

New York Cycle Club

2012 Spring Training Series for C-STS Riders

The Spring Training Series for C riders is for **C-SIG graduates** and **EXPERIENCED** cyclists with good group-riding skills. The goals of the series are to:

Get fit * Make new riding friends * Experience new routes * Ride safely

This is a progressive training series. We will increase speed and distance weekly, beginning with a 30-mile ride at a 12mph pace and ending with a 14-15mph metric century 10 weeks later. Because we want to get stronger together, no new riders will be allowed to join after the third ride and no rider who misses three rides will be allowed to continue training with the group.

This year we are limiting the C-STS group to 12 participants so all riders must register in advance. Our first ride will be Sunday, March 18th and our graduation ride will be the Bloomin' Metric on May 20th.

The C-STS is not an instructional series. We expect that all participants:

- Have good, safe group riding skills.
- Wear a helmet.
- Have a bike in good working order.
- Bring two spare tubes, a pump and bike tool.
- Be able to change a flat tire (although we will help).
- Have a Metro North bike pass.
- Are current NYCC members.

The C-STS has a “no-drop” policy. However, if a rider is struggling after the first few rides or is consistently unable to keep up with the group over time the leaders reserve the right to ask that person to leave the group. We will always climb large hills at the rider’s own pace and regroup at the top.

On early, shorter rides we will not take a lunch break (it's too cold!) so bring pocket food. In general, we will take fewer and shorter breaks than you may be accustomed to on other NYCC C-rides.

To request further information and to register, please contact the C-STS ride leaders: Laurie Godfrey, Dianne Hauck, Tamara Lipshie and Kate Mostkoff at c-sts@nycc.org.