

## VELODONNAS MONDAY NIGHT ROAD RIDE GRANDE POINTE RIDE NOTES

### Pre-ride talk:

- Ride 2 abreast, even when road narrows just before Perimeter
- Ride to Grande Pointe at controlled pace - ~25kph.
- Road surface immediately past Perimeter is terrible, use caution, some VERY large potholes here. Also, be aware of the small gravel patch up this road.
- Use shoulder up and over floodway overpass, shoulder is good but watch for debris.
- Move over into lane just as you start descending off the overpass (the shoulder ends up ahead and it's best to take the lane at the top of the hill).
- Stop at the stop sign in Grande Pointe - everyone make sure you are well on the shoulder here so cars can pass by.

### At Grande Pointe:

- Now, decide as a group if we want to split into 2 groups. If 2, the first group will ride 2, probably 3 laps at their own pace (~30kph pace). The 2nd group will ride 2 laps at a slower pace.
- If 1 group then ride together and decide if 3 laps is possible based on the group (pace and desire). Should be heading back to city by 8:40pm.
- If 2 groups then everyone meets at gravel patch across from stop sign (where we began) to wait for the other group to arrive. Head count.
- Ride back to the city - as a group - at controlled pace ~25kph. Exceptions apply, see Group talk #2.

### Group talk #2 (when everyone's gathered on gravel meeting spot)

The ride home and how we handle the Strava segment & sprint to the line.

- Take the lane on Hwy 59 right away - there appears to be a paved shoulder but it ends and then begins again closer to the floodway. Best to start in the lane and then take the shoulder when it begins further up the road.
- There is an opportunity to accelerate the pace at this point (starting at the bottom of the climb up to the floodway bridge) and also go for the "Sprint to the line" (down, under the bridge and back up). This is a fun challenge. Those who don't care to accelerate or take part in the sprint can simply keep riding at their own pace to the stop sign where everyone will be waiting to regroup.
- Those who do want to accelerate and take part in the sprint will follow these simple guidelines:
  - Always shoulder check before moving out of the group to overtake slower riders in front of you.
  - DO NOT attempt to pass anyone until the paved shoulder begins.
  - Always be predictable and "hold your line".
  - It's acceptable to pass slower riders on either their right or left side so long as there is plenty of room to do so.
  - The end of the sprint in a visible crack in the road soon after the climb up from under the floodway bridge.
  - Keep in mind that the rider in front of you may quickly tire/slow down. ALWAYS BE ATTENTIVE.
  - Recover and spin your legs - wait for the rest of the group at the stop sign (off to the side so that cars may pass through).
  - RIDE SAFE and HAVE FUN
- After this last stop sign - the ride home will continue at a controlled pace ~25kph to keep everyone together.