

New Routes
Starting from Gavilan College
Riders versus Time

12/10/2019

Instructions for Estimating Riders versus Time

1. Using RideWithGPS, Ride-Time_Calculator, Excel, and Powerpoint
2. Use RideWithGPS to come up with a route, or set of routes
3. Select points along the route where you want to know the time that riders will be there, such as at reststops
4. In Excel, create a table of these checkpoints along the route
5. Query RideWithGPS to get total distance and climbing from the start to each checkpoint
6. Enter the total miles and climbing into the table, for each checkpoint
7. Using the ride-time-calculator, get total time for each checkpoint, for each of the selected pace and riding factor combinations.

Table of checkpoints along a route

100 Mile - all options	https://ridewithgps.com/routes/31498889							
Reststop	Section Miles	Section Climbing	Total Miles	Total Climbing	Fast (B,90%)	Slow (MB,80%)	First Time	Last Time
Gavilan College			0.0	0			7:00	8:00
Gilroy Hot Springs CalFire Station	13.5	1087	13.5	1087	0:56	1:12	7:56	9:12
San Martin Penninsula Building Supply	20.6	755	34.1	1842	2:11	2:47	9:11	10:47
Henry Coe Park Headquarters	15.1	2987	49.2	4829	3:37	4:42	10:37	12:42
Coyote Valley Open Space Preserve	20.4	643	69.6	5472	4:49	6:11	11:49	2:11
Chictactac-Adams County park	17.3	873	86.9	6345	5:54	7:34	12:54	3:34
add Redwood Retreat			90.4	6618				
Gavilan College	15.3	706	102.2	7051	6:52	8:47	1:52	4:47

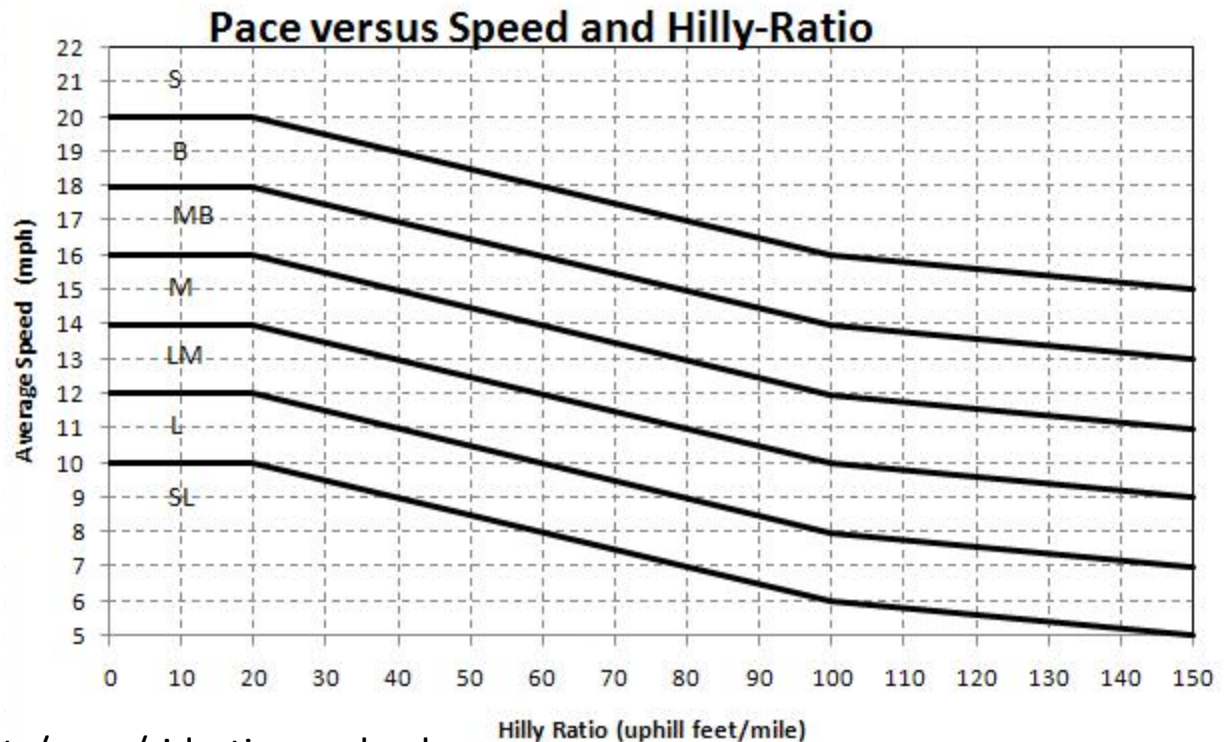
Table comparing a set of routes, with total times for different pace/riding factor combinations

