

Twin City Cyclist Rides: by Bo Riser

There are two different group rides. There is the race team training rides and the group rides. Everyone is welcome to join the regular group rides. The group rides are Tuesday, Thursday, and Saturday.

There is an A.M. ride on Tues and Thursday at 5:30a.m and usually ends about 6:45a.m. It is a flat 20 miler around north Monroe that meets at Forsythe Park in Monroe. It is a pretty relaxed ride but still a good workout.

Beginning the first week in April will be P.M. rides. Tuesdays ride meets at the Bayou Bowl parking lot at 6p.m. (They may meet at 5p.m. until the time changes, but I'm not sure) This is the biggest group ride. It will have three different groups riding:

C group: riders include first timers, everybody stays together the whole ride, about 15+mph, distance about 20 miles.

B group: 21+ mph, could get up to 25 mph. pace line, steady, group stays together for most of the way, this is a very good group ride and a heck of a workout, distance 27-36 miles

A group: 25+ mph. RACERS everyone is going hard to get the group down the road. Everyone takes a turn at the front. This is a race atmosphere. One should have good bike handling skills because of the fast pace line and surges. This group is going the whole loop 36 miles with a sprint finish. Usually nobody is waiting if you have a flat or get dropped. This is a brutal ride IMO.

If you can survive this ride with the A group you're ready to race.

The Thursday P.M. ride is a hill ride that meets in western Ouachita Parish at Woodlawn Middle School on Hwy 34. This is usually a small group due to nobody wanting to climb the hills. It is usually 35-40 miles but many people turn only ride about half that.

The Saturday A.M. ride. This is a year-round ride that meets at Forsythe Park at 7a.m. sometimes meets earlier. This ride is thru the rolling hills in West Monroe and is the longest ride of the weekly group rides sometimes 50+ miles. Most of the time it's about 40 miles. If you don't want to do the entire distance there are alternate routes to shorten the distance and there will be people taking these routes.

I'm looking forward to the longer days and the group rides. Hopefully we'll get some folks from Tech out there with us.

Links:

<http://eteamz.active.com/twincitycyclists/index.cfm?>

<http://sports.groups.yahoo.com/group/tccclub/>

<http://sports.groups.yahoo.com/group/tcptriteam/>