

## BikeSource Hammer Ride

**What:** Weekly fast-paced ride. This is not a beginner-level ride. Pace will likely be 20+ mph.

**Who:** Mostly local racers, some fit non-racers, and others just looking for a regular dose of pain and a really good workout. Everyone should be experienced and have good pack riding skills.

**When:** Saturday mornings, April through September except when there's a local race. Even then a few guys are liable to show up. See [www.kscycling.org](http://www.kscycling.org) for local race calendar.

The start time will vary by month - April-May: 8am; June-August: 7am; September: 8am. As long as it's above 40 degrees, not raining, and there's no snow/ice on the roads at start time, we'll be riding.

**Where:** The ride starts and ends at BikeSource in Overland Park – 11500 W. 135<sup>th</sup> St, Overland Park, KS 66221 (north side of 135<sup>th</sup> St, just east of Quivira). If driving, park in the west lot. See [www.bikesourceonline.com](http://www.bikesourceonline.com) for map and additional info about the shop.

**Routes:** We rotate between two routes; both are 65-70 miles and have a ~50 mile short “bail-out” version for those wanting the intensity but not the duration. Construction, traffic, and other unforeseeable circumstances may alter routes on occasion but we will stick as close to the routes below as practical. The rides will regroup at the point where the short and long routes split. The ride is “no drop” for the first and last few miles (warmup/cooldown) but for everything in between be prepared to find your way back alone if you're unable to keep up.

### ROUTE A – First, third, and fifth Saturdays of each month

Long version = 68 miles. Map: <http://tinyurl.com/ytjnvq> (maximize window and F5/refresh if entire map doesn't display)

Short version = 51 miles. Map: <http://tinyurl.com/2tvwm3> (maximize window and F5/refresh if entire map doesn't display)

Description: Mostly rollers. No epic climbs although there are a few KOM and sprint spots that will be scattered throughout the ride. Easy warmup pace at the beginning until reaching Mission Rd, and easy cooldown pace at the end after reaching 151st & Metcalf. 223<sup>rd</sup> St is usually where the big attacks occur.

Details:

- Southeast from BikeSource through Leawood – 135<sup>th</sup> St (E) to Switzer (S) to 143<sup>rd</sup> St (E) to Mission Rd (S) to 215<sup>th</sup> St (W).
- Southwest to Spring Hill for a short rest/regroup/refill stop – 215<sup>th</sup> St (W) to Metcalf (S) to 223<sup>rd</sup> St (W) to K-7. Regroup at the gas station.

- The short route heads back via Olathe/O.P. – 223<sup>rd</sup> St (E) to Woodland Rd (N) to 199<sup>th</sup> St (E) to Renner Rd (N) to 175<sup>th</sup> St (E) to Metcalf (N) to 143<sup>rd</sup> St. (W) to Switzer (N) to 135<sup>th</sup> St. (W) to BikeSource.

- The long route continues west – 223<sup>rd</sup> St (W) to Gardner Rd (S).

- South past Hillsdale Lake – Gardner Rd (S) to Tontzville Rd (SE) to Harmony Rd (S) to 255<sup>th</sup> St (E).

- Northeast back to BikeSource – 255<sup>th</sup> St (E) to Old KC Rd (N) to 223<sup>rd</sup> St (E) to Woodland Rd (N) to 199<sup>th</sup> St (E) to Renner Rd (N) to 175<sup>th</sup> St (E) to Metcalf (N) to 143<sup>rd</sup> St (W) to Switzer (N) to 135<sup>th</sup> St. (W) to BikeSource.

Bonus: KOM points awarded at the following landmarks:

- Mile #10 (both versions) – 3/2/1 points – Mission Rd, south of 175<sup>th</sup> St., dentist's sign on left near top of hill. Regroup afterwards.

- Mile #15 (both versions) – 3/2/1 points – Mission Rd, approaching stop sign at 215<sup>th</sup> St. Regroup after turning onto 215<sup>th</sup>.
- Mile #27 (both versions) – 7/5/3/2/1 points – 223<sup>rd</sup> St., Spring Hill city limit sign just before gas station. Regroup/refuel at gas station.
- Mile #38 (long version only) – 3/2/1 points – Gardner/Harmony Rd, top of 3<sup>rd</sup> hill past Hillsdale Lake bridge.
- Mile #59 (long version) & #42 (short version) – 5/3/2/1 points – 179<sup>th</sup> & 69 hwy. Regroup on Metcalf.

Sprint points awarded at the following landmarks:

- Mile #35 (long version only) – 3/2/1 points – Gardner/Tontzville Rd, approaching Hillsdale lake bridge.
- Mile #47 (long version) & #30 (short version) – 3/2/1 points – Woodland Rd, speed limit sign just before reaching 207<sup>th</sup> St. (2<sup>nd</sup> speed limit sign past Hale St.)

