

2011 Spring/Summer Training Schedule

All rides start at 8-00am, bring your own food and drink and spare tubes.
Keep your tires in good condition

Sundays	Ride	Distance
Nov	27 Valley, Mutiny, Middle, Lawn, Meeanee Rds	100k
Dec	4 Whanawhana Otamauri	100k
	11 Tuki Tuki, Middle, Ngatarawa	100k
	18 Hill, Glengary, Apley, Swamp	80k
	26 Christmas Tootle	120k
Jan	1 Tutira Return	100k
	8 Valley, Mutiny, Middle, Lawn, Meeanee Rds	100k
	15 The HUB EMC Tour	
	22 Kereru Rd return	110k
	29 Apley, Patoka Return	90k
Feb	5 Tuki Tuki, Middle, Ngatarawa	100k
	12 Otamauri, Whanawhana	100k
	19 Waipatiki Return	80k
	26 Valley, Mutiny, Middle, Lawn, Meeanee Rds	100k

Please stop and assist with punctures when ride does not return on same road