

Friday Brick Ride+Run

Francesco Frova

Almost every Friday a group of TnTers get together for a brick ride + run.

In short: meet at 6am at the Nigerian Embassy, close to the Imperial Palace / Toranomon (<https://goo.gl/maps/p2qP9pjrRakfzCen9>).

Do 10-20 bike hill repeats (climb while the traffic is still light), with a short break every 5 climbs (it's usually approximately 2 min loop). It's a steep climb, up to 20% incline - mama-chari is not advised. Because it's a hill repeat, you can go as slow or as fast as you want, and we'll still be together.

After the hills, we go to the palace for a 5-10km run, starting to run at 7am (or 7:15 at the latest, usually). We usually park the bikes at either Sakuradamon Police Box (there are lockers and vending machines in the station downstairs if you wish to come just for running - <https://goo.gl/maps/ZEtTTrwv977rsGY7>), or at the North East toilets by Takebashi station (<https://goo.gl/maps/ecisU4A7SadPEpg38>), or at the Multifunctional toilets by Kojimachi (<https://goo.gl/maps/UVEXyG4dgrMiN9Dd8>).

Pace: as slow or as fast as you want. Usually we'll be completely done before 8am, ready to go to work if needed.

Often we go for a coffee at a cafe nearby (Glitch, in Kanda - <https://g.page/glitchcoffee?share>).

We have a Facebook messaging group we use to share last minute details - if interested contact Francesco Frova on Facebook.

Sometimes the time might be changed to 6:30, however usually we're pretty consistent with the 6am start. We ride even on days with moderate rain - under 3mm of rain/hour - and our favorite weather app (AccuWeather) is very accurate.

<https://www.accuweather.com/en/jp/chiyoda-ku/221231/weather-forecast/221231>

Get your brick done!



[[More photos here](#)]