

GVCC Group Rides:

The ride will be set up as a 2-hour ride starting at 8 am on Saturday. Late join will be enabled so that anyone can join up until 8:30. [Note: if you get dropped from the group in the first 30 minutes, then quit the ride and re-join to immediately be put back into the group with the late join feature.] The ride will be available for anyone to join, so if you want to invite people that are not part of the GVCC Zwift Club, you can share the ride link with them and they can join the ride as a guest. This ride will primarily be for socializing and getting some base miles in at a Zone 2 effort (2.0 – 2.5 w/kg). If you want to take it easier or go harder, you can try temporarily adjusting your Zwift weight so that your desired effort will be in the 2.0 – 2.5 w/kg range. There will be sprints and KOMs available on the routes. During the first hour, sprints and KOMs are discouraged. In the second hour, sprints and KOMs are open, but we would like to regroup after each.

CONTACT US at zwift@gvccracing.com (or discord)

Date	Route	Est. Time / Lap	XP	Dist / Lap	Elev	Sprints/KOMs	Leader	Sweeper
12/10	Triple Flat Loops	1:04	680	36.4 km	156 m 4.6 m/km	JWB Sprint x2 (16, 21 km) Fuego Flats Sprint (36 km)	Brian	Marty
12/17	Makuri 40	1:15	800	40.3 km	306 m 7.6 m/km	Village Sprint reverse (1k) Country Sprint reverse (8k) Alley sprint reverse (17k) Castle park sprint (18k) Shisa sprint reverse (28k)	Matt	Marty
12/24	Eastern Eight	1:36	1345	54.1 km	406 m 7.9 m/km	Fuego Flats Sprint (1k) Titans Grove KOM (10k) Fuego Flats Reverse (30k) Titans Grove KOM Reverse (38k) Fuego Flats Sprint (54k)		

Date	Route	Est. Time / Lap	XP	Dist / Lap	Elev	Sprints/KOMs	Leader	Sweeper
12/31	Tire-Bouchon	1:54	1220	63.9 km	482 m 7.9 m/km	Ballon sprint reverse (4k) Marina sprint reverse (10k) Pave sprint reverse (21k) Aqueduc KOM reverse (23k) Petit KOM (30k) Ballon Sprint (40k) Aqueduc KOM (43k) Pave sprint (45k) Marina sprint (56k)		
01/07	Country to Coastal	1:03	665	33.6 km	274 m 8.2 m/km	Village Sprint (2k) Country Sprint (7k) Shisa Sprint (21k) Tidepool Sprint (26k)		
01/14	Out and Back Again	1:16	840	42.3 km	327 m 8.2 m/km	Feugo Flats Sprint (0k) JWB Sprint reverse (16k) Volcano KOM (24k) Hilly KOM reverse (34k) Feugo Flats Sprint (40k)		
01/21	London Pretzel	1:50	1100	56.2 km	572 m 10.3 m/km	The mall sprint reverse (14k) Fox Hill KOM (34k) The mall sprint (42k) Box Hill KOM (50k)		
01/28	Three Little Sisters	1:15	755	38.4 km	434 m 11.5 m/km	Hilly KOM (2k) Titans Grove KOM (15k) Volcano KOM (29k)		
02/04	Downtown Titans	0:48	490	24.6 km	254 m 11.9 m/km	Titan Grove KOM reverse (6K) Hilly KOM (17k) Watopia Sprint (22k)		
02/11	Triple Loops	1:26	810	41.4 km	564 m 13.8 m/km	The mall Sprint (14k) Leith Hill KOM (23k)		

Date	Route	Est. Time / Lap	XP	Dist / Lap	Elev	Sprints/KOMs	Leader	Sweeper
02/18	Everything Bagel	1:12	690	34.5 km	544 m 15.9 m/km	New York KOM reverse (4k) NY sprint (13k) New York KOM (26k) NY sprint reverse (28k)		
02/25	Achterbahn	1:53	950	47.7 km	989 m 20.9 m/km	Innsbruck KOM reverse (9k) Innsbruck sprint reverse (21k) Innsbruck KOM (33k) Leg snapper KOM (41k) Innsbruck sprint (43k)		