



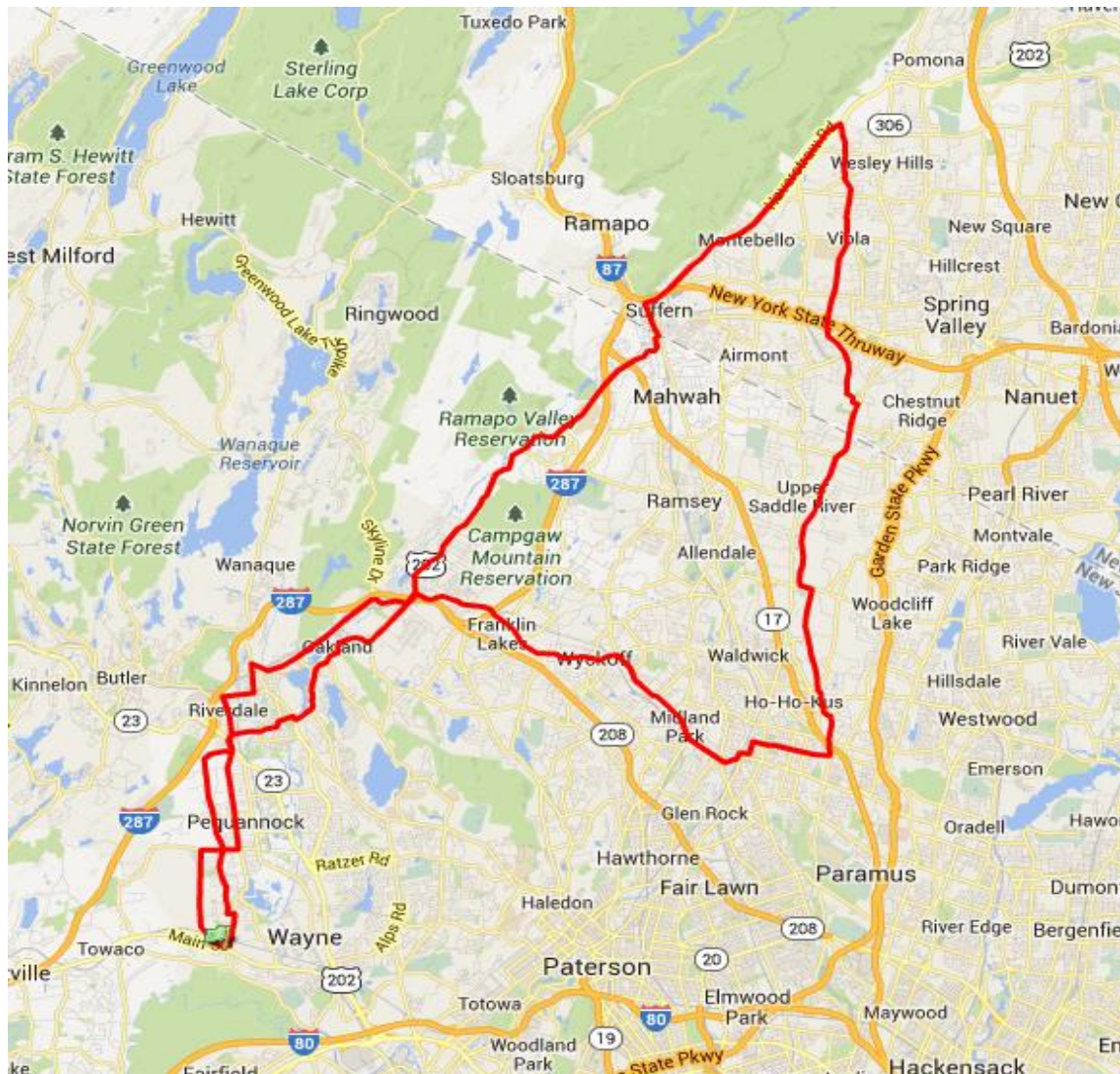
bicycle tech

SATURDAY GROUP ROAD RIDE

Location: Bicycle Tech, 2 Station Rd, Lincoln Park NJ 07035. Please park across the street from the bicycle shop at the NJ Transit train station. Helmets are required. Also, road bikes are required – no triathlon or time trial bikes.

