



WEEKLY RIDE SCHEDULE

See website for start locations and times.

Our motto is "leave no one behind" and most of our group rides are no-drop.

- | | |
|------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Tues | Hill Climb
For anyone who wants to improve their climbing skills on the Dump Loop, Bogus, or Willow Creek routes. |
| Thur | Social Ride
Pace range: 15 to 18 MPH* on mostly flat roads. Distance: 20 to 25 miles. Social ride followed by dinner and drinks at a local watering hole. Perfect for new riders or those that would like to check out our club. |
| Sat | Saturday Ride
Pace range: 18 to 22 MPH*. Rolling hills possible. Distance: Anywhere from: 40 to 100 miles. Group typically starts together and then breaks into two groups about 20 miles into the ride. The "long" group pedals 65 to 100 miles, and the "short" group typically rides 40 to 65 miles. |
| Sun | No Stress Ride
Another option for new riders to get some saddle time in a no stress environment. Pace range: 16 to 18 MPH*. Distance 20 to 30 miles. |

Have questions?
[Contact Howdy@LacticAcidCycling.org](mailto:Howdy@LacticAcidCycling.org).

* Average speed.



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MISSION STATEMENT

Lactic Acid Cycling supports participation in recreational cycling through our organized rides, cycling event participation, and charitable activities. LAC promotes riding behavior that is safe, law abiding, and nurturing to all participants while also providing social opportunities that help build our Boise community.

2015 CHARITY RIDE SCHEDULE

Feb 7	St Al's Inside Ride
May 16	Cycle for Independence
May 30	LP 200*
June 20	Great Owyhee Ride Against Hunger
June 27	Bob LeBow/Blue Cruise
July 11	Seattle to Portland
July 25	Cascade 4 Summit Challenge*
Aug 15	Bogus Hill Climb*
	Tour de Fat
Aug 15-22	Ride Idaho
Aug 23	Idaho Multiple Sclerosis Wine Ride*
Sept 12	Cascade Gravel Grinder*
	LOTOJA
TBD	Lactic Annual Walla Walla Wine Ride

* Denotes a George's Volunteer Opportunity.

Email Volunteer@LacticAcidCycling.org to get involved.



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