

Average ride speeds are from 15-18mph depending on our group. We may split up in a faster and slower group as needed.

June 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9 Ride -2-3 hours 9:30am at Central Food	10 Ride -2-3 hours 9:30am at Central Food
11	12 Run/Walk/Shuffle 1 hour 6pm at Emde Home	13 Ride -2.5 hours 9:30am at Central Food	14	15	16 EWU Graduation No planned club ride	17 Fathers Day No planned club ride
18	19 Run/Walk/Shuffle 1 hour 6pm at Emde Home	20 Ride -2.5 hours 9:30am at Central Food	21	22	23 Ride -2-3 hours 9:30am at Central Food	24 Ride -2-3 hours 9:30am at Central Food
25	26 Run/Walk/Shuffle 1 hour 6pm at Emde Home	27 Ride -2.5 hours 9:30am at Central Food	28	29	30 Ride -2-3 hours 9:30am at Central Food	1 Ride -2-3 hours 9:30am at Central Food