



2010

MONDAY – CHICKS TECHNICAL RIDE - SUMMER SCHEDULE

We will be sending out weekly details about the Monday rides.

DATE - MONDAYS	LOCATION	TYPE of Skills BEGINNERS GROUP	TYPE of Skills ADVANCED GROUP
May 3	P8 – Gatineau Parc	Group riding	Group riding
May 10	P8 – Gatineau Parc	Group riding	Group riding
May 17	P8 – Gatineau Parc	Group riding	Group riding
May 24	HOLIDAY		HOLIDAY
May 31	Park at the Aviation Museum , sign-in will be 2.5km EAST of the museum in a parking lot	TT or tight cornering drills and more	TT – 10km
June 7	P3 - Gamelin	Hills – Ascending / Descending Asticou entrance	Hills – Ascending / Descending- Pinks
June 14	P3 - Gamelin	Hills – Ascending / Descending Asticou entrance	Hills – Ascending / Descending- Pinks
June 21	P3 - Gamelin	Hills – Pinks	Hills – Blacks
June 28	P3 - Gamelin	Hills - Pinks	Hills – Blacks
July 5	P8 – Gatineau Parc	Break down of the -OBC Grand Prix Loop	OBC Grand Prix Loop
July 12	At the Aviation Museum	Museum parking lot – Drills, cornering	TT – 15km
July 19	Experimental Farm	Group riding - cornering	Tight group riding - cornering
July 26	NRC	Cornering, accelerations	Faster pace crit riding
Aug 2	HOLIDAY		HOLIDAY
Aug 9	NRC	Hill – Blaire Rd	Hill – Blaire Rd
Aug 16	P3 – Gamelin	Loop – Parc	Loop – Parc
Aug 23	At the Aviation Museum	TT-15km	TT-15km
Aug 30	EURO-SPORTS	SOCIAL RIDE	SOCIAL RIDE