



July 2009



updated 6/25/09

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Notes Short rides ~S Long Rides ~L Mid length rides ~M 1: New member orientation @ 9:15, group riding class @ 10:00 2: Mini Golf and ice cream SSHD @ 6:30 w/Carla, Roger & Anne 3: Deposit for August 15th Tangier ride required by July 27th payable to Bill J</p>			1 Christmas Party tickets go on sale today!	2	3	4 Independence Day SSHD CLOSED Dinner and Fireworks Bill J @ Howard C SSHD @ 5:45
5	6	7  Meeting at Pops Eat @6 meet @ 7	8  SSHD @ 7:00	9	10	11 note 1 Potomac River Run SSHD @ 7:45~L Bill J & Fred S
12 RCTR	13	14	15 Day ride with Fred Surprise ride ~S 9:00am @ SSHD	16	17	18 Open House Breakfast w/LOH @ SSHD 9:30 – 10:30 Note 2 Mini golf @ 6:30
19 AM Stretch w/ Dan SSHD @ 8:00 ~ M Dan M & Fred R	20	21	22	23	24 Over night ride to Ocracoke Beaufort SSHD@7:45 ~2 overnights Bill J & Howard C	25 Day in Ocracoke
26 Return from Ocracoke Rock Bottom run SSHD @ 9:45~M Al R & Tony H	27 note 3 Tangier deposit date Road Captain's meeting @ Oasis Eat @6 Meet@7	28	29 Bonus HOG 	30	31	