

# Oklahoma Bike Shops Training Ride Schedules

## Tulsa Area Bike Shops

### Lee's Bicycle & Trek Riverside

#### Wednesday Night Rides

Beginning at Lee's Bikes downtown (2nd & Frankfort) at 5:30p & 5:45p.

#### Saturday Morning Rides

Starting at the Trek Store, beginning on March 14th and continues through Sept 13th.

- The first two Saturdays start at Trek Store and 3rd and 4th start at Lee's Store
- Here's more info: <http://www.leesbikes.com/calendar/>

### T-Town Bicycles Tulsa

Training ride schedule found on their website [www.t-townbicycles.com](http://www.t-townbicycles.com)

### Spoke House Bicycles

Training ride schedule found on their website [www.SpokeHouse.com](http://www.SpokeHouse.com) and Facebook  
<https://www.facebook.com/SpokeHouse/?fref=ts>

### City Cycles- Jenks

Group Training rides leave the shop each Tuesdays & Thursdays at 6pm! Ride details are always posted on the morning of the ride on their Facebook page at  
<https://www.facebook.com/legendsbicyclestore/timeline>

## OKC Area Bike Shops

### Schlegel's Bicycles

#### ***2016 Spring-Summer Schedule:***

**Monday:** Start your week off right with the Pizzeria Gusto Ride with three options for riding fun. This is a perfect social, no drop ride and all juniors welcome. "Kicking it with Katy"(ladies only) rolling out 6p.m., "Gusto Social Ride" rolling at 6:30p.m. and the "B Side Players" (no drop) rolls at 6:35p.m. from Pizzeria Gusto. Everyone is welcome to hangout after and enjoy great pizza.

**Tuesday:** Join our friends for their weekly Wheeler Criterium. Whether a beginner or a pro there is a category for you. Races start rolling at 5:30p.m.

Come one, come all. Edmond Farmers Market/Evoke/CBL Tuesday Nighter is on! Leaving promptly at 6p.m. from the Edmond Farmers Market parking lot, 26 W. First Edmond, OK 73034 behind Cafe Evoke. This ride has an A and B group, with A group 20mph avg and B group 18mph avg.

**Wednesday:** N/A

**Thursday:** Why not meet up at Anthem Brewing for a casual road ride on Thursday nights? This is an open, no-drop ride set at the pace of the slowest rider. We ride about 14 miles along the river trail at a casual, social pace. Plan on a departure time of 6:00pm, so get there a bit early if you need to ready your steed. Meet up afterwards in the tap room for a complimentary beer courtesy of Anthem! I hope to see everybody there! Anthem Brewing: 908 SW 4th St OKC 73109

**Saturday:** This will be a weekly training ride for the Oklahoma MS 150 in September. Anyone and everyone is welcome to join the rides. We will ride at consistent pace with milage increasing as we get closer to September. Our rides will average 14-15mph by the end of the ride. We don't do "no-drop" rides since they let one person's fitness control the whole group. In the same light we don't let people hammer at the front and make the pace too high for the group. If we have extra ride leaders one leader might hang back with a slower rider. 8 a.m., 725 S Lincoln Blvd, Oklahoma City, OK 73129

**Sunday:** The Official Taco Ride is back. We will have 3 options this year, a short easy 15 miler, the original 23 mile route, and an extended version which will go out to Overholser, roughly 35 miles. No matter which route you take Big Truck takes care of us with complimentary chips and salsa and fountain drink. All ages and levels of rider are welcome. Every Sunday at 8:30a.m.

Schlegel Bicycles' Sunday Ride. A Spirited ride that rolls out from the shop at 1:30p.m. when there isn't a race conflict

These are group rides our staffs participate in and Schlegel Bicycles support. For cancellations and the latest ride updates please "Like" us on <https://www.facebook.com/schlegelbicycles/?fref=ts>

## Bike One OKC

### Monday Night Recovery Ride

Meet in the parking lot around 6:30pm and we will form into various groups based on ability and pace. All riders are welcome, as we will have groups for beginners, intermediate, and racers in a 'no drop' format. Ride length will vary from 10-25 miles, depending on the group and will finish back at the shop.

