

NFBC AREA/WEEKLY REPEATING RIDES

The Area Weekly / Repeating rides are open to everyone and best of all they're free! Some of these rides listed are offered by local bike shops. Club sponsored rides can be identified by a note in the description that says something like "This ride counts for points and mileage". Anyone participating in a club sponsored ride must sign a waiver - NO EXCEPTIONS.

Ride Ratings: A = 18-21MPH B =14-17MPH C= up to14MPH

A Word on Safety... **HELMETS are required for all NFBC sponsored rides.** Please ride carefully and ride responsibly. Inform others in your group of your intentions and don't do anything suddenly. This will help limit casualties requiring emergency aid from the local fire department. Bicycles on the road are subject to most of the same laws as motor vehicles, so please obey all signs and signals. You can be ticketed for not obeying traffic control devices.

Headphones are illegal while bicycling, in accordance with Florida law.

MONDAY 8:30 AM B/A 30 - 100 Miles . Westside. Meet at the eastern trailhead of the Jax-Baldwin Rail Trail, 1804 Imeson Road. Ride Leaders: Clyde Riggs 705-7183 (cell) and Jerry Dryden. **THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE.**

TUESDAY - 8.30 AM, A/B, 37+ Miles. Jacksonville Beach. **Sand Castle Beaches Ride.** Start from the Sand Castle Shopping Center on the west side of A1A just north of JTB in Jacksonville Beach. Park/ gather in the parking lot south of Stein Mart, where there are trees. Ride Leaders: Susan Wallace 710-4429 and Bob Dilley 477-5161. **THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE.**

TUESDAY 9:00 AM C+/B 23-52 Miles 32223 Mandarin. **RAM (Ride Around Mandarin)** ride. From the Publix at Mandarin Oaks parking lot at San Jose and Mandarin Roads. Optional lunch afterwards. Ride leaders: Bert Shaw - 262-8902 (cell 415-425-2334) and Mary Greenhill 923-5554. **THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE**

WEDNESDAY 7:30 AM A/B, 25-35 miles Ponte Vedra Beach. The ride will start at Bike Fitters 1110 A1A N, Ponte Bedra Beach (corner of A1A and Micklers) and head towards St. Augustine on A1A. Contact Drew at 285-3775. **THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE.**

WEDNESDAY 8:30 AM B/A 30 - 100 Miles Westside. Meet at the eastern trailhead of the Jax-Baldwin Rail Trail, 1804 Imeson Road. Ride. **THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE.**

WEDNESDAY 6:00 PM A+/A/B, 25-32 miles **The "Solano Ride"**. **CANCELLED UNTIL SPRING.**

WEDNESDAY 6:00 PM A/B - - **"The Modified In-Towner"**. The ride starts at the base of the Acosta Bridge, where 4-5 bridge repeats are done to build climbing skills. The ride will take approximately one hour. There is good lighting on the bridge. Lights are mandatory. Rider leaders: (904) 708-7635 and Gary Weltman or email RideDirector@nfbc.us. **THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE.**

THURSDAY 9:00 am, ALL LEVELS 35-46 miles **Ride the Westside.** Come enjoy this trek to Cecil Field and back. Directions to Winn Dixie in Argyle: I-295 and Blanding, to Argyle Forest Blvd 3.5 miles, left into Winn Dixie Parking Lot. Ride Leader: Jerry WHEELSPEAK APRIL 2012 PAGE 1

Potts 994-5344 **THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE.**

FIRST AND THIRD THURSDAYS - 8:15 AM A/B - Mayport Ferry/ Fernandina: 32, 48 or 60 miles. Meet at ferry parking lot to take ferry across river and ride up A1A to Fernandina Beach and back. Bring \$2 for ferry. 60 mile option meets at American Legion at Mayport Road/Atlantic Blvd. at 7:45. Ride Leader: Nathan Michael 904-614-2692. **THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE.**
*****NEW*** THURSDAY EVENINGS** - 6:00 PM - Melting Pot Ride. A/B 25-37 miles. Meet at parking lot beside Melting Pot Restaurant at 7860 Gate Parkway. Ride Leaders: Tim O'Leary and Troy Kress 742-0555. **THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE.**

FRIDAY 8:30 AM B/A 30 - 100 Miles - Westside. Meet at the eastern trailhead of the Jax-Baldwin Rail Trail, 1804 Imeson Road. Ride Leaders: Clyde Riggs 705-7183 (cell) and Jerry Dryden. **THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE.**
SATURDAY 7AM, A/B Level, Ponte Vedra Beach Ride leaves from Joe Pelley's house at 17 Sea Bass Lane, Ponte Vedra Beach. Distance is usually 50+ miles at 18-22 mph. Route varies depending upon weather conditions. After the ride, come join us at Joe's house for drinks, snacks and quick dip in the pool or spa. Ride captains: Aaron Witt and Lisa Elwell. For info call Joe - 285-4022.

