

Hey Team! Given that we're lucky to get to ride together 2-3 times a month I gathered up a list of group rides in the area that you might wanna consider checking out. Riding w/ different folks will challenge you, give you some new stuff to think about and maybe even offer a chance to tell fellow cyclists about our Team! Know of a ride that I missed? Let me know and we'll add it! (mike@velo-citycycles.com)

Spring Lake / Grand Haven:

- Wed Nights from Herman Miller Plant B – (18558 171st Ave) 5:15pm / 16-18+ pace / 25-30 miles
- Loose Spokes Bike Shop – Mon 7:15pm road ride / Sat 8:30am road / Sun 10am Off Road (www.loosespokes.com)
- Rock & Road Cycles - Thurs Night Road Ride – Lotsa groups and distances. (www.rockroad.com)
- Breakaway Bike Shop – Tues 7pm (www.breakawaybicycles.com)
- West Michigan Coast Riders Bike Club – Mon 6pm / Wed 6pm wmn's ride (www.wmcoastriders.org)

Grand Rapids:

- Ada Bike Shop – Tues road and MTN rides (www.adabike.com)
- Grand Rapids Bicycle Company – Wed 6pm- wmn's ride (www.grandrapidsbicycles.com)
- Speed Merchants Bike Shop – Thurs 6pm – 30-40 miles / 20mph pace (find them on FaceBook)
- Village Bike Shops , Cascade –
 - Thurs 6pm – 18-20 mph pace
 - Jenison – Sat 7:30am Bagel Ride 16-18 mph pace / Wed 6:30 pm wmn's ride 60-90 minutes (www.villagebikeshop.com)
- Rapid Wheelmen Bike Club - Too many to list! Check out the calendar online. (www.rapidwheelmen.com)

Holland:

- Velo City Cycles – Mon “Diggin’ the Dirt w/ Danielle” rides – 6:30pm @ various trails. Mellow trail ride w/ pro racer Danielle Musto for company and guidance
 - Tues 6pm – 3-4 groups / 20-28 miles / mild (15-16mph), medium (18-22mph) and hot (24+mph) paces
 - Thur “Recovery Ride” 8:30am / 20-25 easy miles (16-18mph) and then bagels!
 - Fri “Bagel Ride” 8:30am / 25 miles / 18-20mph w/ breakfast!
 - Sat “Sprint Ride” 8am / 25 miles @ race pace (25-30mph) and sprints for stop ahead signs
 - Sat “No Sprint Ride” – Same time and route but less sweat and pain! 17-19mph pace (www.velo-citycycles.com)
- Cross Country Cycle – Sun 4pm from Gazelle Sports downtown. (www.crosscountrycycle.com)
- Macatawa Cycling Club –
 - Mon 6:30pm / Aquatic Center / 2 groups and distances (“Sport A” does 45 miles @ 20-22mph, “Sport B” does 35 miles @ 18mph) “Unofficial” A and C groups too.
 - Thurs “Tour” Ride – 6:30pm / Holland Christian High School / 12-15 miles / 13-16mph pace (starts in June)
 - Sat 8am “Sweet Roll” Ride to Grand Haven. 18mph / 40miles (starts in June) (www.macatawacyclingclub.org)

DISCLAIMER DEPARTMENT! All of these rides were listed on shop and/or club websites as of 5/19/09. Rides have a way of coming and going or “morphing” to fit the needs and desires of the participants. It never hurts to check before pumpin’ your tires and heading out to join a ride for the 1st time.