

*** WBC Monthly Sunday Cycles ***

On **Sunday 12th February** we will be having a club cycle ride.

The plan is to meet at the club at 9:30am, setting off before 10am.

The rides are all between 1.5-2 hours long, so will be back at the club for 12pm-1pm for tea and coffee.

The **details of the routes** are below:

Level 1A – 14.9miles – speed 10.5mph (leisure pace)

<https://www.plotaroute.com/route/342594>

Level 1B – 20.4miles – speed 12mph (steady pace)

<https://www.plotaroute.com/route/342550>

Level 2 – 28.1 miles – speed 14.5mph (little quicker)

<https://www.plotaroute.com/route/342601>

Level 3 – 34.9 miles – speed 16.5mph (lively pace)

<https://www.plotaroute.com/route/342606>

If there are **any questions**, please feel free to contact me.

My email address is: jonnymessling@gmail.com

Otherwise, look forward to seeing you on the day.

Jonny Messling