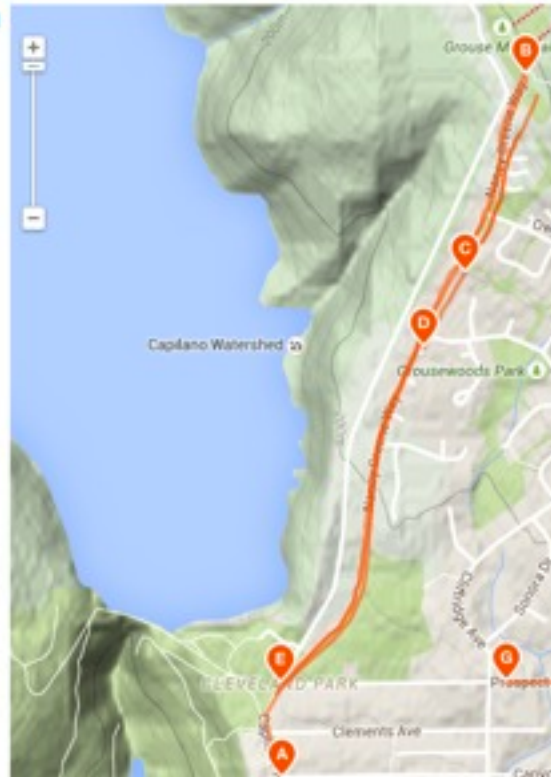


Segments

- A** Grouse Mtn Final Push 1.8 km 7.7%
- B** Grouse Mountain 1.5 km -7.9%
- C** Nancy Greene final 400 0.3 km 12.4%
- D** Nancy Greene Torture view ... 0.6 km 11.5%
- E** Prospect Ave to Grousewo... 0.8 km 6.5%
- F** Jet Boy 1.4 km -25.2%
- G** Prospect Ave climb to Ranger 0.6 km 8.1%
- H** Sarita 0.3 km 10.5%
- I** Baden Powell Trail Climb 0.7 km 16.2%
- J** BCMC Trail Climb 0.6 km 15.5%



Last week was a ride to the Grouse Mtn for a steeper elevation grade. As you can see from the segments, the avg is 7.7% with 11-12.4% at the top.

example below of the climb by participant

Date	Start location;	End location																					
June 10	<p>★ Capilano Rd. to Grouse Parking lot 4.5km 227m 5% 17:04</p> <p>17:04 This Effort Moving Time</p> <table border="1"> <thead> <tr> <th></th> <th>AVG</th> <th>MAX</th> </tr> </thead> <tbody> <tr> <td>Speed</td> <td>16.0km/h</td> <td>32.8km/h</td> </tr> <tr> <td>Cadence</td> <td>0</td> <td>0</td> </tr> <tr> <td>Heart Rate</td> <td>—</td> <td>0 bpm</td> </tr> <tr> <td>Est Power</td> <td>246W</td> <td>—</td> </tr> <tr> <td>VAM</td> <td>798</td> <td></td> </tr> <tr> <td>Elev Gain</td> <td>227m</td> <td></td> </tr> </tbody> </table>		AVG	MAX	Speed	16.0km/h	32.8km/h	Cadence	0	0	Heart Rate	—	0 bpm	Est Power	246W	—	VAM	798		Elev Gain	227m		<p>Capilano Rd</p> <p>VAM measures your Vertical Ascent in Meters/hour – it measures how quickly you are traveling upward. VAM is useful for comparing your effort on different hills and segments. To get a high VAM score, grades between 6-10% generally present the best opportunity to ascend quickly, as they are steep enough to avoid wind, and gradual enough to allow unrestricted motion.</p>
	AVG	MAX																					
Speed	16.0km/h	32.8km/h																					
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Est Power	246W	—																					
VAM	798																						
Elev Gain	227m																						
June 17	Fifth and Fir 5:45 - see you there!	Queen E park; short hill intervals																					

Date	Start location;	End location
June 24	north end LG bridge	West Vancouver
July 1	Canada Day! celebrate	no class
July 8	north end LG bridge	West Vancouver
July 15	Jericho sailing centre; 1300 Discovery St	Spanish Banks
July 22	north end LG bridge	West Vancouver
July 29	tba (timed climb)	

- you must be self sufficient on the outdoor rides; 2 tubes, co2, cab fare!
- arrive on-time, ready to follow the plan with your bike in good mechanical condition, tires pumped
- outdoor sessions end after coached plan ends, you are responsible for return
- **EAP - emergency action plan; cell phone - call 911** in event of mishap with unconsciousness, when a vehicle, other rider is involved. When in doubt, call 911.

Your safety is my priority, then the ride session.