

Welcome

We are excited for you to join us for our Spring Training Series (STS)! This is a series for experienced riders building up to a successful one-day STP, a strong RAMROD finish--or both! **This is a series devoted to teaching you to paceline safely and successfully -- Every rider will be asked to lead during our rides and will be expected to be open to coaching and willing to ride in a safe manner and work as a team with the rest of the group. We will be rotating leaders.**

We will ride most every Sunday from April 2nd through June 18th. Rides typically depart from points around the Eastside, building from 55-130 miles. While note required, we encourage riders to attend all the rides so they get the benefit of specific skills taught each week.

If this is your first one-day STP, or you're looking to improve arrive in Portland before the beer runs out, finishing these training rides every weekend will help. You'll enter the summer a stronger, more prepared rider. You'll meet new friends looking to achieve similar goals. You'll learn tips and techniques for a strong double century ride from other riders who have done it before.

Stay Together

STS is inspired by the original Cascade Training Series (CTS). One of the things we love about CTS is the notion of stay-together riding. Instead of spreading out across vast distances, we will stop to regroup as needed to keep the groups riding together. Riders can climb major hills at their own pace, then we will regroup again at the top. We've found it's more fun to ride long distances as part of a team than in an uncoordinated ebb and flow of disjointed riders.

In order to be effective at staying together, it's important that everyone in a group is riding the same pace. Riders who are clearly slower or faster than the group will be asked to join a different group. Because it's easier to drop back a group than jump ahead, we recommend you join a faster group to start with and fall back if needed.

We will limit each group to 20 riders. We will split each pace category into numerous smaller groups as needed to accommodate that.

Some Rides, Some Events

One unique thing about this series is how we mix up the usual group rides with

various events. On certain weekends, we encourage you to team up with your riding friends and tackle various organized events around the area together. We'll do this for the Lopez/San Juan Island weekend, Chelan Tour Weekend and Flying Wheels or Eastern WA Tour. Also there are some field trips! For ex, we start up in Camano Island. Mid-series, you're invited to join the Chelan Weekend crew. We might even throw in Whidbey Island for a fun ride.

What Pace?

We run groups at the following paces:

- Brisk 16-18mph on flats
- Vigorous: 18-20mph on flats
- Strenuous: 20-22mph on flats.

Day of the Ride

Please be ready to ride 20 minutes before the Start Time. We recommend you arrive 30 minutes prior so you have plenty of time to prepare your bike, sign the waiver, join your pace group, and get ready to ride. This also is a great time to get any last-minute questions answered. All Ride Leaders are there to help, so don't hesitate to ask. **You must be present to hear the ride briefings in order to join the ride due to safety concerns.**

Riding Pacelines

To help prepare for those 200-some long miles, STS will include some paceline training and practice. This is a dangerous technique that requires concentration, consistency in riding, and above all, confidence in your fellow riders. After riders have gained some experience with each other, we will introduce short and slow sections of paceline practice to get the hang of it. As our experience riding together increases, we'll increase the speed and duration of paceline sessions during the rides.

Ride Leader extraordinaire Brent Hadley has put together [The Basic Rules](#) of pacelining. Please review these.

Flats, Mechanical Problems, and Bonking

Bring one or two spare tubes, plus all tools needed to change a flat and adjust your bike mechanically as needed. Consider bringing a tire boot and even a spare chain link. We expect all riders to be adept at changing flat tires. In case of a flat, or if you're not able to keep pace that day, ride leaders will stop to check on you, and then move on to ride with the group. The group will generally not stop for flats, mechanical issues, or bonked riders. You may need to finish the ride on your own, or have a backup plan. So bring a cue sheet and a cell phone just in case.

Talk to Us!

Your feedback is a critical element to make this a great series. Please talk to your ride leaders about what you're liking and what you're not, so we can make the adjustments needed to improve everyone's experience.

Schedule

Date	Day	Location	Start location	Distance	Elevation
4/2	Sunday	Camano Island Loop	Stanwood	53	2674
4/9	Sunday	Newcastle-Covington - May Valley	Newcastle	61	3400
4/16	Sunday	Ron Regis - Green Valley - Enumclaw	Renton	74	3050
4/23	Sunday	Lake Roesiger-Sultan	Redmond	80	3631
4/30		San Juan Island			
5/7	Sunday	Redmond - Duvall - Snoqualmie	Redmond	89.5	4338
5/12-5/14		Chelan Tour Lite			
5/21	Sunday	Snohomish-Arlington	Snohomish	100	3984
5/28		Emerald City Ride			
6/4	Sunday	Redmond - North Bend	Redmond	71	3500
6/10	Saturday	Flying Wheels	Marymoor	104	5731
6/18	Sunday	Arlington - Bellingham	Arlington	115	4352