

2013 RIDE GUIDE

Weekly Group Rides

Day	Start	Leaves From	Type	Level	Distance	Ride Name / Leader
Monday	6:00 PM	Cyclefit Sports, Saginaw	Rdb Hyb	Intermediate	20-25 miles	Bicycle Social – Ben Cox
Monday	5:30 PM	Festival Park, Freeland	Rdb	Intermediate	25-35 miles	The Stroll
Tuesday	5:45 PM	The Tridge, Midland	Road	Expert	TBD	Slaughterfest
Wednesday	6:00 PM	Cyclefit Sports, Saginaw	Wmn's	Beginner	10 miles +/-	Ladie's Night – Chelsea Iadipaolo
Thursday	5:30 PM	Saginaw Valley RT @ Stroebel	Rdb	Int/Expert	25-35 miles	Rail Trail Road Ride
Sunday	2:00 PM	Flint Farmers Market	Family	Easy	18 miles +/-	Flint River Trail - Bruce

Annual Club Affiliated Events

Date	Start	Leaves From	Type	Level	Distance	Event Name / Director
May 25th	8:00 AM	Downtown Frankenmuth	Rdb Race	USCF	Multiple	Tour De Frankenmuth - Steve Weckle
May 25th	10:00 AM	Island Lake State Rec Area	Mtb Race	All	Multiple	Cyclefit Sports - Tailwind
May 26th	8:00AM	Zehder's Park	Rdb Tour	All	40, 65, 90, 130 mi.	Gran Fondo di Thumb - Steve Weckle
June 3rd	8:00 AM	Linden County Park	Triathlon	All	300m, 12mi, 3k	First Try Triathlon - Paul Zieske
July 13th	7:45 AM	Fenton Community Center	Run Race	All	5K & 15K	Bastille Day Run - Mark Hamel
Aug 3rd	8 to 10 AM	Fenton Community Center	Rdb Tour	All	9, 30, 60, 100 mi.	Tour Des Lacs - Kim Foerster
Aug 3rd	7:30AM	Goodrich High School	Run Race	All	10k, 5k, 1 mi.	Kayla O'Mara Run - Erin O'Mara
November	6:00 PM	TBA	Cxb/Mtb	All	Multiple	Orchard Cross - Bill Sirl

Questions? Call Cyclefit 989-797-2348 saginaw@cyclefitmultisport.com

Don't be a hack, follow the rules on the back!