

## August Rides 2010

# Start at 8.00am

## Los Alamos Road and Whitewood east of I 215 at Murrieta Post office

SUNDAY RIDES WILL NOW COMMENCE AT 7.00am SUNDAYS ONLY

## Domenigoni Drag Strip(Flat and Fast)

The Saturday ride will be the same each week, and will be designed to help encourage speed, and group riding, with either a single pace line or a double pace line where road width permits. The ride will start as always at IE Bikes parking lot, and take Whitewood up the hill and continue on to the left turn and up Clinton Keith Road then right at the new bridge, then right again onto Antelope Road parallel the freeway and then right onto Keller to the left onto Menifee, right onto Domenigoni Parkway, to the end. U-Turn at Sage (***There will be a 2 minute regroup here***) and back the same way, turn left off Domenigoni and south on Menifee, right onto Keller and left onto Antelope, and left onto Clinton Keith Road. Right onto Whitewood and back to the parking lot . Anyone may jump out and turn early to join the "chain gang" on the way home.

Rich Mendez will lead the B group out of the parking lot 10 minutes early at 7.50am. The goal for the "B" group is to complete the ride at a less insane pace and not get caught by the "A" group. "B" Group can choose if the goal is to avoid being caught by the half way mark at State Street (easy pace) or before the end of the ride. (much harder) Rich will give instructions at the beginning of the ride in the parking lot.

Approximate arrival with a 8.00am start. 8.30am corner of Menifee Road and Domenigoni Parkway. 9.00am Domenigoni and State Street 9.30am Domenigoni and Menifee Road again, 9.55am back at the shop.

On the ride out it's flat out, no waiting for flat tires, those cursed can join the fun after the turnaround. ***If you do get dropped remember we will be coming back, and if you wish to watch the time, turn at approx 9.00am and you will be caught on the way back for sure!!*** On the way back courtesy is extended to those with flats, we will wait, but shout loud to let everyone know.

Invite your friends from other clubs and other cities; let's try to develop a good reputation for a great workout, and one that other local racers will enjoy participating in.

Route: <http://www.gpsies.com/map.do?fileId=nwqlauiskepmtxoav>

SATURDAY RIDES CONTINUE AT 8.00am SUNDAYS ARE NOW 7.00am