

2019 Ride A Metric (RAM) Training Schedule

DATE	Mid-Week Goal	Saturday Ride	Ride Leader
May 4	One 3 mile ride One 5 mile ride	RAM Training Ride (7) Williams Elementary 4:00	Don Watt 256-690-2210 Geanine Lehmann 256-655-6385
May 11	Two 5 mile rides	RAM Training Ride (10) Greenbrier Restaurant - 4:00	Don Watt 256-690-2210 Geanine Lehmann 256-655-6385
May 18	One 5 mile ride One 7 mile ride	RAM Training Ride (13) Flint River Greenway - 4:00	Don Watt 256-690-2210 Geanine Lehmann 256-655-6385
May 25	Two 7 miles rides	No Ride Holiday Weekend. No Ride Holiday Weekend.	
June 1	One 10 mile ride On 7 mile ride (up pace)	RAM Training Ride (17) 325 Yulista, Electronics BLVD - 9:00	Don Watt 256-690-2210 Leah Tracy 256-509-5217
June 8	One 10 mile ride On 7 mile ride (up pace)	Greenbrier Ride (20) Greenbrier Restaurant - 9:00	Keri Fletcher 256-998-8682
June 15	One 15 mile ride One 10 mile ride	Tour de Northeast (24) Central School/Ryland Pike - 9:00	Trish Harmon 256-651-9922
June 22	One 15 mile ride One 10 mile ride (up pace)	Arsenal Ride, 9:00 (27) Arsenal Ride Out Vistors Center	Geanine Lehmann 256-655-6385 Must have ID and Vest
June 29	One 15 mile ride One 10 mile ride	Creekside 28 Creekside School - 8:30	Leah Tracy 256-509-5217
July 6	One 15 mile ride One 10 mile ride (up pace)	Arsenal 30 8:00 Arsenal Ride Out Vistors Center	Ernie Thomas, Sethomas3@att.net Must have ID & Vest 256-776-3756
July 13	One 15 mile ride One 10 mile ride (up pace)	Twiggy Ride (32) Flint River Greenway - 8:00	Reggie Northover 256-520-8924
July 20	Two 15 mile rides	Creekside Ride (34) Creekside Elementary - 8:00	Geanine Lehmann 256-655-6385
July 27	One 15 mile ride One 10 mile ride (up pace)	Arsenal Ride, 8:00 (40) Arsenal Ride Out Vistors Center	Dan Kruvad ID and Vest! kruvad@gmail.com
Aug 3	One 20 mile ride One 15 mile ride	Mini Coldwater ride (42) Sparkman Middle School - 8:00	Andy Brown 256-544-1584 andy.brown@nasa.gov
Aug 10	One 20 mile ride One 15 mile ride	Cloud Cove (41) 7:30 Flint River Greenway Parking lot	Hunter Chockley chockleyj@bellsouth.net
Aug 17	One 20 mile ride One 15 mile ride (up pace)	Sparkman Mystery Ride 2 (46) Sparkman High School - 8:00	Keri Fletcher 256-998-8682
Aug 24	One 25 mile ride One 20 mile ride	Greenbrier Ride (55) Greenbrier Restaurant -8:00	Lewis Harmon Lharmon@mchsi.com
Aug 31	One 30 mile ride One 25 mile ride	Holiday Weekend No Group Ride	
Sep 7	One 30 mile ride One 25 mile ride	Sharps Cove/Hollow (52) 7:30 Madison County High School	Hunter Chockley chockleyj@bellsouth.net
Sep 14	Sep 14 One 25 mile ride	Arsenal Ride, 8:00 (50) Arsenal Ride Out Vistors Center	Geanine Lehmann 256-655-6385 gean31356@aol.com
Sep 21	Final!	SCCC All You Can Eat Metric 6156 Pulaski Pike, HSV	Geanine Lehmann 256-655-6385 gean31356@aol.com

