

February 2009

Date:	Event:	Time:	Location:	Notes:
1-Feb	Big Sur Int'l Training - Long Trail Run	TBD	Old Fort Ord - BLM land	Meet at intersection of Schoonover and Inter-Garrison Road. Call 402-3120 for start time. Estimated distance 13 miles. Run a portion or all ~ your choice
7-Feb	Mountain Bike Ride - Intermediate and above	9:30 - 11:00 AM	Old Fort Ord - BLM land	Meet at intersection of Schoonover and Inter-Garrison Road. Helmet required. Water/Sports drink, food, backpack, appropriate riding gear, etc. optional. Call 402-3120 to confirm.
7-Feb	Family Mountain Bike Ride -Beginners and kids welcome	11:00 AM - NOON	Old Fort Ord - BLM land	Meet at intersection of Schoonover and Inter-Garrison Road. Helmet required. Water/Sports drink, food, backpack, appropriate riding gear, etc. optional. Call 402-3120 to confirm.
8-Feb	Big Sur Int'l Training - Long Trail Run	TBD	Old Fort Ord - BLM land	Meet at intersection of Schoonover and Inter-Garrison Road. Call 402-3120 for start time. Estimated distance 15 miles. Run a portion or all ~ your choice
14-Feb	Mountain Bike Ride - Intermediate and above (Out of town ride)	8:30 AM - Early Afternoon	Henry Coe State Park	Meet at REI in Marina at 8:30. Helmet, water/sports drink, food, backpack, appropriate riding gear required. Call 402-3120 to confirm.
15-Feb	Big Sur Int'l Training - Long Trail Run	TBD	Old Fort Ord - BLM land	Meet at intersection of Schoonover and Inter-Garrison Road. Call 402-3120 for start time. Estimated distance 12 miles. Run a portion or all ~ your choice
21-Feb	Mountain Bike Ride - Intermediate and above	9:30 - 11:00 AM	Old Fort Ord - BLM land	Meet at intersection of Schoonover and Inter-Garrison Road. Helmet required. Water/Sports drink, food, backpack, appropriate riding gear, etc. optional.
21-Feb	Family Mountain Bike Ride -Beginners and kids welcome	11:00 AM - NOON	Old Fort Ord - BLM land	Meet at intersection of Schoonover and Inter-Garrison Road. Helmet required. Water/Sports drink, food, backpack, appropriate riding gear, etc. optional.
22-Feb	Big Sur Int'l Training - Long Trail Run	TBD	Old Fort Ord - BLM land	Meet at intersection of Schoonover and Inter-Garrison Road. Call 402-3120 for start time. Estimated distance 17 miles. Run a portion or all ~ your choice
28-Feb	Mountain Bike Ride - Intermediate and above (Distance Ride)	9:30 - NOON	Old Fort Ord - BLM land	Meet at intersection of Schoonover and Inter-Garrison Road. Helmet required. Water/Sports drink, food, backpack, appropriate riding gear, etc. optional.