Route Options & Arrow Colors	Total Time (hh:mm)							Start Time
	B, 90%	MB, 90%	MB 80%	M 80%	M, 70%	LM, 70%	L, 70%	
100 Mile - all options	6:52	7:48	8:47	10:11				7:00 to 8:00
Very Hilly 100K - Henry Coe		4:49	5:25	6:16	7:10	8:32	10:31	7:00 to 8:00
Hilly 100K - Gilroy Hot Springs		4:10	4:42	5:23	6:09	7:13	8:43	8:00 to 9:00
100K - Coyote Valley	3:48	4:16	4:48	5:29	6:16	7:18	8:44	8:00 to 9:00
33 Mile - Short Route				2:48	3:11	3:42	4:23	9:00 to 10:00

Instructions for using the Ride Time Calculator

1. The calculator is found here:
<https://www.actc.org/ridestats/pace/ride-time-calc.php>
2. Enter the distance and climbing to get to each reststop (from the start)
3. Select a pace and a riding factor
4. The calculator first gets hilly-ratio, then finds the average speed from the graph
5. With speed, it can calculate riding time, and then total time
6. Write down the Total time

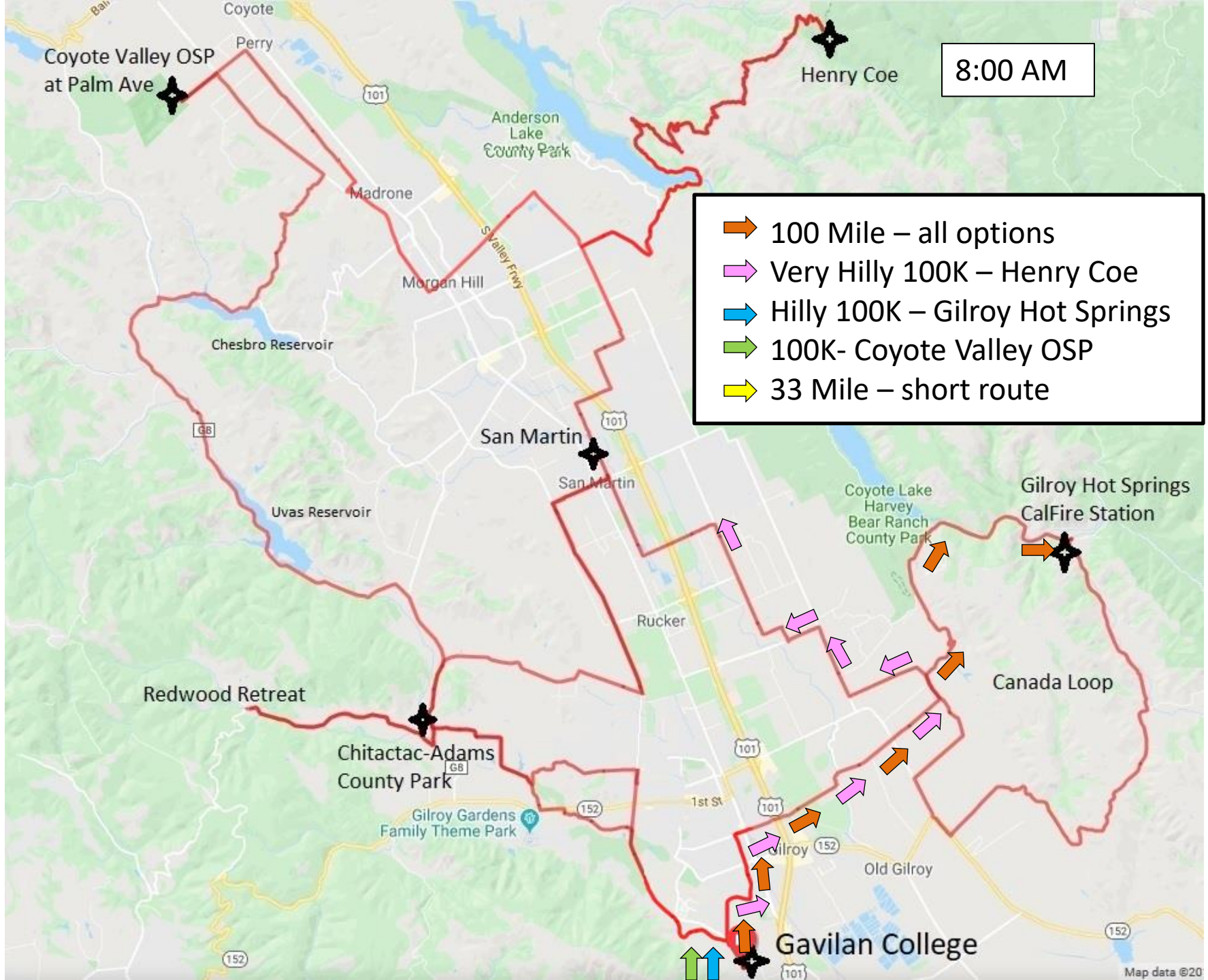
RIDE TIME CALCULATOR	
User Text Input	
10	Distance (miles)
0	Climbing (feet)
M	Pace
0.70	Riding Factor
Update Form	
Prediction Output	
This is a Flat ride	
0	Hilly Ratio (feet/mile)
15.00	Average Speed (mph)
0:40	Riding Time (h:mm)
0:57	Total Time (h:mm)



