

LV Century Ride Criteria

- 1) LV riders should be able to consistently ride in at least the B Group on Saturday or Sunday rides.
- 2) The rider should be comfortable riding in groups and following someone's wheel
- 3) Non-members should participate in at least one Saturday or Sunday LV B or A group ride to understand LV expectations of rider's fitness and riding skills before being accepted to ride on a LV Century.
- 4) Ride leaders should be involved in the selection of their groups.

Pace of Century Ride Description

First, unless we are going downhill or have a tail wind, we will limit our speed to 20mph. We're not in that big of a hurry. Likewise, unless we are heading into a major head wind or going uphill we won't be going much slower. We will regroup at the top of climbs or at turns in the route.

Second, not everyone has to take a pull at the front. If sitting in will get you there at the set pace, ride that wheel for the full 100, baby.

Third, take it all in. How great is it to live in So. Cal., be in the best bike club around, and do a supported century with 45 like dressed riders along some of the most beautiful coastline in the world.