

# The Bicycle Path

## 2009 Hotter 'N Hell Century Training Program

**The Bicycle Path**, along with **Team Dangerous Curves**, is proud to present our first Hotter 'N Hell 100 Mile Training Program. This training program is designed for the recreational cyclist who wants to try their skills out at 100 miles. This training is designed to gradually ramp each participating cyclist from a base mileage of about 35 miles up to a mileage of **UP TO** 100 miles in time for Hotter 'N Hell in August.

**WHO:** Any recreational/active cyclist who is able to ride 30 to 35 miles comfortably.

**WHAT:** Training plan will include a long group ride on Sunday mornings. Each week, the mileage will increase and may include a couple of 80+ mile rides. Routes to be provided by The Bicycle Path. Other ride opportunities will include Monday and Wednesday night rides with The Bicycle Path.

**WHEN:** Every Sunday, 8:00 a.m. Please note that T-Shirt rallies are on Saturdays.

**WHERE:** **The Bicycle Path**

**COST:** Absolutely Free! Please note that T-shirt rallies have a registration fee. See below.

*Please note that we will also participate in a couple of local bike rallies as part of the training to acclimate to riding in large crowds.*

Week	Date	Mileage	Comments
12	May 31 <sup>st</sup>	40	
11	June 7 <sup>th</sup>	45	
10	June 13 <sup>th</sup>	55	<b>Collin Classic T-Shirt Rally (Registration fee of \$25 by 6/12 and \$30 Day of Ride)</b>
9	June 21 <sup>st</sup>	40	
8	June 28 <sup>th</sup>	60	
7	July 5 <sup>th</sup>	--	
6	July 12 <sup>th</sup>	50	
5	July 19 <sup>th</sup>	75	
4	July 25 <sup>th</sup>	85	<b>Goatneck T-Shirt Rally (Registration fee of \$25 by 7/10 and \$30 after 7/10)</b>
3	August 2 <sup>nd</sup>	45	
2	August 9 <sup>th</sup>	85	
1	August 16 <sup>th</sup>	50	
0	August 29 <sup>th</sup>	103	<b>Race Week (it is actually a 103 mile ride) (Registration fee of \$30 by 8/1 and \$35 after 8/1)</b>

**Saturday Post Ride Activities:** **The Bicycle Path** will have tents set up in the parking lot for post ride relaxation and refueling. Drinks and food will be available, free of charge.

**Register for the rally:** <http://www.hh100.org> Price is \$30 before Aug 1<sup>st</sup>. \$35 beginning August 1<sup>st</sup>.