

The Montauk Century Training Rides

Ride 100 miles – Get in shape – New rider training!

Swiezy's Easy Memorial Montauk

Railroad Century will take place on Saturday, May 9. If you have never experienced this great ride



you won't want to miss it. This is one of the flattest, easiest and most scenic Century rides anywhere. It is a best bet if you want to try 100 miles for the first time!

This *SBRA* favorite starts in Babylon and takes back roads to Montauk. Board the LIRR back to Babylon and enjoy a stash of refreshments. Our bikes are shuttled in the secure padded comfort of a moving van. Registration details will be printed in future newsletters

New Rider Training Rides

SBRA Century Training School

If you have never ridden a century before, you will be happy to learn that *SBRA* is once again offering our one of a kind *Century Training School*. These rides began in 1984 with the promise of helping C and D level riders do their first 100-mile ride. Led by Josie and Bob Goykin these rides can help any cyclist ride 100 miles, the easy way. If you complete the training rides you will finish the Century with energy to spare.

Who Should do the Beginner Rides?

If you have never ridden 100 miles or haven't done distance riding in years, but you can ride 25 miles at 10 mph and are planning on doing the Century.



Take the Mystery out of Cycling. The *Training School* rides start with a 25 mile "D" ride on Saturday, March 1st in Holtsville. Each Saturday the ride goes a little faster and further. Our riders do the 100 miles at

a "B" pace. Prior to the rides we give pointers on every aspect of cycling including nutrition, technique, clothing, bike fit and simple repairs. You will learn to ride efficiently, effectively and painlessly. We answer all of your questions, keeping in mind the special needs of beginner and women cyclists. COURTESY, SAFETY and ETIQUETTE will be emphasized. We stop at bathrooms, keep the group together & stick to the advertised pace. We want everyone to finish!



DON'T BUY A NEW BIKE YET! Please call 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. As the rides get longer you will need a road bike. Yes, a person could ride 100 miles on a hybrid, but not at the pace we are going to ride. ***In our 20 plus years, most riders on hybrid or mountain bikes could not complete the training.***

PLEASE CALL AHEAD TO REGISTER FOR THE TRAINING SCHOOL RIDES. Part of the success of this program is a result of the development of the same group riding together each week. Anyone who sticks it out and follows a few simple tips will succeed.

For Century Training School details contact: Bob or Josie Goykin at 737-1871 or rgoykin@suffolk.lib.ny.us

Are You Experienced? Want to train anyway?

Experienced riders are invited to join the *SBRA* training rides on Sundays. **Contact** Glen Cochrane for *A rides*, Bruce Pressner for *B rides*, Joe Matzelle for *B-rides*, and Shannon Cain for *C rides*