



Saturday Ride Group is Growing!

Join Our Mailing List!

805-922-5577



Our good friend and Painter extraordinaire Ward

## Saturday Morning Ride News

Big thank you to Alvin and John for leading the ride in my absence. I believe I heard that they would both receive a 5 star review for their efforts. I enjoy getting away now and then, but I have to admit, when I come home I am reminded of how good we have it here on the Central Coast, especially the riding. When I was in San Diego, it was hot, humid and just light to light with crazy traffic everywhere. We are so fortunate to be out on the open road in just a few minutes. Too bad more people do not take advantage of our area and not only ride, but ride with us!

I welcome any links to other up coming events that I could post to help keep riders focused and to use as goals to shoot for. Just drop an email to me with date and event info. If you could also include a link, that would be awesome!

To help communicate when we do have flats or lost riders, please put my cell number in your phones; 805-451-7805.

Be well and until next time, be kind, do something for others without being asked or expected, do more than you promise, ask others questions about them. Smile more often.

Peace,  
Scott

## Quote of the week:

"Create the highest, grandest vision possible for your life,

because you become what you believe"



Barb enjoying the ride on an awesome Giant "LIV" Road bike



Alex and Juan



Kirsten receiving a first class escort up Aliso Canyon  
"This is what Love looks like"  
-Kirsten



Matt, Ryan and Randy

## This weeks Ride:

"Price Canyon"

We will be leaving from Mainstreet Cycles at 9 am and heading up Bull Canyon to 166. From there, Thompson-Los Beros, with an extended stop at the Gazebo in Arroyo Grande. Then up 227, regroup at top of climb and then down to Price Canyon and Pismo Beach, back Why 1 to Guad, in Mainstreet. Milage about 55.

Please make sure to come prepared with EVERYTHING YOU WILL NEED to be comfortable and safe on ride. CHECK ALL YOUR EQUIPMENT BEFORE SHOWING UP FOR RIDE. This includes making sure that you have Helmet, working cleats on your shoes, flat gear, food, cash and of course that your bike is in good working order.

## Not Sure about how to Fuel your body?

Talk to our very own John Cox (Hammer Guy) or stop by the shop at Mainstreet and we can advise. We also have other resources, including Endurance Magazine by Hammer Nutrition. Hammer products are the best on the market and this magazine can help you understand why with comprehensive, easy to read and understand articles and studies. Each copy is FREE.

## Interested in our ride but have not tried it yet?

We are a no drop, group-minded group ride, however: You need to have a true "road" bike and can pedal at least 14mph on your own for a couple of hours. If you can do this, we can help you to integrate into a faster group setting. If you are working your way into this fitness level, ride part way with us. We hold a pre-ride meeting each week and can advise on where and how to participate and cut short if needed.

Ride leaves Albertson's parking lot (Taco Bell side) in Orcutt at 9am.

I would also like extend a warm welcome and encouragement to the new riders (new to our group) who have Been recently coming out with us, keep showing up and tell your friends!

## Testimonies

"I remember my first ride with you guys, it was a dark rainy morning of new Years' Eve of 2016. You, Kirsten, Alec, Ron and myself headed to Los Alamos. I did not have the appropriate clothes to do this ride, and at one point I was thinking, what the heck am I doing here? After a good coffee in Los Alamos at BWB and then getting home I felt so accomplished and motivated! This was a major pivot point for me and Cycling.

The majority of my cycling improvements is thanks to Scott and the now Mainstreet Cycles Saturday Group. Keep up the good Work"!

-Alex

"I love the camaraderie and wealth of information I gain from each ride. I have met friends, fellow Triathletes, and buddies. It is a fun group that truly cares for it's fellow riders"

-Barb



Ron Seeds

"Nobody ever got better by not showing up" -Scotty Chang

Below is a list of other up-coming events that you may be interested in and can focus your training and commitment on/for:

August 18  
Ride from Mainstreet Cycles  
Price Canyon, approx 55 miles

Jalama Ride TBD

November 10  
CTS Figueroa Mountain Gran Fondo  
Santa Ynez  
96mi, 44mi, 34mi  
<https://trainright.com/granfondo/>