

2018 Obliteride Ride Buddy Training Rides

BEGINNER/SHORT RIDE SERIES (Saturdays)

Saturday, July 14 1:00PM 15 miles
Saturday, July 21 9:00AM 15 miles
Saturday, July 28 9:00AM 20 miles
Saturday, August 4 9:00AM 25 miles

All of the Beginner Ride Series will meet at **Ron Regis Park** in Renton, on Maple Valley Highway (SR-169) about three miles east of I-405 in Renton. Address is 1501 Orcas Ave SE, Renton, WA 98059

The Beginner Series will have shorter rides, slower paced, for beginners, families, or riders simply interested in shorter and slower-paced rides. These rides will be fairly flat, 10-12 mph pace or slightly faster based on the group.

INTERMEDIATE/LONG RIDE SERIES (Sundays)

Sunday, July 1 9:00AM 30 miles
Sunday, July 15 9:00AM 35 miles
Sunday, July 22 9:00AM 40 miles
Sunday, July 29 9:00AM 45 miles
Sunday, August 4 9:00AM 50 miles

All of the Intermediate Ride Series will meet at **Renton Memorial Stadium** in Renton, at the South end of the parking lot. Address is 405 Logan Ave N, Renton, WA 98057

The Intermediate Series will have longer rides, moderately paced, for more experienced riders interested in longer rides, with some elevation gain. These rides will get longer each week to build up riders' distance leading up to Obliteride weekend. Pace will be moderate, 14-16 mph on flats, faster or slower depending on grade.

Riders should meet at the start location 15-20 minutes before the ride in order to be ready to roll out at the scheduled time. Look for the Ride Leader in Obliteride Orange!

Ride Leader contact info: Jon Fehrenbach jonfehrenbach@gmail.com 206-276-5069