SATURDAY, 7:00 AM All levels, 23 Miles Neptune Beach. **The Beaches Sundog Ride.** Beginners welcome. If you have never ridden with a group and want to learn, one of us will stay with you and show you how. We ride south to Micklers Landing and back, then join the 9:00 AM ride for another 38 miles. Park in the parking lot at the corner of 2nd and Lemon in Neptune Beach. Ride leaders: Susan Wallace 710-4429 and Greg Michael 631-6310 (cell). **THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE.**

SATURDAY 7:15 AM Beginners and B : 18-25 Miles A : 30-35 - Mandarin. From CHAMPION CYCLING in Mandarin. We will have a riding instructor for beginners. Phil or Jim 262-5744

SATURDAY 7:30 AM C 20-25 miles. WESTSIDE. Join us for a leisurely Saturday morning bicycle ride. This is

a group ride, so we ride together. We welcome beginners and enjoy teaching bicycle safety and group riding skills. The ride distance is usually 20-25 miles, but can be shorter. The speed is under 14mph. The ride starts at Lakeshore Bicycle & Fitness, 2108 Blanding Blvd, Jacksonville, FL 32210. Contact Mark at Lakeshore Bicycles & Fitness - 388-0612.

SATURDAY 7:30 AM A/B/C 5 - 30 Miles - Arlington. From CHAMPION CYCLING on Arlington Rd., three groups. Beginners will learn basic safety and bike skills. Stan @ 724-4922.

SATURDAY 7:30 AM B/A 25 Miles - Orange Park. From ABOUT BICYCLES on Blanding Blvd., Kent Lofton @ 272-9100.

SATURDAY 8:00 AM (7:30 AM when the weather gets warmer) **Tour de Jax** A/B/C+ and new riders welcome. No rider left behind. 35 Miles. Mandarin. From Mandarin Landing Shopping Center. Meet in front of Steak and Shake. For those who bemoan the lack of hills in our area, we offer the *OPTIONAL BRIDGE CHALLENGE* in addition to our scenic ride to, from and around downtown Jacksonville, with a rest stop in Metropolitan Park on the river. Ride Leader: Sue Craig 737-5252. **THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE.**

SATURDAY 7:30 AM B/A 25 - 40 Miles San Jose. From Open Road Bicycles at Miramar Plaza, Contact: Scott 636-7772.

SATURDAY 8:00 AM A/B/C/S, 28 to 47 Miles NW St. Johns County. **Tour de Durbin Crossing.** The ride will start at Veteran's Park in NW St. Johns County. From I-295, South on San Jose 5 miles, East (left) on Race Track 4 miles, South (right) on Veterans Parkway 1.2 miles. Contact Troy Kress, Ride Director - 742-0555. **THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE.**

SATURDAY, 7:30 AM, A/B 38 miles St. Augustine. Meet at Cobblestone Village Shopping area, park behind Panera Bread, west of US-1 off of 312. Contact: Ken Hinkle - 824-2422

SATURDAY 9:00 AM A/B 33 - 38 Miles 32233 - Neptune Beach. **The Beaches Sundog Ride.** Park in the parking lot on the corner of 2nd St. & Lemon St. in Neptune Beach. This

is the main ride and is a continuation of the 7:00 am ride (see description above). Ride will leave at 9:00 am sharp. Ride leaders: Arun Tahiliani 662-5744 and Rosemary Clark. **THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE.**

Social Rides

MONDAY 9:00 AM B/C/S - A riders welcome. 29 - 40 miles from Mimi's Cafe at St. Johns Town Center. This ride makes multiple stops and ends with optional lunch at Mimi's. Ride Leaders: Bert Shaw - 262-8902 (cell 415-425-2334) and Bob Lucas - 6997875-cell (day of ride). **THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE**

WEDNESDAY 9:00 AM Depart for the Imeson Rd end of the Jacksonville-Baldwin Rail Trail for the ride to the TA Truck Stop in Baldwin for breakfast. Distance 30 miles. Ride Leader: Clyde Riggs - 705-7183 (cell). **THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE.**

THURSDAY 9:00 AM C/S 30 miles from Main Beach, Fernandina Beach into Fort Clinch. Bring \$2 for fort admission. Optional lunch afterwards. Ride Leader: Don Eipert.904-261-5160. **THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE.**

FRIDAY 9:00 am, Barely B/C/S, 32 miles Arlington. Meet in Lowe's parking lot behind Chili's, 12987 Atlantic Blvd, Jacksonville, FL - to Mickler's Landing and back. Social hour at Chili's after the ride. Ride leader: Bert Shaw - 262-8902 (cell 415425-2334). **THIS RIDE COUNTS FOR CLUB MILEAGE AND POINTS.**

SATURDAY 8:30 AM C/S 30 miles from Main Beach, Fernandina Beach into Fort Clinch. Bring \$2 for fort admission. Optional lunch afterwards. Ride Leader: Don Eipert.904-261-5160. **THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE.**

SATURDAY 9:00 AM C/S 18 - 30 Miles - LOCATIONS VARY EACH WEEK. For information contact Clyde Riggs, Ride Leader at 705-7183 (cell). **THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE.**

Updated on 4/1/12