

Anderson's Mon. Nite Rides

Group 1: Dietmar will lead the "A" group to our favorite summer ride--Horseshoe Falls.
This flat, fast, and pretty loop is perfect for experienced riders.
Bring lots of fluids.

Attention: Rear light required, headlight recommended

Group ride: We stay together --no exceptions.

One sprint zone: Horseshoe Falls backstretch.

Regroup after the Zone and stay together--Stronger riders have to pull and be patient.

Pace: 18+ **Distance:** 43 miles

Group 2: Mark will be leading the "B" group on a version of the Vineyards--a favorite of all cyclists.
Typical Piedmont rolling terrain.
Pace: 16-17 **Distance:** 30+ miles

Group 3: The "C" group is being divided into 2 groups:
Val will lead those who would like to ride to the Vineyards.
Pace: 15+ **Distance:** 27 miles, app.

Group 4: This "C" group is for those who want to ride the Switzer-Greenpond Loop.
This quiet country loop w/varying terrain is a favorite.
This is a perfect ride for extra miles or a recovery ride. Regroups at all stops.
Pace: 13-14 **Distance:** 18-22 miles

Group 5: The "D" group--led by Erica--will join our "C" group on the Switzer-Greenpond loop.
This quiet country loop w/varying terrain has been our all-time favorite since
starting our Monday rides.
This is a perfect ride for beginner riders or riders who want to ride at a relaxed pace.
Pace: 10-12, depending on group **Distance:** 18 miles

Cold watermelon after ride

Meet: Chris & Gloria's farm
1956 Moore-Duncan Hwy., Hwy. 290, Moore

Roll out Monday, 6:00 PM

?s: Chris 864- 542-4035 Dietmar: 864-497-1139
Gloria 864-542-3991