



Team WE CAN/United Way Last Gasp Training Ride Schedule: May 2017 -RSVP yes by TEXT

To Ride Leader

Saturday, May 13th - 9 am Dennis Rail Trail lot (beginning of CCRT on Rte 134)-all riders- we will take a short ride to the bike rotary and back (6 miles) with all to warm up and meet each other; after that we will take an hour long ride for those more experienced riders. (1.5-2 hours total)-**(Note: riders may come at 8:45 to show bikes, ask questions, pump up tires, etc. –then ride departs at 9)-Leader-Andi**

Wednesday, May 17th -5:30pm- From Dennis Rail Trail 1.5 hours (Mixed group; support for beginners)-**Leader: Andi**

Saturday, May 20th - 8:30 am- From Dennis Rail Trail lot. 1.5-2 hours (Mixed Group) **Leader-Andi**

Wednesday, May 24th - 5:30pm- From Dennis Rail Trail lot. 1.5 hours (Mixed group)-**Leader Andi**

Sunday, May 28th 8:30 am- From Dennis Rail Trail lot; 2 hours (Mixed group)-**Leader Andi**

Wednesday, May 31st 5:30 pm- No Scheduled ride; check in with others and ride? Go out on your own?

Saturday June 3rd -8:30am –Meet in North Falmouth next to Bike zone for ride on the Shining Sea Bike Trail. 2 hours; (mixed group) **Leader: Larry Jobson**

Wednesday, June 7th 5:30 pm-Meet at Dennis Rail trail lot for ride around the Dennisport area; mostly off trail. Need to feel ready to ride off trail/on roads for 2 hours. **Leader-Andi**

Sunday, June 11th 8:30 am-From Chocolate Sparrow in Orleans; ride for 2 hours on rail trail and on roads; all welcome. **Leader-Andi**

Important Notes:

- 1) Please text ride leader listed with RSVP yes by noon for late afternoon rides and by 9pm the evening before for early am rides—leaders will not attend rides with no YES RSVP's—thanks!
- 2) Rides will start on time; we will wait 5 minutes from the published start time and then leave.
- 3) Please bring a water bottle and snack, (power bar, fruit, hi energy food)
- 4) All riders must wear helmets.
- 5) We ride in light rain/drizzle; We cancel in anything more, text the ride leader if you're not sure
- 6) It's suggested that you bring a spare inner tube that fits your wheels and a patch kit; we will show you how to use it.

Ride Leaders #'s: Andi Genser : 617-872-0846.; Larry Jobson; 978-239-7905 **Mixed group** means we will have different paces and split up if need be; **beginner** means ride will focus on skill and confidence building for beginners; when a 12-15 pace is listed that is for **more advanced** riders who are comfortable riding on trail & roads and can keep up that pace for the whole time of the ride.