



Break-Away Bicycle Club 2009 Weekday Ride Schedule



Monday PM

Scott & Lisa Hemmeger along with Randy Simpson will host high speed and pace line work through the hills of New London @ 20+ MPH. Same 32 mile route run every night. The theme of this ride is a safe, respectful, fast group ride, although dropping is a possibility. Start time is 5:30 PM from Sycamore Sports & Recreation Park, located at 3437 West Sycamore. For tri-athletes, lap swimming before and running after the ride is also available. See www.sycamoresports.net for details.

Tuesday PM

Kevin Wisher will be hosting enjoyable rides for all abilities, leaving from Jackson Morrow Park at 5:30 PM. Maps are provided for every route. These rides are for all abilities from social cruising to all out pack riding. Post ride meeting at Mike's Pizza is a normal tradition.

Wednesday
"Lunch-Time"

Greg Tackett will be leading a "lunch-time" ride from Body Unlimited Fitness Center, 1805 E Sycamore (old Delco Park), at 11:30 am. Rides to last one hour or maybe longer on occasion. 18-20 mph pace.

Wednesday
PM

If you enjoyed Monday night, well, we are doing it all over again on Wednesday. Remember, the route is always the same, slower groups are welcome. Same start time & location as Monday.

Thursday PM

Garry Hill will be providing his excellent maps and pre-marked courses again this year. This ride is for all abilities. Starting point is the Greentown Wesleyan Church at 5:30 PM. As always, social hour begins after the ride at Down on Main Street for those over 21.

Saturday AM

John Bernard will be hosting this ride again. This will be a nice, leisurely paced ride from Taylor High School at 9:00 AM**. No one will be dropped! After the first half is over, riders chomping at the bit may proceed at their own pace (dropping is a possibility!) The main group will stay together!

Sunday PM

If you didn't get enough through the week, Sunday is the show and go, leaving from Highland Park at Rodger's Pavilion at 1:30 PM. Charlie Skoog will be the host. If you know Charlie, you know that these rides could approach 50 miles or more. Riders with less available time may ride shorter distances at their discretion.

Mon. - Thur.
AM

Larry Barnhart will be hosting this great training ride. Due to DST, this ride will not begin until late April. Watch for information on the message board for start times. Rendezvous at UTC Park.

****Note:**

The Saturday morning ride will start at 10:00 AM during the months of April & October due to DST and the cooler temperatures.