

16 Mile Paceline Training Ride

This ride will focus directly on paceline, and technique. We will start ride at 6:15 p.m. We will also recommend and demonstrate great stretches specific to cycling for postride relief.

- Continue to work on technique riding in paceline
- Practice dropping back after short pulls
- Gradually increasing pace in group so all are working hard and in their Target Heart Rate zone
- Get used to utilizing the correct gears on flats, rolling hills and climbs
- Practice getting in small chain ring before a stop so it is easier to start up again

Date: July 26, 2004

Time: 6:15 – 7:45 p.m.

Place: Hanscom Air Force Base

Cost: \$20.00

Directions: Rt. 128 Exit 30B (Rte. 2A West) do not take exit for Rt. 4/225 which also says "Hanscom Field" on the sign. Go on 2A West for 1.5 miles until you come to the blinking light. Turn right at Airport Road into Hanscom Field and follow signs for the General Aviation Airport.

* Please note: Only those who have road bikes and can average 15 – 17 mph in a group ride are encouraged to participate.