

# Lawrence County Cycling Club Rides

## September 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1 Trail Ride.</b> John Kwiat - 6:00pm Stavich Trail head 10 Miles plus trail cleanup after <b>C</b>	<b>2</b>	<b>3</b>	<b>4 Road Ride.</b> Norm Hawkins - Meet at Giant Eagle-Neshannock at 10:00am 30 Miles <b>C</b>
<b>5 Road Ride.</b> Bob Phillips - Meet at New Wilmington H.S. at 2:00pm 22 Miles <b>C</b>	<b>6</b>	<b>7</b>	<b>8 Road Ride.</b> Bob Phillips—Meet at 5:30pm at New Wilmington HS. 20 Miles <b>C</b>	<b>9</b>	<b>10</b>	<b>11 Road Ride.</b> <i>PRE-Tour De La MEC Meet at Marti Park at -9:00am</i>
<b>12 Road Ride. Larry Bell</b> Meet at Laurel HS at 2:00pm. 25 miles <b>C</b>	<b>13</b>	<b>14</b>	<b>15 Vintage Bike Trail Ride.</b> J. Kwiat. Meet Stavich trail 5:30pm BRING OLD BIKE if you have one. <b>C</b>	<b>16</b>	<b>17</b>	<b>18 Apple Festival Road Ride.</b> Get Flyer at Bike Shop or go to website: <a href="http://www.mctrails.org">www.mctrails.org</a>
<b>19 Road Ride.</b> Bob Phillips Meet at New Wilmington HS. at 2:00pm 20 Miles . <b>C</b>	<b>20</b>	<b>21`</b>	<b>22 Road Ride,</b> Ken Keene Meet at Cascade Park Lot. at 5:30pm 15 Miles <b>D</b>	<b>23</b>	<b>24</b>	<b>25 Road Ride.</b> Jean Minner Meet at Mt. Jackson church 10:00 am. 20 miles <b>C</b>
<b>26 Road Ride. Club ride.</b> <i>Tour De La Mec 15,30,62 miles</i>	<b>27</b>	<b>28</b>	29 Trail Ride—John Kwiat Stavich Trail at 7:30pm. Bring BIKE LIGHTS 20 miles <b>D</b>	<b>30</b>		

**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**