

## 2011 Spring Training Series for C-STs Riders

The C-STs (Spring Training Series) is for C-SIG graduates and EXPERIENCED cyclists with good group-riding skills. The series is based on the LSD (Long Slow Distance) training model that values time in the saddle over miles covered. Our objective is to ride at a consistent pace with NO STOPPING from beginning to end. This will quickly increase aerobic fitness, muscle strength, and endurance.

The C-STs will progress with increasing speed, distance and more challenging terrain. Each week the ride captain will give short talks on skills that will help you become a safer and stronger cyclist. Each tutorial will build on the previous technique.

We will begin with a 12-mph pace or faster, according to the group. The C-STs is scheduled for eight consecutive Sundays, subject to weather conditions, beginning on March 21st and concluding with the challenging Bloomin' Metric ride (62 miles) on May 23rd. Because this is a progressive series, participants must register in advance. No new riders will be allowed to join after the third ride. To sign-up or to request further information, please contact Michael Allison at [c-sts@nycc.org](mailto:c-sts@nycc.org).

### Additional Information

- All riders must wear a helmet.
- All participants must be NYCC members.
- Riders are expected to have a basic knowledge of bike maintenance and to be able to change a flat tire.
- The C-STs Leader Team reserves the right to disqualify any rider who fails to demonstrate acceptable group-riding skills and minimal fitness.
- All C-STs participants are encouraged to get in a mid-week ride. There may be an organized mid-week Central Park "lap" rides that has yet to be determined.
- No one will be "dropped" on a ride. But if a rider is struggling before we leave the city, they will be asked to "bail" at a convenient subway stop.
- These rides are designed to keep us rolling and will have no food stops and shorter brakes than you may be accustomed to on other NYCC C-rides.

### Stay Tuned

[ONLY THE FIRST THREE](#) rides will be listed in the NYCC eWeekly and the online ride listings.

Any last minute changes to the planned scheduled ride will be posted to the NYCC Message Board after 7:00am on Sunday morning.