

Falls Area Bicyclists
ORGANIZED RIDES for 2010



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General FAB Ride Rules/Instructions: All riders must be current FAB Members. Helmets are required for all those riding, street signs, stop lights and all the rules of the road must be followed. In the event of inclement weather, rides may be cancelled, this will be determined by the ride leader and posted on Twitter (@Club_FAB) which will forward to Facebook

- Only one free ride is permitted if you are not a member
- **Normal Ride Season:** May through September, unless otherwise noted below

Questions: e-mail the director of rides: rides@clubfab.com or call the FAB phone at 605-610-9FAB

All recurring rides start after our Spring Kickoff Ride!

Recurring Rides:

thE kErnEl's ReCoVeRy RiDe

What: This is a true recovery ride, very non-intimidating and social. Give those muscles a needed rest after a busy weekend. Regrouping at stop signs and as needed throughout the ride.

When: **1st and 3rd Monday** of every month starting at 6:00 PM

Where: Loop starting at Washington High School parking lot

Requirements: Helmets are required. Leaving your ego at home, this is a recovery ride!

Pace: Average ride speed will not exceed 15 mph

Ride Leader: thE kErnEl (or his select delegate)

Structured Skills Ride

What: Increase your bag of skills. Different topics will be discussed and practiced each week

When: **Every Tuesday** starting at 6:00 PM and ending by 8:00 PM

Where: Ellis elevator building (1400 Ellis Road, west side of Sioux Falls)

Requirements: Helmets are required. Some experience with riding and a desire to increase your level of skill. This is not a ride for expert racers, but to improve your current cycling skills on the road

Pace: Each week will entail a warm-up, structure and cool down sections to improve your road riding skills

Ride Leaders: David Steensland and Gene Noble

Wandering Wednesdays

What: Road rides in the Falls area. Great training for Tour de Kota and Ragbrai!

When: **Every Wednesday** starting at 6 pm

Where: A different town and route for each Wednesday of the month (see the FAB general calendar for ride location)

Requirements: Wanderlust. Willingness to learn new road skills. Helmets are required

Pace: Ride with a map at your own pace. Participants will break up into groups depending on desired ride speed. No one will be left on their own. Ride leader will stay with final group.

Ride Leaders: East Side of Sioux Falls : Greg Anderson (Rowena, SD), Tammy Schnaible (Harmon Park)
West Side of Sioux Falls: Joe/Tina Stiller (Ellis Elevator), Nick Andersen (New Elmwood Trailhead (12th St. Near Kmart)

Starlight Ride

- What: Night ride around the Sioux Falls bike trail of approximately 19 miles
- When: **1st and 3rd Friday** of every month starting at 8:00 p.m. Start time and frequency may change during winter months (often only held once a month in the winter, updates will be on the FAB Calender)
- Where: Starting and ending at Fawick Park (by the statue of David) in Sioux Falls
- Requirements: A blinking rear light is required. Headlights are HIGHLY recommended. Helmets are required.
- Pace: A casual pace will be followed so the entire group stays together
- Ride Leaders: Greg Anderson and Darren Weisz

Something for Everyone (Show and Go Ride)

- What: Ride geared toward all interested in training for the Tour de Kota, MS150, RAGBRAI or just a ride around the countryside. From beginners to experts, all will find friends with whom to ride. Newer riders will enjoy a shorter route from 20-30 miles, whereas the more exuberant cyclists can choose from routes anywhere from 40 - 60+ miles in length.
- When: **Saturdays mornings**, 9:00 AM.
- Where: Harmodon Park (41st and HWY 11). A wide variety of routes are available which will be determined by those who arrive each Saturday.
- Requirements: Helmets are required
- Pace: Tempo will vary and everyone should find someone of similar ability to ride with.
- Ride Leader: FAB members (who ever arrives will be the ride leaders/organizers)

Coffee & Donut Ride

- What: Urban ride with a stop half way – for coffee and donuts! Bring a couple bucks for your caffeine fix and treats.
- When: **2nd and 4th Saturday** of every month starting at 8 AM all year, yes this ride is held during the winter.
- Where: Starting and ending at O’Gorman High School parking lot
- Requirements: Helmets are required
- Pace: As fast as the slowest rider
- Ride Leaders: Chris Pierson, Michael Christensen, and Darren Weisz

Sunday Morning Breakfast Ride

- What: Ride to the cafe at the Hiawatha Golf Club in Canton for breakfast.
- When: **Every Sunday** at 8:00 AM - Time will vary with change of seasons. Check forum for time updates.
- Where: Meet at the Day Spa on 69th Street, just east of Cliff Avenue.
- Requirements: Helmets required. Desire to earn your breakfast on the ride to Canton.
- Pace: 18 - 22 MPH. Riders may be dropped, but will meet up again at the Canton Golf course. Riders may be dropped on the way home as well; this is a fast group of ride leaders.
- Ride Leaders: Owen Hotvet, Rick Hanson, and Lisa Fligge

