

## Elephant Rock Ride 2008

<b>Date</b>	<b>Ride Type - Length</b>
January 19 <sup>th</sup>	Indoor Training Ride – 2 hours
February 23 <sup>rd</sup>	Indoor Training Ride – 2 hours
March 1 <sup>st</sup>	Mostly Flat Ride – 2 hours
March 22 <sup>nd</sup>	Mostly Flat Ride – 2 hours
April 12 <sup>th</sup>	Ride with Hill Training – 2 hours
April 19 <sup>th</sup>	Cycling Skills Clinic
May 17 <sup>th</sup>	Cycling Skills Clinic
May 24 <sup>th</sup>	Hill Training – 3 hours
June 1 <sup>st</sup>	Elephant Rock Ride

Mountain bike rides available on request