- Starting Monday March 14th
- 6:30pm at Bike One
- 10-25 miles
- All ages and levels welcome
- No drop

## Oklahoma Bicycle Society

Weekly Rides can be found on their website under their "Rides & Maps" -> "Weekly Rides"

<http://oklahomabicyclesociety.com/weekly-rides/>

## Other Local Rides

### EZ Riders SATURDAY BREAKFAST RIDE 7:30 am

Meet at Lowe's at I-240 and Santa Fe in the NW corner of the parking lot. This is a medium to fast pace 16-19 mph avg for 48 to 60 miles. This is a NO DROP ride

**CONTACT:** Ted Burns 688-2232

### EZ Riders TUESDAY/THURSDAY SOUTHSIDE EVENING RIDE 6:00 pm (Apr to Oct)

Meet at Lowe's at I-240 and Santa Fe in the NW corner of the parking lot. This is a medium to fast pace 16-19 mph avg for 29 to 33 miles. This is a NO DROP ride. **CONTACT:** Ted Burns 688-2232

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### SATURDAY SHAWNEE RIDE 8:00 am year round

Meet at the Bicycle Shoppe at 701 N. Beard in Shawnee. Various distances for all levels of riders. Mountain bikes during Standard Time, road bikes during Daylight Saving Time.

**CONTACT:** Barbara or Larry Smith 405-275-4980

### SATURDAY TINKER CYCLING CLUB RIDE Start time may vary, check website [TinkerCyclingClub.org](http://TinkerCyclingClub.org)

Meets at Lake Draper Marina (west side of lake at SE 104th) 40-80 miles at 17-19 mph.

**CONTACT:** Joe Thomason [joe.r.thomason@gmail.com](mailto:joe.r.thomason@gmail.com)

## **Other Local Rides Cont.**

### **SUNDAY MORNING BRICKTOWN RIDE** 8:30 AM Year-round

Meets at Stars and Stripes park, south end of Lake Hefner and goes to Bricktown for coffee and snacks. 35 miles or more at 18-20+ mph.

**CONTACT:** Bruce Cox 946-6355 [brucecox-bike@swbell.net](mailto:brucecox-bike@swbell.net)

### **MONDAY RECOVERY RIDE** 6:15 pm

Meet at Wheeler Dealer, NW 50th east of May. Casual pace north to Grand Ave and Hefner Trails. NO DROP.

**CONTACT:** Adrian 947-6260

### **MONDAY GUTHRIE RIDE:** 6:30 pm (DST only)

Meet at the Masonic Temple. 10 miles at a relaxed pace; 20 miles at a faster pace. Both are NO DROP rides.

**CONTACT:** Kent Denham 405-282-8524

### **MONDAY NIGHT COFFEE CRUISE:** 9:00 pm (until it's too cold) **Lights required**

Meet in parking lot behind the Sawyer Center on the Southern Nazarene University campus in Bethany (north side of NW 39th about halfway between Macarthur and Rockwell). Ride is a fun, slow cruise for all ages. Ride to a local coffee shop, then return. Read more here.

**CONTACT:** Ryan DeLong 412-6007 or [ryanddelong-bike@hotmail.com](mailto:ryanddelong-bike@hotmail.com)

### **Tuesday/Thursday Tinker Cycling Club Ride** 4:45 pm (Feb-Nov)

Meet at Lake Draper Marina (west side of lake at SE 104th). 17-19 mph for 25-40 miles.

**CONTACT:** Joe Thomason [joe.r.thomason@gmail.com](mailto:joe.r.thomason@gmail.com)

### **TUESDAY SHAWNEE RIDE** 6:00 pm year round

Meet at the Bicycle Shoppe at 701 N. Beard in Shawnee. Lights required in winter. Various distances for all levels of riders.

**CONTACT:** Barbara or Larry Smith 405-275-4980

### **TUESDAY BICYCLE LEAGUE OF NORMAN RIDE** 6:00 pm (April to Oct)

Meet at NE corner of Brookhaven Village, SW of West 36th and Robinson in Norman,.

Three groups: Fast (20+ mph) for 30+ miles, Intermediate (15-18) for 25 miles, Wild Flowers (under 14 mph NO DROP) for 8-15 miles.

**CONTACT:** Paul Davidson 872-0711

### **THURSDAY BICYCLE LEAGUE OF NORMAN RIDE** 6:00 pm (Apr to Oct)

Meets at SE corner of Reeves Park in Norman, NE corner of Jenkins and Constitution. Ride distances and speeds are same at Tuesday night ride.

**CONTACT:** Paul Davidson 872-0711