

<i>day</i>	<i>date</i>	<i>ride</i>	<i>start time</i>	<i>end time</i>	<i>location</i>
Monday	3/9	rest			
Tuesday	3/10	Intro Ride	5:30 PM	7:15 PM	One Mile
Wednesday	3/11	<i>extra effort</i>			
Thursday	3/12	Spinning	5:30 PM	7:15 PM	One Mile
Friday	3/13	rest			
Saturday	3/14	Endurance	9:00 AM	11:45 AM	CARD
Sunday	3/15	<i>easy effort</i>			
Monday	3/16	rest			
Tuesday	3/17	Speed Efforts	5:30 PM	7:15 PM	One Mile
Wednesday	3/18	<i>extra effort</i>			
Thursday	3/19	Spinning	5:30 PM	7:15 PM	One Mile
Friday	3/20	rest			
Saturday	3/21	Endurance	9:00 AM	12:45 PM	CARD
Sunday	3/22	<i>easy effort</i>			
Monday	3/23	rest			
Tuesday	3/24	Speed Effort	5:30 PM	7:30 PM	One Mile
Wednesday	3/25	<i>extra effort</i>			
Thursday	3/26	Climb Effort	5:30 PM	7:00 PM	One Mile
Friday	3/27	rest			
Saturday	3/28	Endurance	9:00 AM	1:00 PM	CARD
Sunday	3/29	<i>easy effort</i>			
Monday	3/30	rest			
Tuesday	3/31	Speed Ride	5:30 PM	7:30 PM	One Mile
Wednesday	4/1	<i>extra effort</i>			
Thursday	4/2	Climb Efforts	5:30 PM	7:00 PM	One Mile
Friday	4/3	rest			
Saturday	4/4	Endurance	9:00 AM	1:30 PM	CARD
Sunday	4/5	<i>easy effort</i>			
Monday	4/6	rest			
Tuesday	4/7	Fast Climb	5:30 PM	7:30 PM	One Mile
Wednesday	4/8	<i>extra effort</i>			
Thursday	4/9	Spinning	5:30 PM	7:00 PM	One Mile
Friday	4/10	rest			
Saturday	4/11	Endurance	9:00 AM	1:15 PM	CARD
Sunday	4/12	<i>easy effort</i>			
Monday	4/13	rest			
Tuesday	4/14	Casual Ride	5:30 PM	7:00 PM	One Mile
Wednesday	4/15	<i>extra effort</i>			

Thursday	4/16	Casual Climb	5:30 PM 7:00 PM	One Mile
Friday	4/17	rest		
Saturday	4/18	Endurance	9:00 AM 2:00 PM	CARD
Sunday	4/19	<i>easy effort</i>		
Monday	4/20	rest		
Tuesday	4/21	Speed Ride	5:30 PM 7:30 PM	One Mile
Wednesday	4/22	<i>extra effort</i>		
Thursday	4/23	Fast Climb	5:30 PM 7:30 PM	One Mile
Friday	4/24	rest		
Saturday	4/25	<i>easy effort</i>		
Sunday	4/26	WILDFLOWER		

<i>route</i>	<i>mileage</i>	<i>elevation</i>	<i>route map</i>
Airport Laps	15 mi	250'	https://ridewithgps.com/routes/31698304
Cal Park Laps	14 mi	600'	https://ridewithgps.com/routes/31698349
Centerville, Horning Ranch	38 mi	1802'	https://ridewithgps.com/routes/30013478
Airport Laps	15 mi	250'	https://ridewithgps.com/routes/31698304
Doe Mill Laps	14 mi	650'	https://ridewithgps.com/routes/31698322
Humboldt/Honey Run	43 mi	2525'	https://ridewithgps.com/routes/31697875
Airport, Hicks Loop	20 mi	410'	https://ridewithgps.com/routes/27220758
Humboldt Road	14 mi	878'	https://ridewithgps.com/routes/27069776
Messilla, Pentz, Neal	45 mi	2262'	https://ridewithgps.com/routes/31698074
Fimple, Troxel, Lott	22 mi	139'	https://ridewithgps.com/routes/31698188
Doe Mill Laps	14 mi	650'	https://ridewithgps.com/routes/31698322
Woodson Bridge	63 mi	746'	https://ridewithgps.com/routes/20461793
Hicks, Keefer	20 mi	439'	https://ridewithgps.com/routes/31698269
Cal Park Laps	14 mi	600'	https://ridewithgps.com/routes/31698349
Lunt Road	54 mi	3014'	https://ridewithgps.com/routes/30013575
W Sac, River	16 mi	140'	https://ridewithgps.com/routes/31698216

Humboldt Road	14 mi	878'	https://ridewithgps.com/routes/27069776
Table Mountain	60 mi	2591'	https://ridewithgps.com/routes/30013529
Fimple, Troxel, Lott	22 mi	139'	https://ridewithgps.com/routes/31698188
Hicks, Keefer	20 mi	439'	https://ridewithgps.com/routes/31698269