

Start	End	Event	Meet	Organiser	Other info
THURS 5 MARCH					All welcome, triathletes and runners cycling for fitness / recovery from injury etc etc. Please read the information about cycling in Lanzarote. Sign up for coached and led rides - max 7 per group. Please keep self-organised groups to no more than 8. Sign up sheets for coached and led rides will be on the noticeboard in reception a day in advance. Beginner, intermediate and advanced are guides - no-one will get left behind on a group ride which will proceed at the pace of the slowest (If appropriate change group at a coffee stop or next ride out). No such thing as a silly question - please ask!
5:30pm	6:00pm	Bike leaders meeting	Old bike shed	Margaret, Cat	bike leaders: John, Paul J, Claire, Alex, Charlie, Stefano, Rosh, Hilary, Richard, Ludovica and Anna
FRIDAY 6 MARCH					
9:00am	9:15am	Bike Intro for all those biking this week	Old bike shed	Margaret, Cat + bike leaders	Making the most of cycling in Lanzarote, Q&A and clarification. Sign up, sign out, sign in! summary of riding in groups. For everyone cycling this week.
9:30am	12:30pm	Cycling: 20k easy ride recce route with bike leaders then followed by 20k individual timed ride	Old bike shed	Margaret, Cat, ALL bike leaders to lead a recce group, Green team	All abilities welcome - no such thing as too slow or too fast! Find out your relative pace and who you might ride with for the rest of the week (not set in stone just a guide!) 20K easy recce (not a race!) in groups of 8. There will be a lot of riders and we need to avoid groups merging so please keep at least 3-4 bus lengths between groups and keep the group footprint as compact as you feel comfortable with. Note route. The timed ride is the same 20K - please obey the rules of the road. Times will be posted as soon as after the ride as possible
1:30pm	2:15pm	puncture workshop		Margaret + Cat (leaders)	You will need at least a wheel if not your whole bike. Also plastic tyre levers, and a pump.
2:15pm	4:30pm	Cycling: 2 hour bike ride - Volcano National Park	Old bike shed		Divide according to ability. If heading for Timanfaya- coffee shop and nearer Visitor Centre the cafes close 3.30-4.00
2:15pm	4:30pm			Rosh	Timanfaya Led ride - focus on group riding. experienced cyclist new to Lanzarote
2:15pm	4:30pm			Hilary	Timanfaya Led ride- Intermediates who are familiar with group riding
2:15pm	4:30pm			Claire	Timanfaya Led ride- Intermediates who are familiar with group riding
2:15pm	4:30pm			John	Timanfaya Led ride - Intermediates not so familiar with group riding
2:15pm	4:30pm	Orzola or Yaiza		Charlie	faster group
2:15pm	4:30pm	El Golfo		Paul	El Golfo - advanced faster group
2:15pm	4:30pm	Coached intermediate group -		Cat	Timanfaya - using gears and brakes efficiently for hills and cornering + other requests
2:20pm	4:30pm	coached: beginner group	Old bike shed	Margaret	Coached ride Practicing riding / riding in a group - towards Timanfaya Visitor Centre
SAT 7 MARCH					
9:30am	3pm	Femes	Old bike shed	Alex	Experienced riders. Lunch stop at Femes view point (be prepared for a short but steep climb to the view point) via El Golfo loop
9:30am	4pm	Timanfaya National Park approx 110km inc El Golfo loop and back via vinyards,	Old bike shed	Charlie,	Option to peel off on the way back for Lunch in Timanfaya National Park (entry fee 8 Euros? + lunch) includes coach tour (the only vehicles allowed) rather than just riding by. You might like to take a bike lock if you have one. Ros will fill in any info on the volcanic scenery
9:30am	4pm	Timanfaya National Park approx 55k without El Golfo loop, Intermediate	Old bike shed	John, Richard & Ros	Lunch Timanfaya National Park (entry fee 8 Euros? + lunch) includes coach tour (the only vehicles allowed). You might like to take a bike lock if you have one. Ros will fill in any info on the volcanic scenery
9:30am	12:30pm	Lanzarote 70.3 route (90k)	Old bike shed	Paul J	Following the route to the North of the island (includes Tabeyesco). Non stop?
9:30am	2:30pm	Lanzarote 70.3 route (90k)	Old bike shed	Claire and Anna	Following the route to the North of the island (includes Tabeyesco). Cafe stop
9:30am	12:30PM	Coached Beginner group ride	Old bike shed	Margaret	Bike skills e.g using your gears/ brakes/ cornering - Ride arranged around time and tailored to those who sign up. Coffee at Fire Mountain
9:30am	12:30PM	Coached Intermediate group ride	Old bike shed	Cat	Group riding skills + cadence + maximising position on bike for aerodynamics. Yaiza or El Golfo depending on speed of group
2:00pm	4:00pm	Coached Beginner group ride	Old bike shed	Margaret	Coached ride tailored to those who sign up - riding for triathlon. Fumara
2:00pm	4:00pm	Coached intermediate group ride	Old bike shed	Cat	Coached ride tailored to those who sign up - Making the most of training in a group / pedalling / gears / corners. Teguisse
4:15pm	5:00pm	speeding up transitions	Old bike shed	Margaret + Cat	all abilities welcome - gain 'free' seconds/ mount & dismount / stretching on the bike, organising your gear etc Practical so please bring your tri race gear.