Time Trial Series

- What: Time Trial Series for fun and sport.
- When: **Last Thursday each month**, April thru September. Registration from 6-6:15, riders start at 6:30pm. (*The first TT is April 29, 2010*)
- Where: 46818 W. 263rd St. Maple Street east of the Tea-Ellis Road (West side of Sioux Falls)
- Requirements: Helmets required and a desire to see compete against yourself.
- Pace: As fast as you can go for about 9.0 miles
- Time Keepers: Dick Holmes, Nancy Tesdall Darren Weisz, and Greg Anderson
- Prizes: We will be giving away four \$10 gift certificates to random contestants at each race. One prize per racer per season.

Once a Year Rides

Annual Kickoff Ride

- What: FAB Annual Kickoff Ride to get everyone going for the season. Two ride lengths will be offered, a 15mile and 22 mile out and back route.
- When: **May 8, 2010 at 11am**
- Where: Starting and ending at Pizza Ranch in Tea, SD
- Requirements: Helmets are required
- Pace: Multiple, ride with friends to complete the route. Sag support will not be provided.
- Ride Leader: David Steensland and other FAB Members

Ride of Silence

- What: Annual Ride of Silence to honor those who are not with us anymore and to raise awareness of the importance of sharing the road
- When: **May 19, 2010 at 7pm** (Please arrive by 6:30pm)
- Where: Starting and ending at Fawick Park (by the statue of David) in Sioux Falls
- Requirements: Helmets are required, you do not have to be a FAB member to ride
- Pace: Silent, Cautious, Slow Pace
- Ride Leader: Bill Soeffing and other FAB Board Members

Summer Century Ride

- What: Start the season with a century ride
- When: **June 19, 2010** Time TBD
- Where: TBD (possibly a ride to Lake Madison)
- Requirements: Helmets are required
- Pace: Multiple, ride with friends to complete the route. Sag support will not be provided.
- Ride Leaders: Cassie and Bill Soeffing (Ride Coordinators)

FABRAD (Falls Area Bicyclists Largest Organized Ride!!!)

- What: An annual ride with a choice of lengths. A 100 K route (63 miles), a 50 K route (~31 miles), and a 15 K route (9 miles) will be available.
Free lunch after the ride!
All proceeds will benefit the Center of Hope
Free limited edition FAB socks for the first 100 registrants on Active.com
- When: **Saturday July 17, 2010** Mass start at 8:00 AM.
- Where: Starts and ends at Sertoma Park in Sioux Falls
- Requirements: Helmets are required. Registration
- Pace: Your own, ride with a friend or make new friends
- Ride Leader: None, sag support will be available throughout the ride (offered by local bike shops)

Biking 4 Breast Cancer - Presented by Sanford with help from FAB

- What: Biking 4 Breast Cancer is an opportunity for cancer survivors, friends and family, cyclists, outdoor enthusiasts and everyone who has been touched by the disease to raise awareness for breast cancer. The fun-for-the-whole-family bike ride begins at 8 a.m. in the Cancer Center Parking Lot. Cyclists of all abilities and ages will ride in honor of loved ones who have faced breast cancer.
- When: **Saturday September 18th, 2010.** Time TBD.
- Where: Sanford Cancer Center, 1309 West 17th Street, Sioux Falls
Cyclists will start at the Cancer Center and use the bike trail to complete a loop around the city of Sioux Falls or take an out-and-back or looping road ride of about 50 miles, returning to the Cancer Center for a celebration.
- Requirements: Helmets are required
- Pace: Ride at your own pace
- Ride Leader: None, sag support will be provided by FAB Members

FAB Fall Century Ride

What: Finish up the season with a century ride, celebrate all of your hard work over the summer

When: **September 19, 2010.** Time TBD

Where: Three states covered, starting at Sertoma Park in Sioux Falls

Requirements: Helmets are required

Pace: Multiple, ride with friends to complete the route. Sag support will not be provided.

Ride Leader: David Steensland (Ride Coordinator)

Fall Membership Ride (AKA: Apple Orchard Ride)

What: Annual Membership Meeting ride, we will ride the Country Apple Orchard (FAB will buy treats) the back.
After FAB will buy Pizza, review business and we will vote for new Board Members

When: Around the first weekend of October at 12:30pm

Where: USF Zbornik Hall parking lot (24th and Summit Avenue in Sioux Falls)

Requirements: Helmets are required

Pace: Very casual (no one will be dropped)

Ride Leaders: FAB Board Members

