

# Lawrence County Cycling Club Rides

## August 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i>	<i>2</i>	<i>3</i>	<b>4 Trail Ride.</b> John Kwiat - 6:00pm Stavich Trail head 10 Miles plus trail cleanup after <b>C</b>	<i>5</i>	<i>6</i>	<b>7 Montour trail Ride.</b> Michelle/Allen Duda - Meet at bike shop at 9:00am 20 Miles <b>C</b>
<b>8 Lake Wilhelm Trail Ride.</b> John Kwiat - Meet at bike shop at 8:00am 22 Miles <b>C</b>	<i>9</i>	<i>10</i>	<b>11 Trail Ride.</b> John Kwiat—Meet at 6:00pm at Stavich trail head. 20 Miles Cleanup after <b>C</b>	<i>12</i>	<i>13</i>	<b>14 Road Ride.</b> Ed Lipp Meet at Giant Eagle Butler Ave - 9:00am 20 –30 miles <b>C</b>
<b>15 Road Ride. Floyd Newingham</b> Meet at N.C. play-house at 2:00pm. 20 miles <b>C</b>	<i>16</i>	<i>17</i>	<b>18 Road Ride.</b> Jean. Meet at Mt. Jackson UP Church at 6:00pm 20 Miles <b>C</b>	<i>19</i>	<i>20</i>	<b>21 Road Ride.</b> Rich Moeller Meet at New Wilmington H.S. at ?? 20-30 miles <b>C</b>
<b>22 Trail Ride.</b> John Kwiat Meet at Stavich trailhead at 2:00pm 15 Miles/ picnic <i>*note*</i> . <b>C</b>	<i>23</i>	<i>24</i>	<b>25 Road Ride,</b> Ed Owens Meet at Giant Eagle on butler Ave. at 6:00pm 22 Miles <b>C</b>	<i>26</i>	<i>27</i>	<b>28 Franklin-Kennerdale Trail Ride.</b> Jack Brandon Meet bike shop 9:00 am. 20-30 miles <b>C</b>
<i>29</i>	<i>30</i>	<i>31</i>				

**Ride Legend:** **A** = 9-11 mph  
**B** = 11-13 mph

**C** = 12-14 mph  
**D** = 13-15 mph

**E** = 15-18 mph  
**F** = 18-Plus mph

*\*Note\**. Bring food/drinks to share among everyone