



What we all should try to go...

## "It's Time To Ride!" News <sup>TM</sup>

Join Our Mailing List!

805-922-5577



Rick Sweet getting back in shape after major surgery, completed whole ride with us!

### "It's Time To Ride!" News <sup>TM</sup>

Greetings good people, here we are in October already. Fall/Winter on the Central Coast is what I personally consider the best riding time of the season, cool/crisp mornings and nights, warm afternoons with no fog. Absolutely blissful riding conditions, but this also means that we are getting close to time change again, and many riders will lose valuable riding time during the week. Time to take stock of your options and start planning your Winter riding/training strategy now. Shorter, more intense lunch rides are excellent mileage substitutes, trainers for in-doors and or lights can help you sustain your fitness or at least create some different training options. Reaching out and forming a "work out" group is also a great way to keep yourself and others motivated and committed. Mainstreet Cycles has many light and trainer options and lots of expert advise to help you make the best of the Winter training/riding season.

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### Last Weeks Saturday Ride Report

I think the best part of the ride on Saturday (other than Rick Sweet joining us) was that we all stayed together completely on Foxen Canyon road from Aliso turn off to Sisquoc. Big thank you's to the engines that helped make that happen, namely Keith Castaing for setting the perfect pace from the start and staying out there for a while. I can't remember exactly all who took turns at the front, but again thank you. This is becoming a favorite route of the group and will be especially nice when the weather turns colder and we start making our



Sometimes the occasion just demands old school riding food.



Laura H. from Lompoc up to join us for group ride for the first time, welcome!



Alex continuing to show massive improvement with his cycling, including his role in helping me with the entire group.



stop at Bob's Well Bread! Nothing like a great coffee and pastry when riding in cold weather! I believe everyone had a great ride experience, no flats, no drama, just good two-wheeled fun! Friendly reminder though, I saw some pretty old looking shorts out there on the ride, and we all know what happens when the Sun is at your back, so please check out the clothing link below and get some new shorts/kit. Your butt and your friends will appreciate it :)

## Up Coming Saturday Ride

This week we will leave from Mainstreet Cycles and do 227/Price Canyon and back HWY 1 Quad/Mainstreet. We will leave Mainstreet Cycles and head up Vine to Alvin, up Bull Canyon to 166 and down to Thompson ave. From there to Los Beros road and into AG for an extended stop at the Gazebo for bathroom. From Gazebo, we will head over 227 with re-group at top and then down to Price canyon road to Pismo, stop at the 7/11. 7/11 to valley road, up the mesa to HWY 1 Quad and back in Mainstreet. This route is challenging, interesting and will make you a better rider all around.

Questions? Contact me at 805-922-5577

## Quote of the Week

"You can, you should, and if you are brave enough to start, you will"

-Stephen King

## Custom Mainstreet Cycles Clothing link

You can now purchase new Mainstreet Cycles clothing anytime 24/7 by using the link below and receive your order in less than 10 days!

<https://www.voler.com/browse/collections/details/li/MainStreetCycles>

## It's Time To Ride News: E-Bikes

Yes, I said the E-word. E-bikes can be a game changer in many ways for your cycling. Mainstreet Cycles now has a full fleet of E-bikes to choose from across all categories of:

Road, Mountain, Duo-Sport, City/Commuting. If you or someone you know could be interested and would like to find out more information about how an E-bike can change you life, please contact us at 805-922-5577 to get more information and schedule a demo.

## Regular Rides



Saturday Group road ride, Albertson's Orcutt (twice monthly) Mainstreet Cycles (twice monthly). Year round, ride leaves at 9am Info:805-922-5577

Doreen getting a first class escort up the last climb of the day.



Tony G at Aliso re-group



Sun Rays smiling down at the Aliso top re-group



New restaurants are not the only cool thing happening in Los Alamos.



How one feels when they realize it's time for the Saturday ride!



### Brew Crew Mountain bike ride

Thursday nights, year round. Must have lights after end DST. Meet at former Rooney's, ride leaves at 6pm

## Groups

**Brew Crew (Year round): contact 805-922-5577**

**Club Tailwinds (Year round): contact TBA**

**Cutters: contact TBA**

**Kids Club (Seasonal): contact 805-260-0556**

**Saturday Morning (Year round): 805-922-5577**

Vivid Financial is going to host a new morning group ride in Old Orcutt on Tuesday and/or Thursday Mornings from 5:30-7:20am. The plan is to meet at their office (340 E. Clark Ave) for coffee at 5:15am to depart at 5:30am. For more information, contact Calvin at 805-937-4556

I welcome any links to other upcoming 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; Scott Clark 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 their life and dreams, smile more often.

Peace,  
Scott

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, and twice a Month from Mainstreet Cycles at 9am when posted.

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!

"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:**

November 3  
Ride from Mainstreet Cycles  
227, Price, Pismo Pier and back Hwy 1  
Milage approx 60

November 10  
CTS Figueroa Mountain Gran Fondo  
Santa Ynez  
96mi, 44mi, 34mi  
<https://trainright.com/granfondo/>  
Please enter code SM30 when you sign up for 30% off!

Solvang Century March 9 2019