

Falls Area Bicyclists (FAB) Ride Schedule

Below are the rides we are offering. FAB encourages you to check back early and often for changes. If you are a member of FAB then we have your ride waiver on file. If you are not a member, no worries! You can still ride with us. We'll just need you to sign a waiver before each ride you participate in. Our rides work this way, safety first followed very closely by fun! Come out and ride with us! If you have any questions, contact our [Ride Director](#).

Ride Descriptions - All rides require helmets, routes to be provided on website and at start of ride where applicable.

Starlight Ride

What: Night ride around the Sioux Falls bike trail of approximately 19 miles.

When: 3rd Friday of every month starting at 9:00 p.m.

Where: Starting and ending at Lincoln High School.

Requirements: A blinking rear light is required. Headlights are HIGHLY recommended. Helmets are required.

Pace: A casual pace will be followed so the entire group stays together.

Ride Leader: Mark Waring

Coffee & Donut Ride

What: Urban ride with a stop half way – for coffee and donuts! Bring a couple bucks for your caffeine fix and treats.

When: 2nd and 4th Saturday of every month starting at 8 AM.

Where: Starting and ending at O'Gorman High School parking lot.

Requirements: Helmets are required.

Pace: As fast as the slowest rider.

Ride Leader: Chris Pierson, Michael Christensen

Wandering Wednesdays

What: Road rides in the Falls area.

When: Every Wednesday

Where: A different town and route for each Wed. of the month.

Requirements: Wanderlust. Helmets are required.

Pace: Ride with a map at your own pace.

Ride Leader: Chris Curro, Mike Huber, Mark Emry

E-Ride – Women Only

What: Road ride of 15 to 25 miles.

When: Every Monday

Where: Washington HS

Requirements: No Y chromosome. Helmets are required.

Pace: Cruising at about 14 MPH.

Ride Leader: Crystal Stewart

No Gears Allowed

What: Road ride w/only single speed bikes. Regrouping at stop signs and as needed.

When: 1st and 3rd Tuesday of every month starting at 6:30 PM

Where: Washington High School parking lot

Requirements: Bikes w/one gear and a jovial attitude. Helmets are required.

Pace: Approximately 15 MPH with the ride lasting approximately 2 hours.

Ride Leader: Mark Emry, Troy Thompson

Skills Building

What: Hill repeats, Intervals, Group Skills

When: Sundays starting at ???

Where: Meet at Washington HS

Requirements: Willingness to work. Helmets are required.

Pace: Varies

Ride Leader: Chris Curro, Dick Holmes, Jeff Kluck

Road Riding 101

What: Ride geared toward newer riders, people training for the Tour de Kota or MS 150, etc. Mileage will vary.

When: Saturdays at 2 PM.

Where: Renberg school

Requirements: New to road riding riders only. Helmets are required.

Pace: Cruising speed of 10 – 15 mph, regrouping at all stop signs.

Ride Leader(s): Chris Pierson

Cruiser/Hybrid ride

What: A ride for those people who don't like spandex.

When: The 1st and 3rd Sunday of every month beginning at 2 PM.

Where: Sertoma Park to Falls Park and back

Requirements: No spandex allowed. Helmets are required.

Pace: Leisurely 10 – 12 MPH.

Ride Leader: Brian Beilke

Once Around ride

What: One lap (approximately 19 miles) around the bike trail with a second lap option.

When: Thursday evenings beginning at 6 PM

Where: Pasley Park – 26th St and Southeastern

Requirements: Helmets are required.

Pace: Approximately 12 MPH.

Ride Leader: Matt Helling

FABRAD

What: An annual ride with a choice of lengths. A 151 K route (93.8 mile), a 75 K route (46.6 mile), and a 30 K route (19 miles, once around the bike trail) will be available.

When: Saturday July 7th. Time TBD.

Where: Starts and ends at Falls Park. Route varies with length option.

Requirements: Helmets are required.

Pace: Your own.

Ride Leader: None.

Note: See our website for more information and for updates.

Poker Run

What: A five stop poker run on bicycles. Entry fee required. Prize given to winner.

When: Saturday July 28th beginning at 7PM

Where: Starting at Fawick Park and ending in downtown.

Requirements: A few dollars for the beverage of your choice. Helmets are required.

Red blinky lights and headlights are highly recommended.

Pace: Leisurely.

Ride Leader: Chris Pierson

Scavenger Hunt

What: A scavenger hunt on bicycles. Entry fee required. Prize given to winner.

When: Saturday June 23rd beginning at 1PM

Where: Starting at Fawick Park and ending in downtown.

Requirements: A few dollars might be needed. Helmets are required.

Pace: Your own.

Ride Leader: Chris Pierson

Stage Race

What: A multi stage race in and around Sioux Falls. Stages to include hill climb, flat track elimination, time trial, and other mystery stages. Entry fee required, prizes given.

When: Saturday September 15th beginning at 1 PM

Where: Starting at Fawick Park and ending in downtown.

Requirements: Helmets are required. This will be on road (pavement) and off – choose the bike you'll be using wisely.

Pace: Crazy

Ride Leader: Chris Pierson

Please visit our website often. Sometimes it will be necessary for us to change some things. Other times we might add some things. We'd hate for you to miss out on all the fun we're planning!