

## Sunday Dempsey Challenge “Get Ready” Rides

These specific rides are intended to prepare the person for building miles to ride a century. These 7 rides alone are NOT enough, additional riding is necessary! These rides are sections of the 100 mile route and all end up back at their starting location.

Please “sign up” for each ride by [RSVP to wfpt@megalink.net](mailto:wfpt@megalink.net)

Rides may be cancelled due to weather! Due to multi-level participants, each person will be given a trip map to proceed at their own pace if they wish.

Date	Start From & return to	Miles	Route	MUST RSVP to wfpt@megalink.net if you plan to ride
June 14 <sup>th</sup> Sunday	Harriman 46 Harriman Drive  <b>Leave at 9:00am</b>	24 miles	Kittyhawk, Lewiston Jct, Empire, 122/ Spring, Rt 26, Range Hill, Colbath Rd, Quarry Rd, N.Raymond, , Spiller Rd. and back.	<b>RSVP to</b> <a href="mailto:wfpt@megalink.net">wfpt@megalink.net</a> for each ride you plan to attend!
<b>June 27<sup>th</sup></b> <b>** Saturday</b>	Meet at Range Pond, MCC Summer Picnic  <b>Leave at 9:00am</b>	39-41 miles	Rt 26, Range Hill, Colbath Rd, Quarry., N Raymond , Spiller, Raymond Hill, SR 85/ Webbs Mill, Plains, SR 121, SR11, US302, SR35	<b>RSVP to</b> <a href="mailto:wfpt@megalink.net">wfpt@megalink.net</a> for each ride you plan to attend!
July 12 <sup>th</sup> Sunday	Meet at SR 122/Spring Water Rd. from Empire Rd. <b>Leave at 9:00am</b>	43-47 miles	SR122/ Spring Water Rd, RT 26, SR11, US302, SR35, Kansas Rd., turn around	<b>RSVP to</b> <a href="mailto:wfpt@megalink.net">wfpt@megalink.net</a> for each ride you plan to attend!
July 26 <sup>th</sup> Sunday	Meet at Flint St. & Main St (Rt 302 & Rt 117	60 miles	Meet at Flint St & Main St (Rt 302 & SR117). Go SR117,	<b>RSVP to</b> <a href="mailto:wfpt@megalink.net">wfpt@megalink.net</a> for

	Intersection <b>Leave at 8:00am</b>		Dawes Hill, High St, Carsley Rd, Fogg Rd, Edes Falls Rd, Cooks Mills, SR11, SR 121, turn around at Rayville Rd & Scribner Hill intersection.	each ride you plan to attend!
August 9 <sup>th</sup> Sunday	Harriman, 46 Harriman Drive <b>Leave at 8:00am</b>	68 miles	Start at Harriman, Lewiston Jct Rd, Torrey, Empire, ... Highland Ave, ... SR11, SR 121/ Meadow, Cooks Mill, Edes Falls, turn around	<b>RSVP to</b> <a href="mailto:wfpt@megalink.net">wfpt@megalink.net</a> for each ride you plan to attend!
August 23 <sup>rd</sup> Sunday	Railroad Park, Lewiston, <b>Leave at 8:00am</b>	77 miles	Start at Railroad Park Lewiston, go first 38.43 miles of 100 & turn around.	<b>RSVP to</b> <a href="mailto:wfpt@megalink.net">wfpt@megalink.net</a> for each ride you plan to attend!
September 13 <sup>th</sup> Sunday <b>Last one before the PDC</b>	Railroad Park, Lewiston, <b>Leave at 8:00am</b>	84 miles	Start at Railroad Park and ride from the finish route of the 100 miles back 42 miles to Edes Falls Rd, turn around.	<b>RSVP to</b> <a href="mailto:wfpt@megalink.net">wfpt@megalink.net</a> for each ride you plan to attend!