

# New York Cycle Club

## Audax STS 2012 – Sunday Ride Series

Are you a SIG graduate or a solid and experienced group rider with great bike handling skills? If so, check out this year's Audax STS (Spring Training Series). Work with other experienced and disciplined NYCC Audax riders to get into serious shape during 12 weeks of progressively longer and more challenging rides.

### What is Audax?

The word Audax comes from the Latin for bold or courageous. In 1897, a group of Italian cyclists rode 200 km between sunrise and sunset, and became known as "les Audacieux." Audax is a riding style in which the group rides at a controlled pace at an average speed of 14mph (22.5 km/h). (Early season the rides will be slower.)

As the Audax STS progresses over the next 12 weeks, the rides will take on greater distances and more challenging hills, and will cover some of the most attractive and varied scenery in the Greater New York area.

The 2012 Audax STS is designed to build good base miles, enhance group riding skills, improve strength and endurance. Group riding skill will be emphasized at all times. The group leaves and returns to NY together.

### What to expect:

- The group will ride non-competitively and together at all times.
- Unsafe riding behavior will not be tolerated.
- To take full advantage of the Audax, participants are encouraged to get in one or two training rides during the week between scheduled rides.
- The first ride will be 4 laps in Central Park. After that rides will be broken down into 2 hours of non-stop riding segments, broken up by 20-minute breaks.
- We don't want to spend all day riding. You will learn about riding efficiently and managing your time at stops.

### The fine print:

- All participants are expected to be on time and ready to depart at the scheduled start time.
- Helmets and recently tuned-up/overhauled bikes are mandatory.

- Carry spare tubes and be able to fix your own flats/mechanicals in 10 minutes or less.
- Be able to follow a cue sheet.
- Be willing and prepared to pull.
- Be prepared to be left behind if you take too long at the rest stop. Our goal is to limit breaks to 20 minutes. Thus plan your break!
- Once registered, all riders will be expected to attend at 9 of the 12 rides.

In case of rain or bad weather, riders will be emailed between 7:00pm to 8:00pm on Saturday evening. (Then you can sleep in on Sunday.)

## Registration

You can register for the Audax starting Monday, February 6th by sending an email to [annalinedinkelmann@gmail.com](mailto:annalinedinkelmann@gmail.com)

Please add AUDAX to the subject line and include:

- Full name
- Email address
- Cell phone number
- ICE (in case of emergency) contact info (name and phone)

For any email inquiries, expect a slow response. I have a crazy schedule and personal email is at the bottom of my to-do list.

The series will be limited to 25 riders.

We're looking forward to a great Audax series in 2012. We hope to see you on the road on Sunday, March 4.

Date	Week	Approx. Distance (miles)	Destination
March 4	1	24	Laps in Central Park
March 11	2	36	Piermont
March 18	3	45	New Jersey loop
March 25	4	50	Nyack
April 1	5	55	Park Ridge
April 8	6	60	Tarrytown
April 15	7	65	Ramapo Valley
April 22	8	70	Mount Kisco/Armonk
April 29	9	70	Westchester
May 6	10	80	South Mountain Road
May 13	11	90	Yorktown
May 20	12	100	New Jersey Century