

Day	Start Time	Type of Ride	Name of Ride	Meeting Point	Map	Freq	Average Speed	Max Speed	Dist	Drop Ride (Y/N)	Rating	Ride Captain	Notes
Sunday	7:15 AM	Road	Sunday Recovery Ride	Rats Corner	https	Weekly	28-30kph	32kph	65km	N		Dave Powell	
	7:30 AM	Road	Reverse Kranji	Rats Corner	https	Weekly	33-34kph	uncapped	65km	Drop Ride			Check FaceBook if on
	7:30 AM	Road	Social Mandai	Food Canopy	https	Weekly	32-33kph	38-40kph	55km	N		Timmy Rix	
	Varies	MTB	MTB Ride	Varies		Weekly	Varies	Varies	Varies	N		Chris Rawlings	
Monday	6:00 AM	Road	City West Loop	Rats Corner	https	Weekly	32kph	40kph	35km	N			
Tuesday	5:45 AM	Road	Sentosa Loops	Ranger Hut on Sentosa Gateway	https	Weekly	34kph++	uncapped	35km	Drop Ride			
	6:00 AM	Road	East Coast Blast	East Coast Carpark (B1)	https	Weekly	32-34kph	36-40+kph	50km	Y (fast group only)		Colin Alexander	
Wednesday	5:30 AM	Road	Eddies	Old Longhouse	https	Weekly	34kph++	uncapped	65km	Drop Ride		Glenn Kenny	
	5:45 AM	Road	Extended City West Loop	Rats Corner	https	Weekly	31kph	40kph	40km	N		Carmen Fay	
	5:45 AM	Road	Extended City West Loop (Fast Group)	Jewel Coffee Shop - Claymore Road	https	Weekly	34kph++	uncapped	40km	Drop Ride		Bruce Swales	
	6:00 AM	Road	City West Loop	Rats Corner	https	Weekly	33kph	40kph	35km	N			Check FaceBook if on
Thursday	5:45 AM	Road	Southern Bumps	Cnr North Buona Vista & Holland Road	https	Weekly	30kph	uncapped	35km	Y (re-group at bottom o		Philip Routley	
	9:30 AM	Road	Prata Ride	Rats Corner	https	Weekly	28kph	Varies	65km	N		Peter Archbold	Includes stop for Prata
	19:00pm	Road	Tour of Tuas	Pasir Panjang MRT	https	Weekly	32kph	Varies	70km	N		Andrew Cheriman	Optional beers post ride
	19:30pm	MTB	Night Ride	Cnr Sixth Ave & Bukit Timah Rd	https	Weekly	Varies	Varies	30km	N		Chris Rawlings	Min. 1200 lumen lights. Optional beers post ride
Friday	5:55 AM	Road	Five Fifty Five Fun Friday (FFFFF) - aka City Wes	Rats Corner	https	Weekly	32kph	40kph	35km	N			
	5:55 AM	Road	City West Loop (Fast)	Jewel Coffee Shop - Claymore Road	https	Weekly	34kph++	uncapped	35km	Drop Ride			
Saturday	5:15 AM	Road	Allied Kemp Team Warmup	Rats Corner	https	Weekly	34kph+	uncapped	50km	Drop Ride		Peter Bennett	Ends at Food Canopy
	5:55 AM	Road	West Coast / Clementi	Rats Corner	https	Weekly	32kph	40kph	25km	N		Bruce Swales	Ends at Food Canopy
	5:55 AM	Road	West Coast / Clementi	Jewel Coffee Shop - Claymore Road	https	Weekly	34kph++	uncapped	25km	N			Ends at Food Canopy
	7:00 AM	Road	Saturday Club Rides	Food Canopy	https	Weekly	Various (28	Varies	65km & 80	Varies		Megan Kinder	Ends at Dimbulah Coffee
	5:30 AM	Road	Newcomers Induction Ride	Coffee Bean, Forum Shopping Mall, 583 Orchard Rd	https	Monthly	28kph	28kph		N		Megan Kinder	Ends at Food Canopy. Held on 1st Saturday of each month
Public Holidays	6:00 AM	Road	Round the Island (RTI)	Food Canopy	https	Public Holid	32kph / 34	Varies	120+km	N			Ends at Dimbulah Coffee