



## 2007 RAMROD/RAPSODY Training Series

Again this year, the Seattle Bike Club is sponsoring this popular series for those with ambitious riding goals. SBC has assembled a weekly schedule that runs from March through August. The series adds miles and altitude as the season progresses to help you prepare for a one-day STP, the RAMROD or similar challenges. It is structured to provide the camaraderie of riding with others having like interests and to experience the beauty of the Pacific Northwest. The series includes our own club rides such as Around Hood Canal and the Mt Baker Climb, and mixes in SBC-lead-groups participating at sponsored events such as the Flying Wheels Century. The RAMROD/Rhapsody Ride Schedule is posted on the club web site.

**Sponsor:** Most of the rides are sponsored by the Seattle Bicycle Club. The SBC rides are free, and only require that you sign the ride waiver before the start. Some of the rides involve participation in events sponsored by other organizations, for which registration and fees are usually required. The Schedule lists web sites for contact information for these rides. Most, but not all event rides will have an SBC ride leader

**Ride Days:** Most Saturdays from March to August unless otherwise posted.

**Ride Pace:** Generally the rides will be Brisk depending on terrain and the number of riders.

**Ride Distance:** Rides early in the season will be around 40 – 50 miles, and later there will be some centuries. See the Training Schedule for details,

**Elevation Gain:** Rides will involve at least 2 to 3000 feet of climbing. Some rides are specifically aimed at conditioning for big hills and will expect 7000 or more feet of gain. Again, refer to the Training Schedule for specifics.

**Ride Terrain:** Hilly to Mountainous.

**Ride Leaders:** The rides are lead by Seattle Bike Club members who have lead these rides before. See the Training Schedule identifies the leader for each ride. Some of the event rides will be self-led.

**Rain Policy:** Heavy rain cancels. Contact ride leader for verification if the weather seems uncertain.

### **Other Notes:**

- Ride start times and locations will vary from week to week and may change to accommodate weather conditions, **check the website before each ride for confirmation.**
- Participants should bear in mind that while there may be re-group points along the way, **the ride is unsupported. Each rider must be capable of meeting the physical demands of planned routes.** Cue sheets will usually be provided.
- All rides will begin promptly, so please be at the start location at 30 minutes before the start time to pump tires, assemble your gear and sign in.

### **Contact Information:**

RAMROD/Rhapsody Series Coordinator :Tom Tanner email: [tjtanner@comcast.net](mailto:tjtanner@comcast.net)

SBC Rides Coordinator: [rides@seattlebicycle.com](mailto:rides@seattlebicycle.com).

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