<https://www.actc.org/ridestats/pace/ride-time-calc.php>

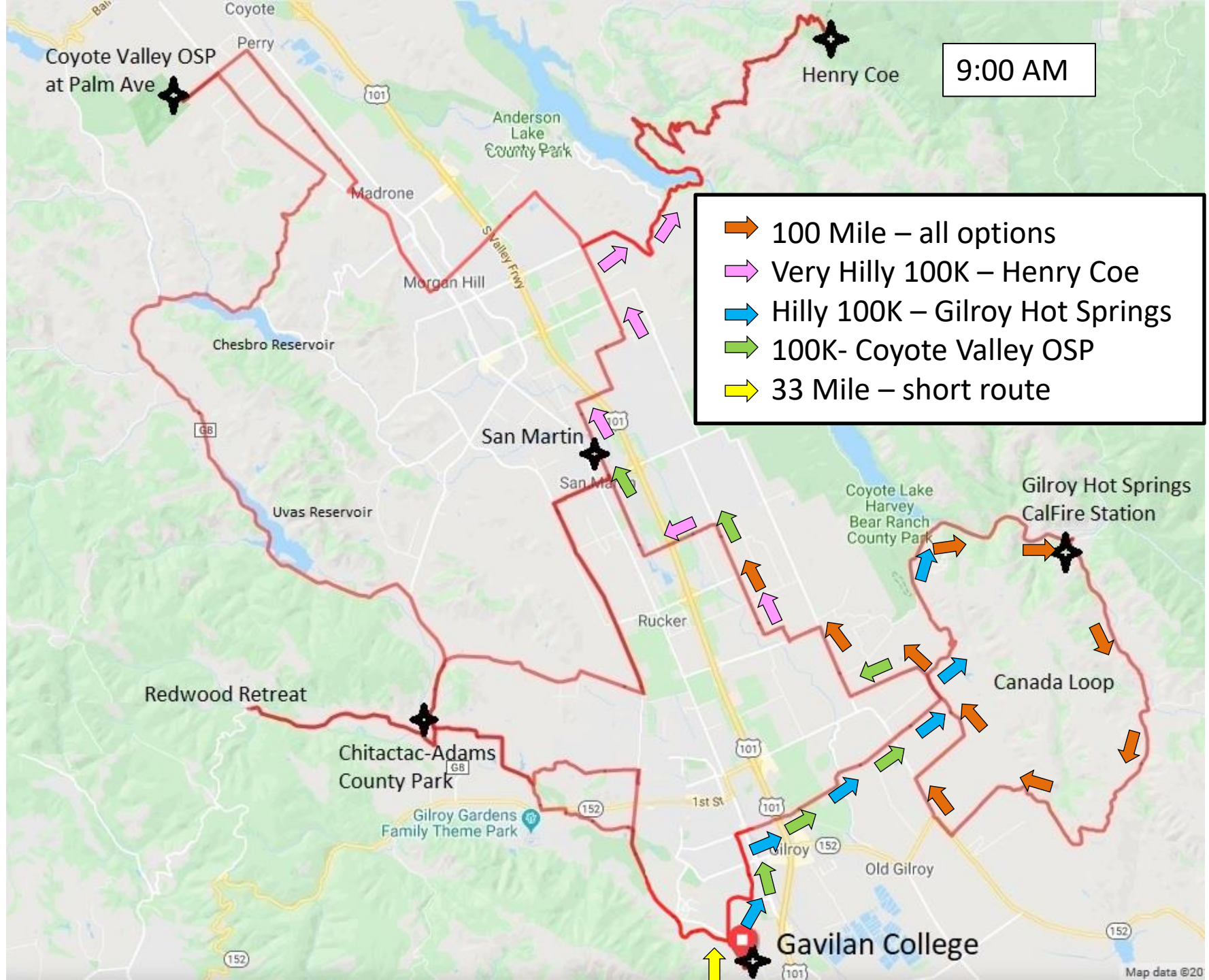
8:00 AM

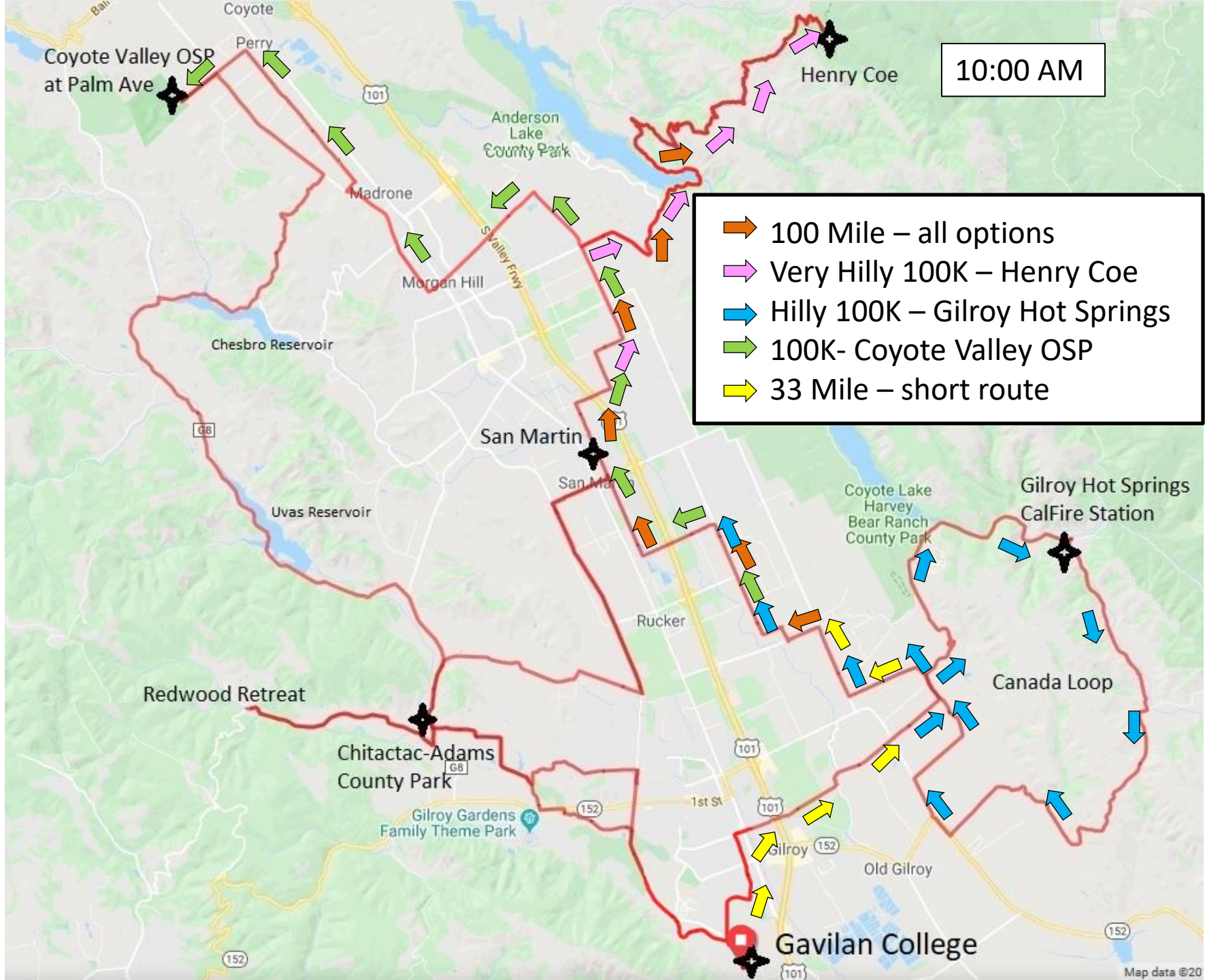
- ➡ 100 Mile – all options
- ➡ Very Hilly 100K – Henry Coe
- ➡ Hilly 100K – Gilroy Hot Springs
- ➡ 100K- Coyote Valley OSP
- ➡ 33 Mile – short route



9:00 AM

- 100 Mile – all options
- Very Hilly 100K – Henry Coe
- Hilly 100K – Gilroy Hot Springs
- 100K- Coyote Valley OSP
- 33 Mile – short route

