Can I Do The XXX Mile Route?

We have 5 different route lengths to choose from (27, 50, 66, 101, and 127 miles).

- Which route(s) can you do?
- Which route is "best" for you?

These questions are best answered by understanding your riding level and start time and then comparing against the course lengths and the course support times. The matrix below shows the open and close times for the two (2) rest stop locations along with the opening and closing of the ride registration. See the **SD Ride Time Analysis - 2019**.

It also shows the estimated times for each route based on a 3 different average speeds (pace). The chart uses a Rest Stop time of 15 minutes and then shows the estimated completion time based on your pace. Note that some of the longer routes are not possible due to the Rest Stops and Course being closed. We strive to be good ambassadors for the cycling community and run a well organized event. Therefore we ask that you adhere to the course open and close times. The chart also shows options for various start times.

Let's start with a couple of examples at the extremes of the possible options.

127 Miles (*The Double Metric*)

This is the longest route meant for the seasoned cyclist and the "Big Dogs". You know who you are! Start times and a good pace are important for this ride. Plan on starting early to give yourself a buffer. We'll work to get you through registration as fast as possible and on the road.

27 Miles

This is a great ride for casual riders. At a casual pace of 10mph, you can start as late as 10:00am and still make it to the 1st rest stop well before they close. With that in mind, if you want to start really early; we suggest your earliest start time be 6:30am. That way the fast, long distance riders will be on the course ahead of you.
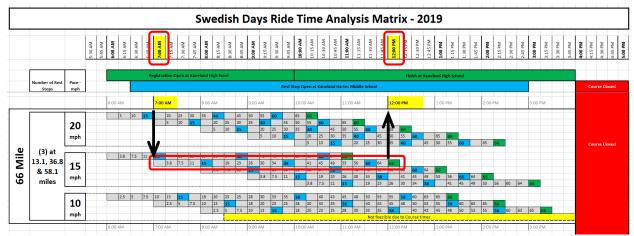
If your pace doesn't exactly match one of the examples; just be conservative and pick the closest example and add or subtract time. Remember that weather, longer rest stops, and unexpected mechanicals (a flat) will lengthen your time.
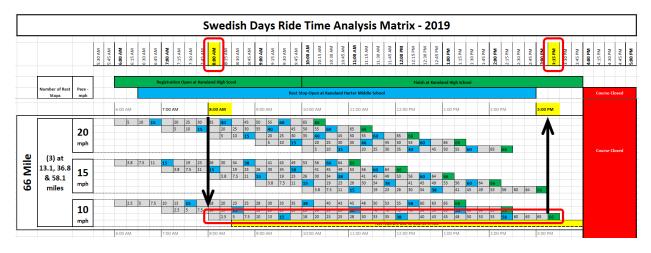
Real World Example

Say you want to do the Swedish Day ride with a friend. You have done 100 mile rides in the past; but your friend has fewer miles under their belt and you both agree the 66 mile "metric century" (~106 km) makes sense. You conservatively estimate you can average a 14 mph riding together. You have a 30 minute car drive to the event and you do not want to start super early. Conversely, you have an engagement that night and want to be home with a little buffer in between.

Looking at the matrix for the 66 mile route, we focus on the 15mph information since it is closest to your 14mph pace estimate. The matrix indicates that you could start any time between 6:00am to 10:00am and still complete the ride before the course closes. You target the 7:00am start time as being a good compromise. The matrix indicates you will be finished at about 12:00pm. Knowing that you are targeting

a slightly slower pace than 15 mph; you can add a little extra time. (For this example, the difference between a 15 mph pace and a 14 mph pace for 66 miles is ~19 minutes.)

For the same example, let's look at a worst case scenario. Say your friend was a little late meeting you and traffic was bad. So you hit the course at 8:00am. PLUS you had a flat to fix on the course AND it was a windy day that slowed you down AND you met another friend at a rest stop and stayed longer to talk. Let's look at the 10 mph pace with the 8:00am start time and see what changed. The matrix predicts that you will finish at about 3:15pm. You can still hit the last rest stop and finish the course before it closes. Not the same amount of time before your evening engagement; but you are feeling good because there is still a little buffer.

Use the matrix as a reference tool and pick a route and start time that matches your ability and goals.

Have a great ride!