

Notes for Riders – going the distance

As with almost every one of the previous 24 rides, for this year - the 25th ride - we are expecting to see a large number of new riders who will accompany the many veterans, whose return to the ride once again is most welcome.

The distances for this year are roughly:

- Day one St Malo to Rennes - 50 miles
- Day two Rennes to Angers – 90 miles
- Day three Angers to Tours – 80 miles
- Day four Tours to Alencon – 90 miles
- Day five Alencon to Caen – 75 miles



We have chosen to make the ride one day shorter than last year and we cover a similar distance – 385 miles. That means that it is a slightly more demanding ride. After the first short day, the rest are of a similar distance. Given the length of the days, it is important that all we try to reach our destination at a reasonable hour. Aside from having the time to relax and change for an evening meal, getting in late does place strain on the support people, upon whom we all rely to ensure the smooth running of the ride. We will have the largest number of riders we have ever taken for 2010.

Given the revisions to the route, we wish to encourage people to try and pace themselves to enjoy the ride and have plenty of time to relax eat and drink en route. We estimate our typical rider will average 12mph. There is a great range within our group, as most of you will know.

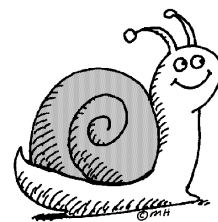
We have a few very strong riders who are comfortable riding at around 18mph over these distances.

On the other hand, we have a number of riders who enjoy a much steadier pace and probably average around 10mph. 2mph sounds very little but, as you will see below, over a 90 mile day that is a further 1½ hours on the bike. That is a huge amount of time.

Put another way, the quickest riders will be on the bike for about 5 hours for a 90 mile day – 4 hours quicker than our steady riders. Mind you – there will be nobody at the end to talk to them!!

**As keen cyclists
you probably
know that the
winner of the
Tour De France
2009 covered
1800 miles at an
average speed of
25mph!**

Route	Estimated riding time Average speed (12mph)	Estimated riding time Steadier speed (10mph)
50 miles	4.2 hours	5 hours
80 miles	6.6 hours	8 hours
90 miles	7.5 hours	9 hours



Whilst we really do want people to enjoy themselves, you will see that covering the ride with riders at various points along it, presents some real logistical challenges. Please try to have regard to the times and distances when planning your set off times, meal times and planned arrival times. Thank you for your consideration.

The Bike Ride Committee