

Spring Century Training Rides

Get in shape – Ride 100 miles!

SBRA Century Training School

If you have never ridden a century before, or you've been neglecting your bike for a while, you will be happy to learn that SBRA is once again offering our one-of-a-kind *Century Training School*.

Shake off the COVID blues and get back into shape!

Century Rides are like a rite of passage for cyclists – like a marathon for runners.

These training rides began in 1987 with the promise of helping C and D level riders do their first 100-mile ride. Led by Josie and Bob Goykin along with a team of helpful and experienced club members, these rides can help any cyclist ride 100 miles, the easy way. We've trained hundreds of successful century riders!

Who should do the Beginner Training Rides?

- You're an SBRA member.
- You have never ridden 100 miles or haven't done distance riding in a few years.
- You're ridding with a friend who never did 100 before.
- You can ride 25 miles at 10 mph and want to work up to a Century and more challenging rides.
- You're always at the back of the ride and you want to learn how to keep up, ride faster and further.
- You're free almost every Saturday From April 15th until the 100.

How do we do it? We start with a 25 mile "D" ride on **Saturday, April 15th in Ronkonkoma**. The first ride may seem a little slow, but each Saturday the ride goes a little faster and further. Before the ride start we give pointers about technique, clothing, bike fit, food, drink and simple repairs.

You will learn to ride efficiently, effectively and painlessly. We answer all your questions, understanding the concerns and issues of beginner cyclists. COURTESY, SAFETY and ETIQUETE will be emphasized.

Worry Free Guarantee! No need to worry about whether you do the pace or distance. Most rides have a SAG Vehicle. Each week is an incremental increase that weekend warriors can handle. Riders are not just

dropped. You'll shatter your perceived limitations. Anyone who does all of the rides and follows all of the tips will complete the 100 with energy to spare. We aim for a B- pace Century... and the scenery is great!

These rides make bathroom, lunch and rest stops at appropriate intervals. Our leaders and sweeps are experts at keeping the group together and encouraging all. We want everyone to finish!



DON'T BUY A NEW BIKE YET! Please contact us before you spend big bucks on the wrong bike. You can try the first ride or two on a hybrid to see if you enjoy the rides. Longer and faster rides require a road bike. *In our 30 plus years, most riders on mountain or hybrid bikes could not complete the training.*

PLEASE CALL or Email AHEAD TO REGISTER FOR THE TRAINING SCHOOL RIDES. You need to register for the whole series. We cannot accommodate single day riders. Part of the success of this program is a result of the concurrent development of the same group riding together each week.

We **highly recommend** you attend **Super Cycling Saturday** on **Saturday, April 1st** if you are new to club riding.

For Century Training School details contact: Bob or Josie Goykin at 631-737-1871 or rgoykin@gmail.com

If you're a faster rider or have already ridden a Century, check the ride calendar for a rides suited to your needs.