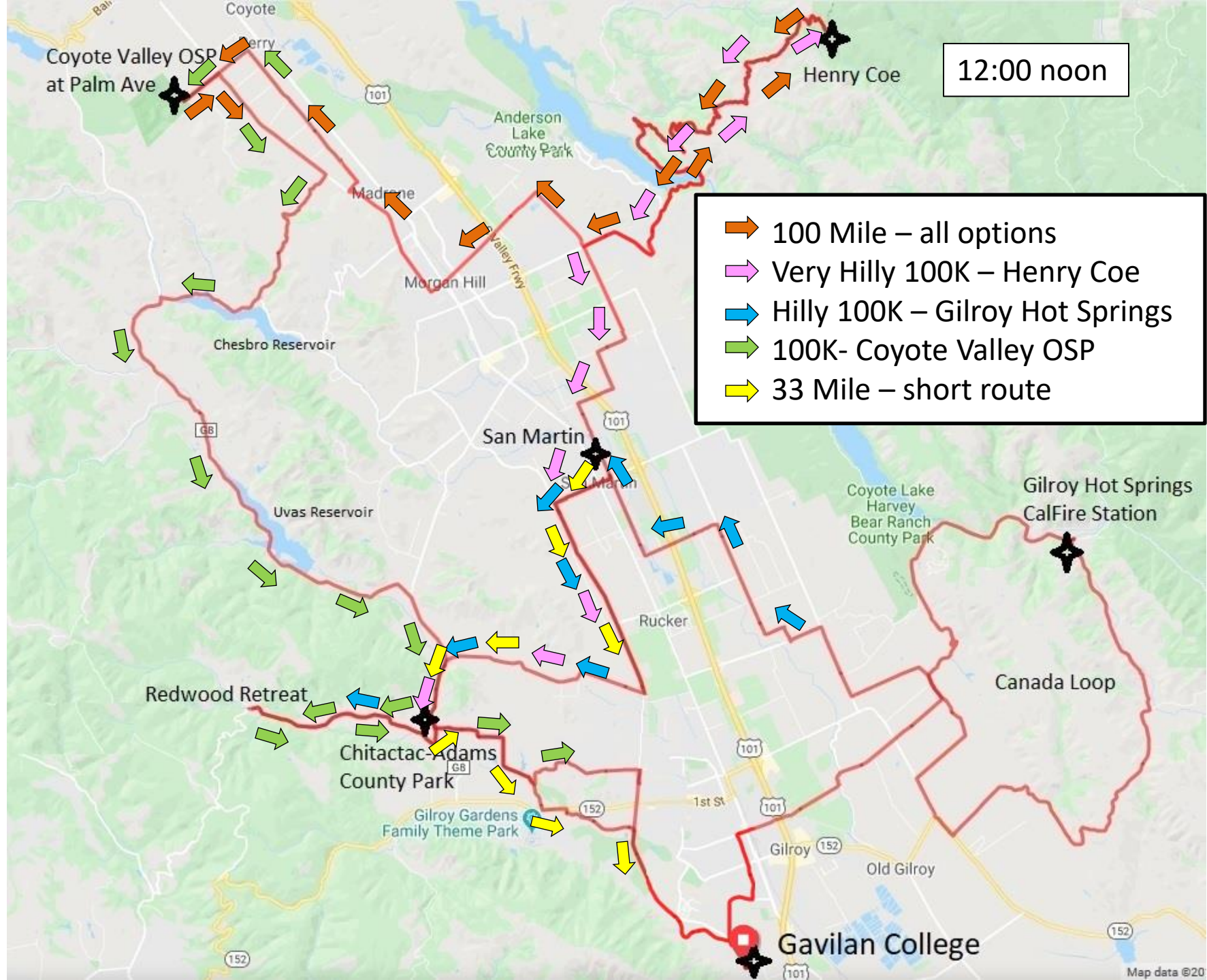




11:00 AM

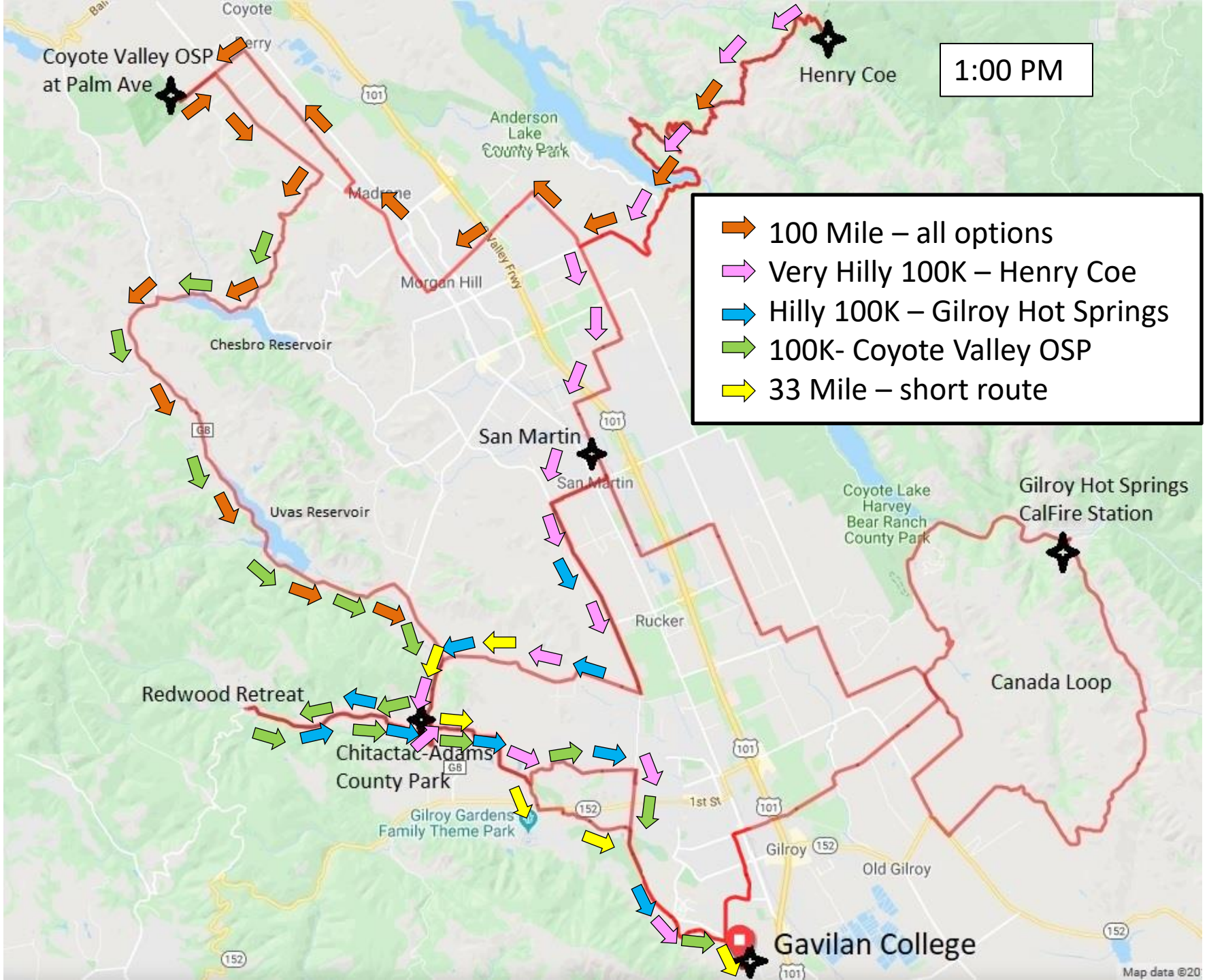
- 100 Mile – all options
- Very Hilly 100K – Henry Coe
- Hilly 100K – Gilroy Hot Springs
- 100K- Coyote Valley OSP
- 33 Mile – short route