Route: 58 miles. Route is fast and rolling. The ride will have 1 KOM on a 2-minute climb and 2 full-on race sprint drills, regrouping afterwards. The ride ends with a quick power climb sprint finish! Ride duration is just under 3 hours.

Start Time: 10 AM winter departure, 8 AM summer departure. Ride departure is *wheels down* at specified time. *If you have any questions, please e-mail Kenneth Lundgren at Coach@EliteEndurance.com.*



Turn-by-Turn Route Directions:

RIGHT out of Bicycle Tech lot – 0.1
 RIGHT onto Main. Make RIGHT at light, onto 202 – 0.3
 Take 202 to Bog & Vly, make RIGHT, take to END.
 LEFT onto Comly. Take to Blvd, to END, to Route 23 light.
 Cross to Rte 23 North, bear RIGHT off first exit.
 Bear RIGHT at Armory National Guard, take road to END.
 RIGHT on Colfax. Take to second light, make RIGHT – 2.7
 Take road to END. LEFT at light. Now we're on 202N
 202N ALL THE WAY to Wilder, RIGHT onto Wilder – 14.0
KOM EFFORT TO TOP OF WILDER CLIMB!!
 Take Wilder to END. LEFT at light, then first RIGHT
 Take Saddle River Road to END

MASS SPRINT: RTE 17 OVERPASS IS FINISH LINE!!
 RIGHT onto Linwood, Linwood to END, R into town
 Godwin up to Franklin – 3.8, LEFT onto Franklin
 Franklin to END. LEFT onto Ramapo Valley Road
 Take to END. Make RIGHT onto Terhune
POWER CLIMB SPRINT AT TOP OF FINAL RISER!!
 RIGHT onto Hamburg, QUICK LEFT at Riverview
 LEFT onto Riverdale Road. Take to end – 0.6
 LEFT onto Turnpike. Take to light. Cross Rte 23
 Onto Boulevard. Stay on main road – 2.8
 Bear RIGHT onto Comly
 Take Comly to bridge – **FINISH SPRINT TO TOP !!**

What You Can Expect: The goal is to have a fun, safe, challenging ride. Many group rides turn into all-out races – red lights are run, riders scream at each other, riders half-wheel each other – these rides become stressful and dangerous. With our shop ride, we are all friends – the strong riders pull, the weaker riders sit in. Over time, everyone benefits from this healthy dynamic. This ride will address the basic skills and efforts required in road riding and racing: pacelining, climbing, cornering, and sprinting. *NOTE: This ride is a Drop Ride, meaning you are expected to maintain the group pace.*

Disclaimer: Elite Endurance and Bicycle Tech are not responsible for personal safety. You ride at your own risk; operate your bike in a safe manner and be cognizant and aware of other riders. You are 100% responsible for your own safety.

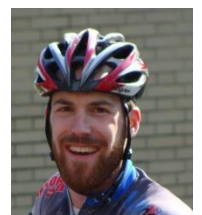


Kenneth Lundgren is a professional cycling coach and bike-fit specialist for Elite Endurance Training Systems, a coaching service that offers training programs for endurance athletes of all levels. He has been coaching since 2005 and a full-time professional since 2008.

In the last calendar year, Elite Endurance athletes won 155+ races, 1 National Champion, 16 State Champions in road, MTB, and cyclo-cross, and 1 bronze medal at Nationals.

In 2014, Ken retired from competition. He is the region's most decorated time trialist, having won 50+ Pro/1/2 TTs in his career. In his final season, Ken was undefeated on the TT bike and set 2 course records. He also won 7 Cat-1 cross-country MTB races and is now a licensed professional. In the fall, Ken runs and teaches the popular Wednesday Worlds cyclocross clinics.

Ken can be reached at (201) 951-4732 or Coach@EliteEndurance.com.



“Discover your potential – be ELITE.”