

October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Rockvale Elem Sarah L 202-3072 8:00AM SI/H/N Comfort Zone Susan B 513-6770 8:00AM
2 Siegel Elem Sara P 4:00PM SI/H/N						8 Blue Porch Cary Way 893-0721 Long Ride 8:30 Comfort Zone / Short Ride Susan B 513-6770 9:40AM
9 Osborne & Emery Cary Way 893-0721 3:30PM SI/H/N						15 Rockvale Elem Janet Fry 306-8160 8:00AM SI/H/N Comfort Zone Susan B 513-6770 8:00AM
16 Scales Elem Aaron Braswell 337-9995 2:00PM SI/H/N						22 Christiana Elem Steve L 542-5489 8:00AM SI/H/N Comfort Zone 8:00 Susan B 513-6770 MTB Ride 10:30 Wade 542-1957 Woody's Bike Shop Sewanee
23 Blackman HS Izzy M 692-8566 3:00PM SI/H/N						29 Miller's Grocery Sarah L 202-3072 8:00AM SI/H/N Comfort Zone Bill G 604-7558 8:30AM
30 Rockvale Elem Keith W 419-1323 2:00PM SI/H/N						
Ride Ratings: <i>Pace - S = 17 mph+ I = 13-16 mph CZ = less than 13 mph</i> <i>Terrain - F = Flat H = Some hills X = Very hilly</i> <i>Drops - N = Ride leader does not drop riders D = Ride Leader</i> will not adjust pace to stay with dropped riders			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.			