

July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 CENTRAL	2	3	4	5	6 <i>Tour de Spin Outdoor Kickoff Central YMCA</i>	7 <i>Stage 1 8:00 am - 9:00 am Under the Tent</i>
8	9 Stage 3 Team Time Trial 9:00 am Lisa 5:30 pm Shannon <i>Spin the Spokes</i>	10 Stage 4 5:45 am Vic 8:30 am Lisa 4:30 pm Marlene 6:30 pm Janice	11 Stage 5 9:00 am Beth 5:30 pm Chris <i>Outdoor Ride Ready to Ride at 6:00 pm</i> <i>Spin the Spokes</i>	12 Stage 6 5:45 am Vic 8:30 am Janet 5:00 pm Lynn 6:15 pm Melanie	13 Stage 7 9:00 am Beth 5:30 pm Pammy <i>Spin the Spokes</i>	14 Stage 8 8:00 am Marlene <i>Outdoor Ride Ready to Ride at 8:30 am</i>
15	16 Stage 9 9:00 am Lisa 5:30 pm Shannon	17 Stage 10 5:45 am Vic 8:30 am Lisa 4:30 pm Pammy 6:30 pm Janice <i>Spin the Spokes</i>	18 Stage 11 9:00 am Beth 5:30 pm Chris <i>Outdoor Ride Ready to Ride at 6:00 pm</i>	19 Stage 12 5:45 am Vic 8:30 am Janet 5:00 pm Lynn 6:15 pm Melanie <i>Spin the Spokes</i>	20 Stage 13 9:00 am Sandy 5:30 pm Pammy	21 Stage 14 8:00 am Shannon <i>Outdoor Ride Ready to Ride at 8:30 am</i> <i>Spin the Spokes</i>
22 Central Triathlon Sign up to volunteer for bonus points	23 Stage 15 9:00 am Mary Jo 5:30 pm Shannon <i>Spin the Spokes</i>	24 Stage 16 5:45 am Vic 8:30 am Maureen 4:30 pm Marlene 6:30 pm Chris <i>Spin the Spokes</i>	25 Stage 17 9:00 am Marlene 5:30 pm Chris <i>Outdoor Ride Ready to Ride at 6:00 pm</i> <i>Spin the Spokes</i>	26 Stage 18 5:45 am Vic 8:30 am Janet 5:00 pm Lynn 6:15 pm Melanie <i>Spin the Spokes</i>	27 Stage 19 9:00 am Sandy 5:30 pm Pammy <i>Spin the Spokes</i>	28 Stage 20 Individual Time Trial Final Ride at Davis Family YMCA 8:30-9:30 am 9:30-10:30 am <i>Outdoor Ride Davis to Central 7:15 am Central to Davis 8:00 am</i> <i>Spin the Spokes</i>

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 DAVIS	2	3	4	5	6 <i>Tour de Spin Outdoor Kickoff Central YMCA</i>	7 <i>Stage 1 8:00 am - 9:00 am Under the Tent</i>
8 1:00 pm Nicole	9 <u>Stage 3</u> <u>Team Time Trial</u> 5:30 am Janet 8:30 am Melanie 5:30 pm Nicole <i>Spin the Spokes</i>	10 <u>Stage 4</u> 9:30 am April 6:00 pm Robert	11 <u>Stage 5</u> 5:30 am Janet 8:30 am Melanie 5:30 pm Mary Jo <i>Outdoor Ride Ready to Ride at 6:00 pm</i>	12 <u>Stage 6</u> 9:30 am Lisa 6:00 pm Robert	13 <u>Stage 7</u> 5:30 am Lisa 8:30 am Mary Jo <i>Spin the Spokes</i>	14 <u>Stage 8</u> 8:30 am Nicole 10:00 am Robert <i>Outdoor Ride Ready to Ride at 8:30 am</i>
15 1:00 pm Nicole	16 <u>Stage 9</u> 5:30 am Janet 8:30 am Melanie 5:30 pm Nicole	17 <u>Stage 10</u> 9:30 am April 6:00 pm Robert <i>Spin the Spokes</i>	18 <u>Stage 11</u> 5:30 am Lisa 8:30 am Melanie 5:30 pm Mary Jo <i>Outdoor Ride</i>	19 <u>Stage 12</u> 9:30 am Shannon 6:00 pm Robert <i>Spin the Spokes</i>	20 <u>Stage 13</u> 5:30 am Janet 8:30 am Mary Jo	21 <u>Stage 14</u> 8:30 am Nicole 10:00 am Robert <i>Outdoor Ride Ready to Ride at 8:30 am</i> <i>Spin the Spokes</i>
22 Central Triathlon Sign up to volunteer for bonus points	23 <u>Stage 15</u> 5:30 am Janet 8:30 am Melanie 5:30 pm Nicole <i>Spin the Spokes</i>	24 <u>Stage 16</u> 9:30 am April 6:00 pm Robert <i>Spin the Spokes</i>	25 <u>Stage 17</u> 5:30 am Janet 8:30 am Melanie 5:30 pm Robert <i>Outdoor Ride Ready to Ride at 6:00 pm</i> <i>Spin the Spokes</i>	26 <u>Stage 18</u> 9:30 am Lisa 6:00 pm Robert <i>Spin the Spokes</i>	27 <u>Stage 19</u> 5:30 am Lisa 8:30 am Mary Jo <i>Spin the Spokes</i>	28 <u>Stage 20</u> <u>Individual Time Trial</u> Final Ride at Davis Family YMCA 8:30-9:30 am 9:30-10:30 am <i>Outdoor Ride Davis to Central 7:15 am Central to Davis 8:00 am</i> <i>Spin the Spokes</i>