

Date	Day	Time	Location	Workout
24-March	Sat	9:00 AM	East Sac Bike Shop	coached bike ride + safety
28-March	Wed	6:00 PM	East Sac Bike Shop	training and equipment 101
31-March	Sat	9:00 AM	Easter Holiday	OFF
3-April	Tue	6:00 PM	McKinley Park, Sacramento	X-training/boot-camp workout
4-April	Wed	6:00 PM	East Sac Bike Shop	repair & maintenance workshop
7-April	Sat	9:00 AM	East Sac Bike Shop	Bike Skills Clinic Level I
11-April	Wed	6:00 PM	East Sac Bike Shop	bike fit workshop
14-April	Sat	9:00 AM	Hazel Fish Hatchery	coached ride + hills
17-April	Tue	6:00 PM	McKinley Park, Sacramento	X-training/boot-camp workout
18-April	Wed	6:00 PM	East Sac Bike Shop	meet-up ride
21-April	Sat	9:00 AM	East Sac Bike Shop	Bike Skills Clinic Level II
25-April	Wed	6:00 PM	East Sac Bike Shop	Repair or Fit "make-up"
28-April	Sat	9:00 AM	Discovery Park, Sacramento	over-distance ride
1-May	Tue	6:00 PM	McKinley Park, Sacramento	X-training/boot camp workout
2-May	Wed	6:00 PM	East Sac Bike Shop	special shopping night
5-May	Sat	9:00 AM	McBean Park, Lincoln	on-course pre-view
9-May	Wed	6:00 PM	East Sac Bike Shop	ride preparation seminar
12-May	Sat	7:00 AM	McBean Park, Lincoln	20/40/63 mile options