



maine cycling club

Weekend Dempsey Challenge “Get Ready Rides”

These specific rides are intended to prepare the person for building miles whether it is 25, 50 or 100 miles. These 8 rides alone are NOT enough, additional riding is necessary! These rides are sections of the 25/50/100 mile route and are un-supported (no sag wagon). For more information please visit www.dempseychallenge.org on the Dempsey Challenge October 8th & 9th 2011! Or the Maine Cycling Club at www.maineclub.com.

Please “sign up” for each ride by RSVP to rufit@megalink.net or call 207-240-9139
Rides may be cancelled due to the weather! Due to the multi-level participants, each person will be given a trip map of the route so each person can proceed at their own pace.

Date	Start From & return to	Miles	Ride leaves at	PLEASE RSVP to rufit@megalink.net if you plan to ride
**Saturday June 11th	Curry Printing 30 Mill St., Auburn	18 miles	Ride leaves at 9:00am	RSVP to rufit@megalink.net
Sunday June 26th	Curry Printing 30 Mill St., Auburn	28 miles	Ride leaves at 9:00am	RSVP to rufit@megalink.net
Sunday July 10th	Harriman Kittyhawk Ave Ave, Auburn	39 miles	Ride leaves at 9:00am	RSVP to rufit@megalink.net
Sunday July 24th	Colonial Ridge, Off East Hardscrabble Rd Auburn	47 miles	Ride leaves at 8:00am	RSVP to rufit@megalink.net
**Saturday August 6th	Harriman Kittyhawk Ave Auburn	55 miles	Ride leaves at 8:00am	RSVP to rufit@megalink.net
Sunday August 21st	Colonial Ridge, Off East Hardscrabble Rd Auburn	65 miles	Ride leaves at 8:00am	RSVP to rufit@megalink.net
**Saturday Sept 10th	Harriman Kittyhawk Ave Ave, Auburn	77 miles	Ride leaves at 7:30am	RSVP to rufit@megalink.net
Sunday Sept 25th	Harriman Kittyhawk Ave Ave, Auburn	84 miles	Ride leaves at 7:30am	RSVP to rufit@megalink.net