

# IRON HORSE TRAINING

## Outside schedule

**Tuesday at noon until 1:30 or 2:00**

**Thursday at 5:30 until 7:30**

**Saturday and Sunday at 10:00 in April**

**2-3 hour rides**

**Saturday and Sunday at 9:00 in May**

**3-4 hour rides**

**the last two rides are longer time commitments because of the transportation.**

**We are finalizing the schedule and will post the first three weeks of riding by mid March.**

**Most by not all of our rides will start from the Rec Center.**

**We park in the back lot between the Rec Center and the Fairgrounds.**

**We will ride in damp, cold rainy weather but not on black ice.**

We will start riding outside on Tuesday March 30<sup>th</sup>

Our last day riding inside at the Rec Center and The Hub Training Center will be Saturday March 27<sup>th</sup>

Last day at Anytime Fitness will be announced by Julie.

Questions—call 385-0411 Cindy or Patti @759-5585