

Weekend Dempsey Challenge “Get Ready Rides”

These specific rides are intended to prepare the person for building miles to ride a century (100 miles). However please feel free to join us for any distance building ride. These 7 rides alone are NOT enough, additional riding is necessary! These rides are sections of the 100 mile route and are un-supported (no sag wagon or planned rest stops). Please visit www.dempseychallenge.org for more information on the Dempsey Challenge of 2010!

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 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 12th	Curry Printing at 30 Mill St., Auburn	18 miles	Ride leaves at 9:00am	RSVP to rufit@megalink.net
** Saturday June 26th MCC Picnic Party!	From Range State Park	28 miles	Ride leaves at 9:30am Park opens at 9:30am	RSVP to rufit@megalink.net
Sunday July 11th	Harriman	39 miles	Ride leaves at 9:00am	RSVP to rufit@megalink.net
Sunday July 25th	Harriman	47 miles	Ride leaves at 8:00am	RSVP to rufit@megalink.net
Sunday August 8th	Harriman	62 miles	Ride leaves at 8:00am	RSVP to rufit@megalink.net
Sunday August 22nd	Harriman	77 miles	Ride leaves at 8:00am	RSVP to rufit@megalink.net
Sunday Sept 12th	Harriman	84 miles	Ride leaves at 8:00am	RSVP to rufit@megalink.net

These rides are courtesy of the Maine Cycling Club! Visit our website at www.maineclub.com. Hope to see YOU on the Dempsey Get Ready Rides!