

January 2009

Date:	Event:	Time:	Location:	Notes:
17-Jan	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.
17-Jan	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.
18-Jan	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
24-Jan	Mountain Bike Ride - Intermediate and above (Distance Ride)	9:30 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.
25-Jan	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
31-Jan	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.
31-Jan	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.