ROUTE B – Second and fourth Saturdays of each month

Long version = 68 miles. Map: <http://tinyurl.com/29st6d> (maximize window and F5/refresh if entire map doesn't display)

Short version = 50 miles. Map: <http://tinyurl.com/3byf7z> (maximize window and F5/refresh if entire map doesn't display)

Description: Mostly flat to rollers with a couple challenging climbs mixed in. A few KOM and sprint spots will be scattered throughout the ride. Easy warmup pace at the beginning until reaching Lake Olathe, and easy cooldown pace at the end after reaching 159<sup>th</sup> & Switzer.

- Details:
- Southwest from BikeSource through O.P. – 135<sup>th</sup> St (W) to Pflumm (S) to 143<sup>rd</sup> (W)
  - West through O.P./Olathe to Lake Olathe – 143<sup>rd</sup> St (W) to Hedge Ln (N).
  - Northwest to Kill Creek for a short regroup & short/long split – Hedge Ln (N) to 135<sup>th</sup> St (W) to Gardner Rd (N) to 127<sup>th</sup> St (W) to Waverly St (N) to 115<sup>th</sup> St (W) to Kill Creek Rd (N)
  - The short route heads back – 115<sup>th</sup> St (W) to Homestead (S) to 135<sup>th</sup> (W) to Spoon Creek Rd (S) to 143<sup>rd</sup> St (W) to Dillie Rd (S) to 151<sup>st</sup> St (E) to Four Corners Rd (S) to 175<sup>th</sup> St (E) to Switzer (N) to 135<sup>th</sup> St (W) to BikeSource.
  - The long route continues north to DeSoto – Kill Creek Rd (N) to 83<sup>rd</sup> St (W)
  - Southwest through DeSoto and to Eudora – 83<sup>rd</sup> St (W) to Lexington Ave (SW) to 103<sup>rd</sup> St (W) to N 1400<sup>th</sup> Rd (W) to Church St (S). Short refuel stop at the gas station just before crossing K-10 on the south end of Eudora.
  - Southeast from Eudora to Gardner – Church St/E 2200<sup>th</sup> Rd (S) to 900<sup>th</sup> Rd/143<sup>rd</sup> St (E) to Dillie Rd (S) to 151<sup>st</sup> St (W) to Four Corners Rd (S) to 175<sup>th</sup> St (E)
  - Northeast back to BikeSource – 175<sup>th</sup> St (E) to Switzer (N) to 135<sup>th</sup> St (W) to BikeSource.

Bonus: KOM points awarded at the following landmarks:

- Mile #12 (both versions) – 7/5/3/2/1 points – 135<sup>th</sup> St, church entrance after 2<sup>nd</sup> big climb. Regroup afterwards.
- Mile #19 (short version only) – 5/3/2/1 points – Homestead Ln, brown “Partlow” house on right at top of 2<sup>nd</sup> climb.
- Mile #25 (long version only) – 3/2/1 points – Lexington Ave/103<sup>rd</sup> St., speed limit sign at top of long, sweeping curve
- Mile #41 (long version only) – 3/2/1 points – 143<sup>rd</sup> St, top of climb just before Dillie Rd turn (~1 mile past Edgerton Rd)

Sprint points awarded at the following landmarks:

- Mile #17 (both versions) – 3/2/1 points – 115<sup>th</sup> St., green Kill Creek Park sign just before reaching Kill Creek Rd.
- Mile #30 (long version only) - 3/2/1 points – N. 1400<sup>th</sup> Rd., speed limit sign just after painted "Welcome to Eudora" sign
- Mile #37 (long version only) - 3/2/1 points – N. 900<sup>th</sup> Rd/143<sup>rd</sup> St, black/yellow striped sign near white farmhouse on the left, just before E 2400<sup>th</sup> Rd.

- Mile #46 (long version) & #27 (short version) - 3/2/1 points – 4 Corners Rd., first black/yellow striped sign near bottom of slight hill south of 167th

**Misc:** Helmets are required. Aero handlebars are not allowed for safety reasons. You are responsible for yourself and your personal safety. Come hydrated and prepared to support yourself (helmet, water, food, tubes, pump, cell phone, etc). As with any ride be alert and cautious, as cycling can be a dangerous activity. BikeSource, the ride leaders, and other ride participants are not responsible for your safety or liable for any accidents or injury.

For additional information, email [BikeSourceHammerRide@gmail.com](mailto:BikeSourceHammerRide@gmail.com).