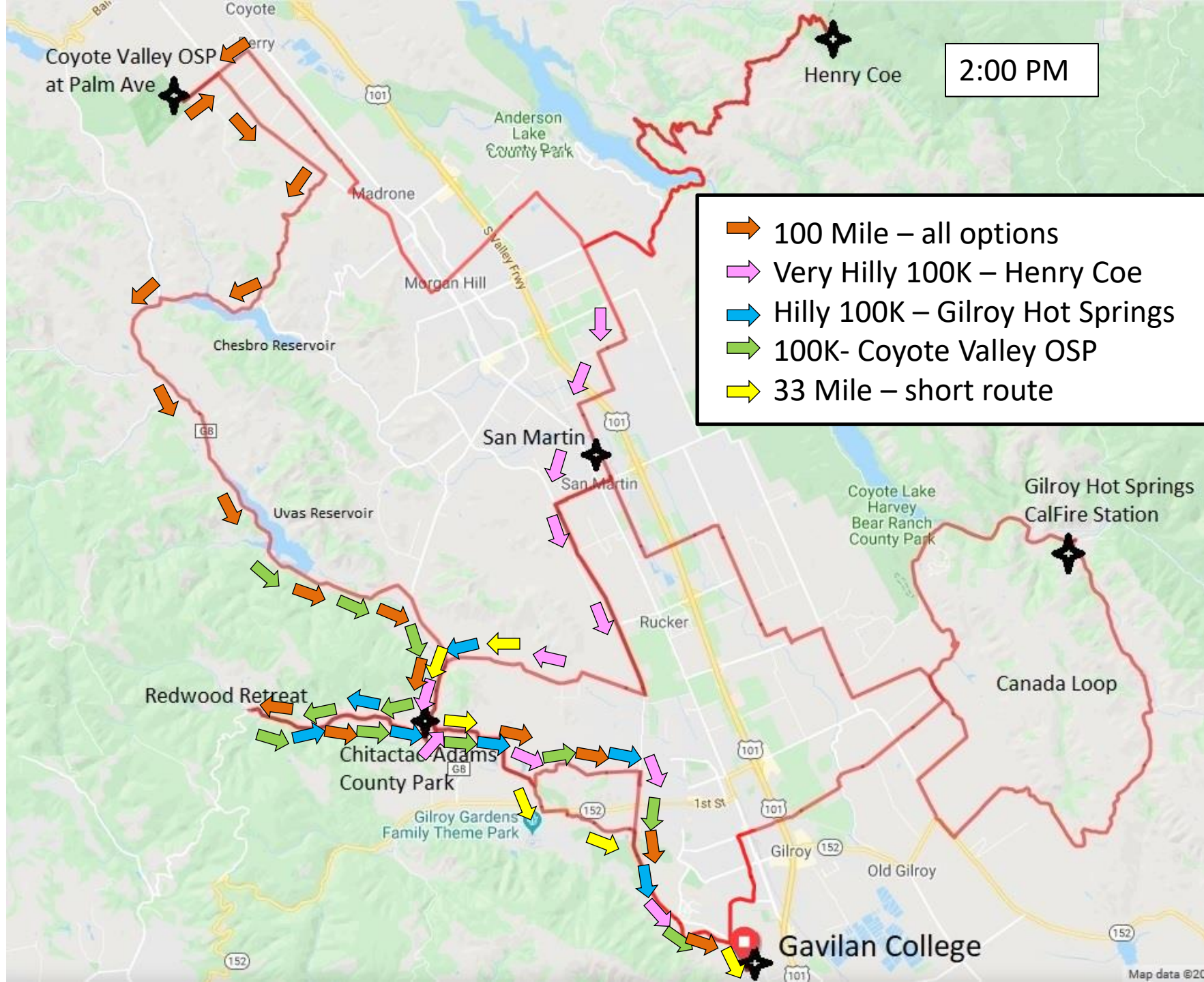
1:00 PM

- ➡ 100 Mile – all options
- ➡ Very Hilly 100K – Henry Coe
- ➡ Hilly 100K – Gilroy Hot Springs
- ➡ 100K- Coyote Valley OSP
- ➡ 33 Mile – short route



2:00 PM

- ➡ 100 Mile – all options
- ➡ Very Hilly 100K – Henry Coe
- ➡ Hilly 100K – Gilroy Hot Springs
- ➡ 100K- Coyote Valley OSP
- ➡ 33 Mile – short route



3:00 PM

- 100 Mile – all options
- Very Hilly 100K – Henry Coe
- Hilly 100K – Gilroy Hot Springs
- 100K- Coyote Valley OSP
- 33 Mile – short route



4:00 PM

- ➡ 100 Mile – all options
- ➡ Very Hilly 100K – Henry Coe
- ➡ Hilly 100K – Gilroy Hot Springs
- ➡ 100K- Coyote Valley OSP
- ➡ 33 Mile – short route

