

TUESDAY NIGHT WORLDS

Contact: barkleyrobinson@yahoo.com

Time: 5:30 pm Tuesdays, roll out at 5:35

Place: Orange Peel Bicycle Service, 12th and Yampa

Summer 2008 Schedule:

- 6/24: A ride: Town climbing ride (pre-race T.C.)
B ride: Town climbing ride (pre-race T.C.)
- 7/1: A ride: Twentymile/Coal Mine/Oak Creek/Stagecoach loop
B ride: Twentymile Road out and back to coal mine
- 7/8: A ride: Stagecoach/Oak Creek loop (pre-race T.C.)
B ride: Stagecoach out and back (pre-race T.C.)
- 7/15: A ride: Clark out and back (pre-race T.C.)
B ride: Clark out and back (pre-race T.C.)
- 7/22: A ride: Twentymile Road out and back to coal mine (pre-race T.C.)
B ride: Twentymile Road out and back (pre-race T.C.)
- 7/29: A ride: Stagecoach/Oak Creek/Coal Mine/Twentymile loop
B ride: Stagecoach/Oak Creek loop
- 8/5: A ride: Emerald Loop cw (pre-race T.C.)
B ride: Emerald Loop cw (pre-race T.C.)
- 8/12: A ride: Stagecoach/Oak Creek loop (pre-race SSWSC TT)
B ride: Stagecoach/Oak Creek loop (pre-race SSWSC TT)
- 8/19: A ride: Twentymile Road out and back (pre-race T.C.)
B ride: Twentymile Road out and back (pre-race T.C.)
- 8/26: A ride: Town climbing ride (pre-race SSWSC TT)
B ride: Town climbing ride (pre-race SSWSC TT)
- 9/2: A ride: Lake Catamount/Pleasant Valley/Yellow Jacket loop
B ride: Lake Catamount out and back to dam
- 9/9: A ride: Emerald Loop ccw via Cow Creek
B ride: Emerald Loop ccw via Cow Creek
- 9/16 on: Continue with shorter fall rides as long as there is interest.

Routes:

Twentymile Road: CR33 – out and back (Sprint at yellow sign (opp. side) 300m past green house)

Clark/Seedhouse out and back: CR129 to Clark - CR64 to Hinman Park turnaround – back home (Sprints at Clark sign, Hinman Park sign, and yellow sign (opp. side) 100m before CR44/CR129 int.)

Stagecoach/Oak Creek loop: CR14 – CR22 – CO131 – CR14 – CO131 – US40 (Sprints at Oak Creek and S.S. city limits)

Emerald Loop, clockwise: CR14 – CR35 – CR41 – CR43 – CR33. (Sprint at yellow sign (opp. side) 300m past green house), or loop counterclockwise (Sprint at Brooklyn sign)

Town climbing ride: CR14 – Dakota Ridge (N to S) – CR14 – Steamboat Pines to top – CR14 – Dakota Ridge (S to N) – CR14 – Mount Werner Rd – Burgess Creek Rd to top – Steamboat Blvd – Fish Creek Falls to top – (5 K.O.M.'s)

Twentymile/Coal Mine/Oak Creek/Stagecoach loop: CR33 – CR27 – CO131 – CR14 (Stagecoach) – CO131 – US40 (K.O.M. at all three cols on CR27, sprint at S.S. city limits)

Summer Solstice Ride, Lap Steamboat Lake: CR129 to Clark – CR 62 around Steamboat Lake – CR129 all the way home (Usual sprint lines)

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General Guidelines

Route Schedule:

Each week the ride will have a scheduled route which will let everyone know what to expect, allow late riders to intercept or chase onto the ride and will allow the rides to leave on time at 5:35. These routes are subject to change of course, dependent on weather and road conditions.

A, B, C and Women's Groups:

We plan to split the group into an A (hammerfest), B (moderately fast), C (no drop) and Women's-Only ride each week. The groups and group leaders should be established from the start, and roll out at separate intervals. The C and Women's groups will follow the B route or an abbreviated version.

Technique and Etiquette:

All groups should continue to emphasize proper group riding technique. Each ride should incorporate some work on rotating pacelines and other skills. The more experienced riders should always try to offer feedback to the less experienced riders on technique and proper etiquette.

Johnny Law:

We need to continue to be careful not to impede traffic during our rides, especially during the initial roll out of town (that is usually the only time when there actually is traffic). Let's be low impact on the roll outs by staying single file where necessary, staying tighter on the double pacelines and always staying aware of our impact when traffic is back.

Sprints:

There are several sprint line locations along our routes. When sprinting from the group always be very aware of traffic, never make any moves that would jeopardize anyone's safety, be extra cautious in wet or otherwise dangerous conditions and of course never cross the yellow line!

Tires:

We'd like to see everyone on decent training tires, inflated to the proper pressure (usually 110-120 psi). Our roads are rough and we need durable tires so that we can spend more time riding and less time fixing flats. Save the ultra-light tires for racing or throw away those three-year oldies, and treat yourself to some fresh rubbers.

Aero Bars:

For the safety of all riders, the use of aero bars is discouraged on the group rides. However, if you have aero bars on your bike, it's no problem, but please do not ride in the aero position while riding in the group... off the front or off the back, it's ok.

Pre-race nights:

Don't be afraid to come out on the rides the night before the town races. The routes are shorter and the pace will be good for pre-race, with some decent leg openers. Try to get your pre-riding done on the mountain bike courses on Monday nights so that you can come join the road ride on Tuesdays!

We have a great thing going with our group ride, so let's keep it going in the right direction, and remember **Safety** is always our **First** concern!