

FRASER VALLEY WEEKEND RIDES - October 1<sup>st</sup> to December 31<sup>st</sup> - 2010

Date	Guide	Meeting Place	Route & Destination	Kms	Lunch & Other Info
Sat Oct 2					
Sunday Oct 10					
Saturday Oct16					
Sunday Oct 24					
Saturday Oct 30					
Sunday Nov 7					
Saturday Nov 13					
Sunday Nov 21					
Saturday Nov 27					
Sunday Dec 5					
Saturday Dec 11					
Sunday Dec 19					
Sunday Dec 26					

Notes:

1. All Weekend rides start at 9:30 am, unless noted differently.
- 2. These rides alternate between Saturdays and Sundays; if the schedule for the day is blank, participants will decide a destination on that day.**
3. If the weather is doubtful, or for lunch location and other info, call the Guide for the day.
4. For rides over 70k, the average pace while cycling may be about 22 kph, so if you think this may be a problem please let the guide or sweep know so we can make arrangements.
5. If you might leave a ride enroute, please let the ride leader or sweep know.
6. If you'd like a map please print one, or ask the guide to bring an extra for you
7. For info please contact: Clare Muters (604-888-5392) or Dan McGuire (604-942-3235)