



# Orange Blossom Special

MILE	TURN	ON TO
0.0	LEFT	A Street
1.2	RIGHT	Riverside Ave.
2.7	LEFT	S. Sespe Street
3.7	RIGHT-ISH	South Mountain Road
10.7	STRAIGHT	Past Harvard Blvd.
11.0	LEFT	E. Main Street
11.5	STOP!!!!	Coffee break at Rabalais Bakery, 861 E. Main St.
11.5	TURN AROUND	
12.0	RIGHT	S. 12 <sup>th</sup> Street
12.2	STRAIGHT	Past Harvard Blvd
12.4	BECOMES	South Mountain Road
19.2	BECOMES	Sespe Street
20.2	RIGHT	Riverside Avenue
21.7	LEFT	Chambersburg Rd. (A Street)
22.9	RIGHT	Starbucks parking lot
		<b>GOOD JOB!!!!</b>

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# Welcome to Team Ventura!

If you're preparing for your first AIDS/LifeCycle, you've come to the right place. We've got a plan to get you ready.

Between now and the end of the year, we'll be doing relatively flat, slow, progressively longer rides to build what is called your cardio base. We urge you to ride as much as you can, every chance you get. *BUT...* please take it nice and slow. If you can't carry on a normal conversation or sing a duet with Casey as you ride, you're working too hard.

Meanwhile, if you belong to a gym, work on your legs. The strength you build in the gym will pay big dividends on the hills coming up. If you don't belong to a gym, learn to do some simple exercises to build your leg strength.

In January, we'll speed things up a bit and begin climbing. No need to be nervous. We NEVER LEAVE ANY RIDER BEHIND. We'll show you parts of California you didn't know existed and you'll constantly amaze yourself with what you can do on a bicycle.

As much as we want you to ride with us every weekend, we encourage you to ride with as many different ALC groups and leaders as you can. All the ride leaders are terrific and have something to teach. Best of all, when you do the ride in June, you'll have lots of friends.

There are a few things we insist you bring every time you ride with us.

- Bicycle
- Helmet
- ID and Health Insurance Card
- Sports drink
- Tire irons, spare tubes and pump

Every Team Ventura ride leader is here to encourage you, coach you and look out for your safety. Feel free to ask us ANYTHING.

We wish you a wonderful and safe adventure...

*Nikki, Betsy, Tami & Casey*

Team Ventura

