



August 2010

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 TRX 5:00- SOLD OUT -Rob Women's Beginner Group Ride 6:30pm	2	3 TRX 5:00- SOLD OUT -Rob	4 NO DROP GROUP RIDE! 6PM	5 TRX 5:30- SOLD OUT -Deb	6 Group Ride 7am	7
8 TRX 5:00- SOLD OUT -Rob Women's Beginner Group Ride 6:30pm	9	10 TRX 5:00- SOLD OUT -Rob	11 NO DROP GROUP RIDE! 6PM	12 TRX 5:30- SOLD OUT -Deb	13 Group Ride 7am	14
15 TRX 5:00- SOLD OUT -Rob Women's Beginner Group Ride 6:30pm	16	17 TRX 5:30- SOLD OUT -Rob	18 NO DROP GROUP RIDE! 6PM	19 TRX 5:30- SOLD OUT -Deb	20 Group Ride 7am	21
22 TRX 5:00- SOLD OUT -Rob Women's Beginner Group Ride 6:30pm	23	24 TRX 5:30- SOLD OUT -Rob	25 NO DROP GROUP RIDE! 6PM	26 TRX 5:30- SOLD OUT -Deb	27 Group Ride 7am	28
29 TRX 5:00- SOLD OUT -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