

JULY 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Miller's Groc @ 5:30 Steve 890-7269 and Clint 962-1450 SI/H/N Osborne & Emery @ 5:30 Keith 419-1323 Cary 893-0721 I/H/N	3	4 Rock Island State Park Cary 893-0721 I/H/N 8:30 AM CZ Ride 9:30 AM Rock Island CZ Ride Leader TBD
5 Rockvale Elementary Keith 419-1323 I/H/N 2 pm MTB Ride AEDC 7 am Wade 542-1957	6	7 Spanntown @ 5:30 Ed & Dorothy 890-2212 I/H/N Sharpville @ 5:30 Bob&Hollie 893-0495 SI/H/N	8	9 Miller's Groc @ 5:30 Steve 890-7269 and Clint 962-1450 SI/H/N Osborne & Emery @ 5:30 Keith 419-1323 Cary 893-0721 I/H/N	10	11 Foglight Restaurant Cary 893-0721 I/H/N 9 AM
12 Kittrell Elem. School Jim 423-3829 I/H/N 5:30 pm	13	14 Spanntown @ 5:30 Ed & Dorothy 890-2212 I/H/N Sharpville @ 5:30 Bob&Hollie 893-0495 SI/H/N	15	16 Miller's Groc @ 5:30 Steve 890-7269 and Clint 962-1450 SI/H/N Osborne & Emery @ 5:30 Keith 419-1323 Cary 893-0721 I/H/N	17	18 Blackman High School Gil 974-4273 SI/X/N 7 AM CZ Ride - Blackman HS Sara P 896-5804 8 AM MTB Ride AEDC 7 am Wade 542-1957
19 Erma Siegel Elem. Cary 893-0721 I/H/N 4 pm	20	21 Spanntown @ 5:30 Ed & Dorothy 890-2212 I/H/N Sharpville @ 5:30 Bob&Hollie 893-0495 SI/H/N	22	23 Miller's Groc @ 5:30 Steve 890-7269 and Clint 962-1450 SI/H/N Osborne & Emery @ 5:30 Keith 419-1323 Cary 893-0721 I/H/N	24	25 Rockvale Elementary Keith 419-1323 SI/H/N 7 AM CZ Ride - Rockvale Elem Sara P 896-5804 8 AM MTB Ride AEDC 7 am Wade 542-1957
26 Kittrell Elem. School Jen 300-8290 I/H/N 4:30 pm	27	28 Spanntown @ 5:30 Ed & Dorothy 890-2212 I/H/N Sharpville @ 5:30 Bob&Hollie 893-0495 SI/H/N	29	30 Miller's Groc @ 5:30 Steve 890-7269 and Clint 962-1450 SI/H/N Osborne & Emery @ 5:30 Keith 419-1323 Cary 893-0721 I/H/N	31	
Special Notices: 7/4 Rock Island Ride starts from Old Mill Pavilion Need to RSVP to Cary for both 7/4 and 7/11 for food count!			Notes: Please contact ride leader if you have any questions or need directions. All club rides require riders to wear a helmet and minors must be accompanied by parent or guardian.		Holidays: Independence Day - July 4th Note on MTB Rides: Location is AEDC unless otherwise posted on message board. All riding levels encouraged to attend.	
Ride Ratings: Pace - S = 17 mph+ I = 13-16 mph CZ = less than 13 mph Terrain - F = Flat H = Some hills X = Very hilly Drops - N = Ride leader does not drop riders D = Ride Leader will not adjust pace to stay with dropped riders						