

**Outdoors for All Cycling Team: Ride Schedule 2019**

| <b>February</b>        | <b>Dis. RT</b> | <b>Elev.</b> | <b>Location</b>   | <b>Training Focus</b>   | <b>Ride Lead</b> | <b>Ride Volunteers</b> |
|------------------------|----------------|--------------|-------------------|-------------------------|------------------|------------------------|
| 24 Chilly Hilly/Sunday | 33             | 2191         | Bainbridge Island | Unofficial Season Start | Taylor Moseley   |                        |

| <b>March</b>            | <b>Dis. RT</b> | <b>Elev.</b> | <b>Location</b>                       | <b>Training Focus</b> | <b>Ride Lead</b>       | <b>Ride Volunteers</b> |
|-------------------------|----------------|--------------|---------------------------------------|-----------------------|------------------------|------------------------|
| 31 Training Ride/Sunday | 20             | 524          | Golden Gardens/Outdoors for All start | Leisure/Steady Pace   | Outdoors for All Staff |                        |

| <b>April</b>              | <b>Dis. RT</b> | <b>Elev.</b> | <b>Location</b>                             | <b>Training Focus</b>  | <b>Ride Lead</b> | <b>Ride Volunteers</b> |
|---------------------------|----------------|--------------|---|------------------------|------------------|------------------------|
| 13 Training Ride/Saturday | 48             | 1863         | Full Lake Wash Loop /Outdoors for All start | Distance Test One      |                  |                        |
| 28 Training Ride/Sunday   | 60             | 900          | Centennial Trail/Snohomish Trailhead start  | Steady Pace/Group work | Jeff Wilcox      |                        |

| <b>May</b>                | <b>Dis. RT</b> | <b>Elev.</b> | <b>Location</b>       | <b>Training Focus</b> | <b>Ride Lead</b> | <b>Ride Volunteers</b> |
|---------------------------|----------------|--------------|-----------------------|-----------------------|------------------|------------------------|
| 11 Training Ride/Saturday | 40             | 1714         | Marymoor to Fall City | Elevation             |                  |                        |
| 19 Training Ride/Sunday   | 60             | 850-900      | Tacoma/Puyallup Start | Cadence/Pace Line     | Eric Buechler    |                        |

| <b>June</b>              | <b>Dis. RT</b> | <b>Elev.</b> | <b>Location</b>                    | <b>Training Focus</b> | <b>Ride Lead</b> | <b>Ride Volunteers</b> |
|--------------------------|----------------|--------------|------------------------------------|-----------------------|------------------|------------------------|
| 1 Flying Wheels/Saturday | 66-99          | 2930, 4185   | Marymoor                           | Test for STP          |                  |                        |
| 16 Training Ride/Sunday  | 103            | 2359         | Lake WA + Lake Sam + Mercer Island | Required Century      |                  |                        |

*\*For those not participating in Flying Wheels, it is strongly encouraged to do a personal training ride of 66+ miles and 2900'+ elevation gain. Please track on Strava.*

| <b>July</b>               | <b>Dis. RT</b> | <b>Elev.</b> | <b>Location</b>                | <b>Training Focus</b> | <b>Ride Lead</b> | <b>Ride Volunteers</b> |
|---------------------------|----------------|--------------|--------------------------------|-----------------------|------------------|------------------------|
| 6 Training Ride/Saturday  | 36             | 380          | Green River + Interurban Trail | Saddle Time/Leg Saver |                  |                        |
| 12-14 STP/Friday - Sunday | 220            |              | Seattle to Portland            | Crush it.             |                  |                        |

| <b>August</b>           | <b>Dis. RT</b> | <b>Elev.</b> | <b>Location</b>                           | <b>Training Focus</b> | <b>Ride Lead</b>       | <b>Ride Volunteers</b> |
|-------------------------|----------------|--------------|---|-----------------------|------------------------|------------------------|
| 11 Training Ride/Sunday | 28             | 704          | Seattle Waterfront/Outdoors for All start | Leisure/Steady Pace   | Outdoors for All Staff |                        |

| <b>September</b>        | <b>Dis. RT</b>            | <b>Elev.</b> | <b>Location</b> | <b>Training Focus</b> | <b>Ride Lead</b> | <b>Ride Volunteers</b> |
|-------------------------|---------------------------|--------------|-----------------|-----------------------|------------------|------------------------|
| 22 Kitsap Color Classic | 25-57                     | 1700-3800    | Kingston, WA    | Last Ride             |                  |                        |
| 28 Ride for Life        | <i>More Info to Come!</i> |              |                 |                       |                  |                        |

**Cycling Team Goal = inclusive cycling club**

1 Safety 2 Consistent ride calendar 3 Skill Building 4 Social 5 Lifestyle