

IRON HORSE TRAINING

Outside riding schedule March 30th until April 18th

First outside ride—Tuesday March 30th

End of indoor spinning Saturday March 27th

We recommend at least 40-60 miles per week of riding, with a goal of one 25 mile ride.

Tuesdays at noon

Thursday at 5:30

Saturday and Sunday at 10:00 in April

Saturday and Sunday at 9:00 in May

Round trip times and mileage are approximate.

All rides are subject to change and we WILL RIDE in all weather except black ice.

Most of our rides start at the rec center—please park in the parking lot at the rear of the rec center between the rec center and the fairgrounds. We are out of the way.

March 30- Tuesday 12:00-2:00pm - CR 203 to Hermosa back on CR. 203

Meet **Rec Center** mileage = 19 miles round trip

April 1- Thursday 5:30-7:00pm same as Tuesday

Weekend Rides start at 10:00am in April

April 3- Saturday 10:00am-1:00pm – Bakers Bridge / *Old Shalona- Meet at **Rec Center**

mileage = 32 miles round trip (*with option = 38 miles round trip)

April 4- EASTER Sunday 10:00am-1:00pm – same as Saturday

April 6--Tuesday 12:00-2:00pm - C.R 250 to Trimble/ Hwy 550 to Hermosa/ CR 203

Meet at **Rec Center** mileage = 25 miles round trip

April 8--Thursday 5:30-7:00pm – Same as Tuesday

We will have a turn around point due to lack of daylight

April 10--Saturday 10:00am-1:00pm – La Posta Road/ * Airpark Climb – Meet at the south end of **Home Depot** mileage = 27 miles round trip (with option = 30 miles round trip)

April 11- Sunday same as Saturday

April 13--Tuesday 12:00-2:00pm –Junction Creek Road to the beginning of Fall Creek

Subdivision Meet at **Rec Center** mileage = 14 miles round trip

April 15--Thursday 5:30-7:00pm -- C.R 250 to Trimble/ Hwy 550 to Hermosa/ CR 203

Meet at **Rec Center** mileage = 25 miles round trip

April 17--Saturday 10:00am-1:00pm – Hesperus Hill/ La Plata Canyon - Meet at **Doubletree Park at the north end of the parking lot far away from the front door.**

mileage = 32 miles round trip

April 18--Sunday 10:00am-1:00pm same as Saturday

We will also be available by phone or e-mail to answer questions and offer support for people who ride on their own.

cindy@ironhorsetraining.com

Cindy – 769-7113

patti@ironhorsetraining.com

Patti – 759-5585