hours ahead of the ride (that is, **5:00 AM** for the first eight rides, and **4:00 AM** for the last ride). You cannot register at the ride start.

You do not need to pay to join. You can simply create a free account. See the directions in each individual ride description. **All rides are rain or shine.** We might shorten the ride for really, really foul weather. The only cancellation will be for snow or ice. Check the CBC Ride posting for any last-minute updates or cancellations if it looks like temperatures will be at or below freezing.

We generally stop infrequently and very briefly. We like to keep warm and keep moving. As a result, we don't regroup. This means you need to be self-sufficient.

Usually, the mid-group pace averages 13-14 mph including hills and flats. The faster folks are usually closer to 16– 18 mph while the back of the pack will be closer to 10–12 mph. The pace will undoubtedly vary depending on terrain, weather, and participants.

For those with GPS devices we will provide a GPS track for each ride. See the link at the end of each ride description.

Cue sheets will not be provided on the day of the ride. Please download your own from the RideWithGPS track found on the individual ride description. You may also want to bring your own plastic bag to keep the cue sheet dry on those rainy wintry days.

Please have fenders with a mud flap, as they are a must on days when the roads are wet. Forgetting once is forgivable. Forgetting twice – well, expect some harassment. 😊

Please have sufficient riding skills and experience to ride in a group. And as always, please watch out for each other, respect traffic laws, and local traffic.

If you have any questions, please contact Ralph Nussbaum at RENussbaum@outlook.com.