

2018 Ride A Metric (RAM) Training Schedule

DATE	Mid-Week Goal	Saturday Ride	Ride Leader
May 5	One 3 mile ride	RAM Training Ride (7)	Don Watt 256-690-2210
	One 5 mile ride	Williams Elementary 4:00	Geanine Lehmann 256-655-6385
May 12	Two 5 mile rides	RAM Training Ride (10)	Don Watt 256-690-2210
		Greenbrier Restaurant - 4:00	Geanine Lehmann 256-655-6385
May 19	One 5 mile ride	RAM Training Ride (13)	Don Watt 256-690-2210
	One 7 mile ride	Flint River Greenway - 4:00	Raul Briseno 563-940-3888
May 26	Two 7 miles rides	No Ride Holiday Weekend.	
June 2	One 10 mile ride	RAM Training Ride (17)	Don Watt 256-690-2210
	On 7 mile ride (increased pace)	325 Yulista, Electronics BLVD - 9:00	Geanine Lehmann 256-655-6385
June 9	One 10 mile ride	Greenbrier Ride (20)	Keri Fletcher
	On 7 mile ride (increased pace)	Greenbrier Restaurant - 9:00	256-998-8682
June 16	One 15 mile ride	Tour de Northeast (24)	Raul Briseno
	One 10 mile ride	Central School/Ryland Pike - 9:00	563-940-3888
June 23	One 15 mile ride	Arsenal Ride, 9:00 (27)	Geanine Lehmann 256-655-6385
	One 10 mile ride (increased pace)	Arsenal Ride Out Vistors Center	Must have ID and Vest
June 30	One 15 mile ride	Creekside 28	Geanine Lehmann 256-655-6385
	One 10 mile ride	Creekside School - 8:30	gean31356@aol.com
July 7	One 15 mile ride	Arsenal 30 8:00	Ernie Thomas, Sethomas3@att.net
	One 10 mile ride (increased pace)	Arsenal Ride Out Vistors Center	Must have ID & Vest 256-776-3756
July 14	One 15 mile ride	Twiggy Ride (32)	Ken Rex
	One 10 mile ride (increased pace)	Flint River Greenway - 8:00	khrex@aol.com , 256-650-5187
July 21	Two 15 mile rides	Creekside Ride (34)	Geanine Lehmann 256-655-6385
		Creekside Elementary - 8:00	gean31356@aol.com
July 28	One 15 mile ride	Arsenal Ride, 8:00 (40)	Dan Kruvand
	One 10 mile ride (increased pace)	Arsenal Ride Out Vistors Center	dkruvand@aol.com
Aug 4	One 20 mile ride	Mini Coldwater ride (42)	Andy Brown 256-544-1584
	One 15 mile ride	Sparkman Middle School - 8:00	andy.brown@nasa.gov
Aug 11	One 20 mile ride	Cloud Cove (41) 7:30	Hunter Chockley
	One 15 mile ride	Flint River Greenway Parking lot	chockleyj@bellsouth.net
Aug 18	One 20 mile ride	Sparkman Mystery Ride 2 (46)	Keri Fletcher
	One 15 mile ride (increased pace)	Sparkman High School - 8:00	256-998-8682
Aug 25	One 25 mile ride	Greenbrier Ride (55)	Geanine Lehmann 256-655-6385
	One 20 mile ride	Greenbrier Restaurant -8:00	gean31356@aol.com
Sep 1	One 30 mile ride	Arsenal Ride, 8:00 (50)	Geanine Lehmann 256-655-6385
	One 25 mile ride	Arsenal Ride Out Vistors Center	gean31356@aol.com
Sep 8	One 30 mile ride	Sharps Cove/Hollow (52) 7:30	Hunter Chockley
	One 25 mile ride	Madison County High School	chockleyj@bellsouth.net
Sep 15	One 30 mile ride	SCCC All You Can Eat Metric	Geanine Lehmann 256-655-6385
	One 25 mile ride	6156 Pulaski Pike, HSV	gean31356@aol.com
http://tinyurl.com/SCCC-RAM		RAM Website	