

Precision Bikes Racing Ride Schedule

Just to clarify, the team has no individualized training schedule but we usually follow the [Cajun Cyclists](#) format as far as scheduled rides go. I will display all rides that I am aware of and give my take on length and Level.

1. Monday

- Hopefully this is a scheduled day off for you!

2. Tuesday

• Winter

- [Bendel Gardens](#) – This winter evening ride is becoming more and more popular simply because it has more of an elevation change, less traffic, and a lot less dull of a ride than Roselawn. It is a mile loop that everyone usually rides counterclockwise. It appears to be safer this way because you have to go through two stop signs. These stop signs are on hills, so you are already slowing down for these anyway. Crossing the stop signs can be dangerous because you are crossing the path of app. 30mph traffic – Just be extra careful. Don't forget your head and tail lights – IT'S THE LAW!!! Usually from 5 till ?
- [Roselawn Blvd.](#) People gather here after work at around 5pm. It is a simple route; 1 mile down the blvd. and back. A few safety rules; be sure you have front and rear headlights after dark. If not, see [this guy](#). Most riders stay to the left of the lane – under the lighting. This is great for foundation miles or intervals nearing Spring.
- [Northpark](#) - This is another well lit, without all the traffic, 1-mile loop. This would be an excellent spot for those who reside on the north side of Lafayette. Level – don't matter because you can't get dropped. Distance; as long as you want! Check the Yahoo groups to see what the majority of the riders are doing!

• Summer

- [Acadiana Park](#) – depending on sunset time, the departure time may vary; be sure to check the [Cajun Cyclists Yahoo groups](#) for departure times. During the long days, a 6pm departure can be expected. Distance; about 20 in the shorter days and as long as 40 for extended daylight days. The Tuesday ride from Acadiana Park's difficulty can be rated a 3.5 on a 1 to 5 scale; 1 being the hardest. This ride was a result of the too difficult Youngsville ride from the [church](#).

- **Youngsville [church](#)** - This ride is also sunset dependant, but as the days get longer, a 6pm departure can be expected. This ride is a bit quicker, especially as the days get longer. A difficulty rating of 2.5 will be given here. I haven't seen many sub groups form on this ride – meaning, if you are dropped early, it will be a long ride for you. Distance; 20 to 40 miles depending on daylight.
- **[Race team training ride](#)** – This is hard as it gets; usually a dedicated racer's ride and pace. Rides are not too long, but you must be able to endure a consistently fast pace or be able to draft fairly well. We strictly train endurance with an occasional interval here and there. We leave from Home Depot in Broussard around 5:10pm and ride until dusk / dark. Level 1 – as long as 40 miles.

3. Wednesday

- **Hopefully this is a scheduled day off for you!**

4. Thursday

- **Summer**
 - **Everyone usually shows up at [Acadiana Park](#) for Thursday. The same times apply as stated above. This Thursday ride is usually a heart breaker. I'll give this ride a 1.5 - 2 for difficulty. The good thing about this ride is that slower sub groups will form; making sure nobody is left out there on their own. Distance; 20 – 40 miles. Lately because of the traffic has multiplied in the last few years so much, those on the Southside of Lafayette are remaining at the Southside, so they tend to ride Youngsville both Tuesday and Thursday or the race team training ride!**

5. Friday

- **Hopefully this is a scheduled day off for you!**

6. Saturday – Summer and Winter

- **This is the famous [Pack n Paddle](#) Saturday morning training ride, leaving at 8am. Some of us who try to sneak in a few extra miles show up behind Albertson's across from Target on the South side of Lafayette at 0715 AM. We'll ride to PnP from here. There are 2 rides; Truse Janssen – beginners ride –Level 5 – Distance – 20 miles. Scotty / John's ride – Level 1.5 – gets really fast towards the end – small subgroups do form however. This group really does not practice good group etiquette, so if you see a stop sign you must hammer to stay with those up front who can care less about those in the back negotiating the turn. I know this sucks – but it's the truth; we have tried to change this, but you can't teach an old dog new tricks....and I hope you don't have to piss!**
- **[Claremont Circle](#) ride; AKA the clock Nazi ride! This ride leaves at 7am sharp. Difficulty – 3.5 – Distance-30 miles. They do some weird intervals at times – but a good ride nonetheless.**

7. Sunday

- **Girard Park Ride.** This ride used to be a really hard training ride, but it has mellowed out over the years. The only hard thing about this ride is usually the distance. Level – 3; Distance – 40 to 60 miles. Distance and level usually depends on attendants. This ride stays together. The claremontCircle group also rides on Sundays! It's up to you!

Oh well, this is my point of view of the rides that are in place. If the team schedules a training ride, we will post it on the Yahoo groups. For now, we will mostly ride with our sister organization; the Cajun Cyclists.

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