

Cross Florida Training Series – All rides will begin at 7:30 AM

All of these rides will be for the specific purpose of training for the upcoming Cross Florida ride. This training is targeted for the two day rider, however, one day riders please feel free to attend.

This training series is designed for riders who want to finish the two day ride strong.

Rider Requirements:

You must be able to maintain a 17 mph pace while riding in a group. Keep in mind, that doing 17 mph in a solo capacity and maintaining 17 mph in a pace line are very different. In the beginning of the training series, all rides will maintain a minimum pace of 17 mph. If all of the riders in the group are able to exceed this speed, the pace will be adjusted accordingly, however, the default pace will be 17 mph. Should we have several riders that wish to increase the pace, that is fine, however one of ride leaders will stay with those who wish to maintain the minimum pace.

Efforts will be adjusted per the weather conditions.

This is not a “B” ride, this is not a “C” ride, these are training rides designed for one specific purpose, to finish the Cross Florida 2 day ride.....Strong!!

All riders will be required to take periodic pulls at the front. This is how you become a stronger rider. If you get to the front of the pace line and can only hold a 17 mph pace for a short time, that is fine, move to the back of the pace line and rest and get ready to try again. This is how you improve on your riding ability and strength. Everybody works!

As we advance through the training series, we may increase the minimum pace, depending on rider development.

The training rides will begin on January 7th. Should any of you be interested in doing the training series and would like a preview of how the rides will be conducted, Jim O’Leary, our Ride Director will be available on Saturdays during the morning “B” ride. As the B ride travels north Jim will lead that effort. I realize that 7 or 8 miles of sustained 17 mph pace is different than the mileage distances listed, but don’t sell yourself short.

Many of these training rides will be done using our tried and true SCFW routes. While these rides will be using SCFW routes, the pace will be conducted as described above. These are not the scheduled SCFW weekend rides. Our rides will be begin at 7:30 AM.

The two 70 mile rides we will do in March will be done using the actual Cross Florida Course. We will leave from Lee Wenner Park, travel approximately 35 mile along the route, then turn around and come back to the park.

We will keep all breaks to no more than 15 minutes. During the month of March, we will take our “SAG” stops at the same mileage frequency as the Cross Florida ride.

This is a challenging training series, but if one of your cycling bucket list objectives is to cross the state, this will get you there, with a little something extra to spare!

|s| Steve Salvo