

April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9 Road Ride 11am @ Starbucks on 68 th - Tyler
10	11	12	13	14 MTB Ride 6pm @ SBC Bike Park - Steve	15	16 Road Ride 11am @ Starbucks on 68 th - Tyler
17	18	19 5km Time Trial 7pm @ the Dunes Golf Club - Steve	20	21 MTB Ride 6pm @ SBC Bike Park - Steve	22	23 Road Ride 11am @ Starbucks on 68 th - Tyler
24 Learn to Road Ride Clinic 11am - Tyler	25	26	27 Road Sprints 7pm WNSC Biathlon Parking Lot - Tyler	28 MTB Ride 6pm @ SBC Bike Park - Steve	29	30 Road Ride 11am @ Starbucks on 68 th - Tyler

EVENTS

Learn to Road Ride Clinic

Meet at Starbucks on 68th Ave. Review and practice of group riding etiquette. You should be comfortable riding a road bike but have limited experience riding in a group. Tyler
780-228-0452

Thursday MTB Ride

Meet at South Bear Creek Bike Park. Intermediate to advanced riding. Steve will be leading (780) 933-5249

Saturday Road Ride

Meet at Kateri Drive/68th Ave Plaza parking lot. Average speed ~30kph. Tyler will be leading 780-228-0452

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 MTB Ride 7pm @ SBC Bike Park - Steve	6	7 Road Ride 11am @ Starbucks on 68 th - Tyler
8	9	10 Team Time Trials 7pm WNSC Biathlon Parking Lot - Tyler	11	12 MTB Ride 7pm @ SBC Bike Park - Steve	13	14 Road Ride 11am @ Starbucks on 68 th - Tyler
15	16	17	18	19 MTB Ride 7pm @ SBC Bike Park - Steve	20	21 Road Ride 11am @ Starbucks on 68 th - Tyler
22	23	24 Hill Climb Time Trial 7pm @ the Dunes Golf Club- Steve	25	26 MTB Ride 7pm @ SBC Bike Park - Steve	27	28 Road Ride 11am @ Starbucks on 68 th - Tyler
29 MTB Tactics @ South Bear Bike Park 11am - Tyler	30	31 Learn to Road Ride Clinic 6pm - Garrett				

EVENTS

Learn to Road Ride Clinic

Meet at Starbucks 68th Ave. Review and practice of group riding etiquette. You should be comfortable riding a road bike but have limited experience riding in a group. Garrett 780-830-6771

Time Trails

For those wanting to do some road efforts at a TT pace. Tyler 780-228-0452 or Steve 780-933-5249

MTB Tactics Clinic

For those new to XC Racing, learn how to race and what to expect. Email Tyler if you're interested tylers16@telus.net

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Hill Intervals 7pm @ GP Golf Club and Resources Rd	2 MTB Ride 7pm @ SBC Bike Park - Steve	3	4 Road Ride 11am @ Starbucks on 68 th - Tyler
5	6	7 5km Time Trial 7pm @ the Dunes Golf Club Steve	8	9 MTB Ride 7pm @ SBC Bike Park - Steve	10	11 Road Ride 11am @ Starbucks on 68 th - Tyler
12	13	14	15	16 MTB Ride 7pm @ SBC Bike Park - Steve	17	18 Road Ride 11am @ Starbucks on 68 th - Tyler
19 MTB in Grande Cache - Steve	20	21 Team Time Trials 7pm @ WNSC Biathlon Parking Lot - Tyler	22	23 MTB Ride 7pm @ SBC Bike Park - Steve	24	25 Road Ride 11am @ Starbucks on 68 th - Tyler
26	27	28	29 Hill Intervals 7pm @ GP Golf Club and Resources Rd	30 MTB Ride 7pm @ SBC Bike Park - Steve		

EVENTS

MTB in Grande Cache

Steve leads a ride up Grande Mountain each Fathers Day. Don't make him suffer alone! 780-933-5249

Hill Intervals w/ Tyler

Put in some efforts up the Weyerhaeuser Hill.