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SUN 8 MARCH					
8.00am	5.00pm	Lanzarote Ironman route 180k	Old bike shed	Alex, Anna, Charlie	All start at 8.00am 2-3 led groups: Alex short-stop. Anna & Charlie 1-2 cafe stops
9.30am	1.00pm	Mirador	Old bike shed	Paul J	Faster advanced group
9.30am	3.30pm	80-90km intermediate	Old bike shed	Hilary	Haria for lunch via Tabayesco (up and /or down)
9.30am	3.30pm	coached Intermediate /advanced group	Old bike shed	Cat	Coached ride - to Haria for lunch. Climbing up and down skills. Via Tabeyesco up and down (x2?)
9.30am	4.30pm	Coached beginner group	Old bike shed	Margaret	Taking it at pace of slowest rider to Haria for lunch. Fabulous views from the restaurant and good Canary potatoes! Worth the effort. Downhill on the way back!
9.30 am	12.30pm	Self organised e.g. to Teguisse Market	Old bike shed		Self organised by those who turn up (no more than 8 in group) remember to sign out and in
2.00pm	4.00pm	???	Old bike shed		Self organised by those who turn up (no more than 8 in group) remember to sign out and in
MON 9 MARCH					
8.00 am or 8.45	6.00 pm	Charlie's Cesar Manrique bike ride parallel with coach tour	Old bike shed	Charlie, John Richard Margaret, Cat,	4-5 groups of different distance and pace . see notice board for final details since the itinerary may change this year e.g. to include las Cuevas de los verdes and el Jardin de Cactus. 2 groups will go via Mirador and 1 or 2 groups shorter route to lunch at Jameos or at 'Omar Sharif' house in Nazaret (you see round the house if you eat at the restaurant).
09.30am	11.30pm	Teguisse (approx 50k)	Old bike shed	Paul J	Tempo / interval efforts as a group
09.30am	12.30pm	El Golfo	Old bike shed	Ludovica	El Golfo - stop for Emerald Lagoon.
9.30am	12.30pm	Timanfaya, Yaiza, Uga	Old bike shed	Stefano	Flatter route (well 'tis all relative in Lanza). steady pace
10.00am	1pm	Mountain biking	Old bike shed	Alex	across the sand to Fumara
TUES 10 MARCH					
9.00am	3.00- 5:00pm	Ride to Tabayesco and then timed ride up starting at 12.30. Negotiate longer/harder or easier route home	Old bike shed	Cat, Alex, Charlie, Paul J, Claire, Hilary & Anna	Cat will take advanced coached group (option to switch groups for return). This is a longer ride with a long hill time ride up and up. It is not that steep tho a few hairpins but goes on a bit! Fabulous views though.
9:30am	12:30PM	Coached beginner group to Yaiza	Old bike shed	Margaret	Ride tailored to those who sign up. Coffee at Fire Mountain. Maximising downhill and other bike skills according to need etc
9:30am	12:30PM	Intermediate	Old bike shed	Stefano	El Golfo
9:30am	12:30PM	Intermediate	Old bike shed	Ludovica	Timanfaya
1.30pm		Intermediate	Old bike shed	Rosh	El Golfo
1.30pm		Intermediate	Old bike shed	John	Yaiza / Uga
2.30pm	3.30pm		Old bike shed	Margaret	Tri / bike clinic. Sign up for 30min individual or small group consultations
WED 11 MARCH					
8:30am	9.15am	Sharpening your transitions	Old bike shed	Margaret + Cat	all abilities welcome - gain 'free' seconds/ mount & dismount / stretching on the bike, organising your gear etc Practical so please bring your tri race gear.
9.30am		Self-organised ride for those who turn up	Old bike shed		For those not taking part in La Santa or Serpentine mini-tris

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2.15pm	4.30pm	Cycling: easy rides	Old bike shed	John, Richard Paul J Charlie Stefano Ludovica	Spin the legs out and enjoy the scenery. Destinations various but most likely Fire Mountain
2.30pm	4.30pm	cycle clinic	Old bike shed	Margaret + Cat	outstanding questions/skill needs. Sign up for 30 min slots (individual or 2-3s with a similar need)
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