



friendly shop. serious bikes.

Ride Schedule

All rides leave from the *excelcycle* store location at 540 Lake Street in Excelsior, MN.

Tuesdays @ 5:30pm - 1-2 hour Development Ride (Easy)

This ride features a “no-drop” policy - no one will be left behind and maps will be provided. Distance covered will be approximately 15-20 miles. This is a social ride, and using a combination of in-store and on-the-road classroom our objectives are to introduce riders to the world of road cycling. We will discuss the basics of group road riding in a non-competitive environment while exploring pacelines, echelons, the matching of gearing to terrain, and most importantly, having fun.

Prerequisites are: A helmet is required, traffic laws will be observed. A road bike is necessary for this ride. Each rider should have a portable tire pump, tire tools, and a spare inner tube.

Wednesdays @ 5:30pm - 22-28 mile Social Ride (Moderate)

“Around the Lake”: A typical route goes around Lake Minnetonka at a comfortable pace (18-19 mph) north on 19, past Lakeview Golf Course on to 6 east and then south on Ferndale into Wayzata. This no-drop ride is a good next step up from the Tuesday Development ride.

Wednesdays @ 6:30pm - 2 hour Women’s Social Ride (Moderate)

This ride is intended to help women become more comfortable riding in groups. It’s a great step up from the Tuesday Development ride, having a faster pace. No one will be dropped during this ride but you should have a base level of fitness so you can enjoy yourself and learn more about riding in a group.

A typical route for this ride leaves from the store and heads north up 19 to Maple Plain, through Baker Park along 24, back down into Wayzata and returning to excelcycle.

Sundays @ 9:00am - 40 mile Social Ride (Moderate)

This no-drop ride is great for those looking for a longer moderate ride. One of two ride routes is chosen at the start depending on wind direction.

“Loretto/Lyndale”: This route goes at a comfortable pace (18-19 mph) north through Wayzata on to Long Lake and Loretto, down the west side of Lake Independence to Maple Plain. From there we head west to Lyndale, south and east to Mound, returning down County Road 19 to Excelsior.

“East Union”: The route goes south through Chanhassen, on to Chaska and Carver and finally East Union. Heading north on 43 brings us back to Victoria, crossing 5 and 7 to Shorewood and back to Excelsior.

Intensity key:

Easy: averaging 14-16 mph; no drop

Moderate: averaging 18-19 mph; no drop

Hard: averaging 19-25 mph; NOT no drop