



August 2010

Hickory's Triathlon, Road Cycling, and Fitness Authority!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 TRX 5:30 -Rob Women's Beginner Group Ride 6:30pm	2	3	4 TRX 5:30 -Rob	5 NO DROP GROUP RIDE!	6 TRX 5:30 -Deb	7 Group Ride 7am
8 TRX 5:30 -Rob Women's Beginner Group Ride 6:30pm	9	10	11 TRX 5:30 -Rob	12 NO DROP GROUP RIDE! 6PM	13 TRX 5:30 -Deb	14 Group Ride 7am
15 TRX 5:30 -Rob Women's Beginner Group Ride 6:30pm	16	17	18 TRX 5:30 -Rob	19 NO DROP GROUP RIDE! 6PM	20 TRX 5:30 -Deb	21 Group Ride 7am
22 TRX 5:30 -Rob Women's Beginner Group Ride 6:30pm	23	24	25 TRX 5:30 -Rob	26 NO DROP GROUP RIDE! 6PM	27 TRX 5:30 -Deb	28 Group Ride 7am
29 TRX 5:30 -Rob Women's Beginner Group Ride 6:30pm	30	31				

Check Website or Facebook Page for info regarding rides and classes.

Any changes or cancellations will be posted there.

All rides are Weather Permitting

Monday & Thursday Rides are NO DROP and All Levels are Welcome!

Saturday Morning Rides are To Be Determined at start