

2019 Wabash River Ride •• Training Program ••

The new rider Training Program is aimed at individuals new to bicycle riding or individuals that haven't ridden in a long time. The aim of the program is to help you learn how to better use your bicycle, become comfortable riding in a group, become comfortable riding on country roads, and build up your stamina to be able to ride the 33 mile route on the Wabash River Ride in late August.

The first four Saturdays will start at the Celery Bog Nature Center parking lot. These rides will be on the West Lafayette Trail System. We will gradually increase the distance to about 11 miles (a little over an hour ride). From June 16th onward we will meet at the Kalberer Soccer Field parking lot. We will gradually add road riding to the trails and slowly work up to longer rides that will include a snack or lunch break.

If you are riding 10-15 miles on your own; you might want to join the program part way through. You are welcome to join us at any time during the summer. The Training Program rides will be listed on the Club Calendar under T.P. along with the start point and the expected milage/

The Training Program is being coordinated by Gary Brouillard who is a long time club member and the E ride coordinator for the club. Throughout the summer a number of other club members will help or lead parts of the program. Throughout the summer as individuals improve their strength and skill we will direct you to other club rides that you might enjoy. We are hooked on bicycling as an enjoyable exercise and sport and would like to help introduce you to cycling.

You do not have to be a member of WRCC to take part in the Training Program. If you join the Training Program we hope that you will join the club at some point. The way the program is structured if you can't make all of the sessions you should be able to catch up quickly. There is no cost for the Training Program, all you have to do is show up with a bike and a helmet.

If you have questions or concerns please feel free to contact Gary at rickandgary@frontier.com or at 765-742-7994.

As with all WRCC events HELMETS ARE REQUIRED.

2019 Wabash River Ride ••• Training Program •••

This program is aimed squarely at novice riders. So whether you are new (or returning) to cycling, new to club/group rides, or just generally don't go very fast, this is for you!

Starting the week after the New Rider Callout, we will begin with a very short and slow route. Each week after that, we will push the envelope. Gain experience with distance, move a little faster, get some practice riding in a group. By the time we're done, you'll be able to confidently tackle the shortest route at the Wabash River Ride (white loop, -33 miles).

Schedule Overview

(Subject to change, please refer to <http://lwrcc-in.org/> for all details)

Date	Location	Distance	Speed	Duration
May 18	Celery Bog	3	9	30 min talk + 30 min ride
May 25	Celery Bog	6	9	Brief talk + under 1 hour ride
June 1	Celery Bog	9	9	1 hour
June 8	Celery Bog	11	9	1 hour
June 15	Kalberer	11	10	1 hour
June 22	Kalberer	14	10	1.5 hours
June 29	Kalberer	17	10	1.5 hours
July 6	Kalberer	20	10	2 hours
July 13	Kalberer	23	10	2 hours
July 20	Kalberer	23 (hilly)	11	2.5 hours
July 27	Kalberer	26	11	2.5 hours
August 3	Kalberer	30	11	3 hours
August 10	Kalberer	25 (hilly)	11	3 hours
August 17	Kalberer	36	11	3.5 hours

These are all Saturdays. If weather is poor, we'll do Sunday instead.