Time Trials

For those wanting to do some road efforts at a TT pace. Tyler 780-228-0452 or Steve 780-933-5249

July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Road Ride 11am @ Starbucks on 68 th - Tyler
3	4	5 Hill Climb TT 7pm @ the Dunes	6	7 MTB Ride 7pm @ SBC Bike Park - Steve	8	9 Road Ride 11am @ Starbucks on 68 th - Tyler
10 100k Road Ride 11am @ Grovedale Fire Hall - Steve	11	12	13	14 MTB Ride 7pm @ SBC Bike Park - Steve	15	16 Road Ride 11am @ Starbucks on 68 th - Tyler
17	18	19 5km Time Trial 7pm @ the Dunes	20	21 MTB Ride 7pm @ SBC Bike Park - Steve	22	23 Road Ride 11am @ Starbucks on 68 th - Tyler
24	25	26	27	28 MTB Ride 7pm @ SBC Bike Park - Steve	29	30 Road Ride 11am @ Starbucks on 68 th - Tyler
31						

EVENTS

100km Road Ride

Come out for a longer ride starting at the Grovedale Firehall. Bring enough water and food to get you through a 4hr ride.

Time Trials

Steve must think we're out of shape with all of these TTs. Short enough to do 2 or 3. Or just do 1 and go home.

Group Rides

Check the Facebook Group or your email for Group Ride announcements or cancellations

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 MTB Ride 7pm @ SBC Bike Park - Steve	5	6 Road Ride 11am @ Starbucks on 68 th - Tyler
7 Tumbler Ridge MTB - Steve	8	9 Hill Climb TT 7pm @ the Dunes Golf Club- Steve	10	11 MTB Ride 7pm @ SBC Bike Park - Steve	12	13 Road Ride 11am @ Starbucks on 68 th - Tyler
14	15	16	17	18 MTB Ride 7pm @ SBC Bike Park - Steve	19	20 Road Ride 11am @ Starbucks on 68 th - Tyler
21	22	23 5km time Trial 7pm @ the Dunes Golf Club- Steve	24	25 MTB Ride 7pm @ SBC Bike Park - Steve	26	27 Road Ride 11am @ Starbucks on 68 th - Tyler
28	29	30	31			

EVENTS

Time Trials

The last TTs of the season. Test yourself to see how much you've improved over the summer!

Tumbler Ridge MTB

Steve will lead a MTB ride in Tumbler Ridge. Leave from Starbucks on 68th Ave at 9am. Connect with Steve for more info.

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 MTB Ride 6pm @ SBC Bike Park - Steve	2	3 Road Ride 11am @ Starbucks on 68 th - Tyler
4	5	6	7	8 MTB Ride 6pm @ SBC Bike Park - Steve	9	10 Road Ride 11am @ Starbucks on 68 th - Tyler
11	12	13	14	15 MTB Ride 6pm @ SBC Bike Park - Steve	16	17 Road Ride 11am @ Starbucks on 68 th - Tyler
18	19	20	21	22 MTB Ride 6pm @ SBC Bike Park - Steve	23	24 Road Ride 11am @ Starbucks on 68 th - Tyler
25	26	27	28	29 MTB Ride 6pm @ SBC Bike Park - Steve	30	

EVENTS

MTB Time Change

Note that MTB rides start at 6pm since it starts getting dark earlier.

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Road Ride 11am @ Starbucks on 68 th - Tyler
2	3	4	5	6	7	8 Road Ride 11am @ Starbucks on 68 th - Tyler
9	10	11	12	13	14	15 Road Ride 11am @ Starbucks on 68 th - Tyler
16	17	18	19	20	21	22 Road Ride 11am @ Starbucks on 68 th - Tyler
23	24	25	26	27	28	29 Road Ride 11am @ Starbucks on 68 th - Tyler
30	31					

EVENTS

Road Rides

Check the Facebook Group or email for any announcements about cancellations due to weather or ride leader availability.