

# LOST FOUND ADVENTURES

## MAY 2009

Date:	Event:	Time:	Location:	Notes:
2-May	<b>Mountain Bike Ride -</b> 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 or email coloroadventureracer@yahoo.com to confirm.
2-May	<b>Family Mountain Bike Ride -</b> 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 or email coloroadventureracer@yahoo.com to confirm.
9-May	<b>Indoor Rock Climbing</b>	10:00 am - NOON	Sanctuary Rock Gym	Join L&F for a fun day of climbing in Sand City. Cost are ~ \$20. More info in cluding directions at: <a href="http://www.rockgym.com/about_us/location/">http://www.rockgym.com/about_us/location/</a>
16-May	<b>Central Coast Adevnture Race</b>	ALL DAY	Santa Margarita Lake	Come cheer on L&F Co-leaders John Houseman and Clayton Corbin at this dawn-to-dusk event. Bring your mountain bike and plan to ride the trails (on your own). More on this event at: <a href="http://www.ccadventure.com">http://www.ccadventure.com</a>
23-May	<b>Mountain Bike Ride -</b> 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 or email coloroadventureracer@yahoo.com to confirm.
23-May	<b>Family Mountain Bike Ride -</b> 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 or email coloroadventureracer@yahoo.com to confirm.
30-May	<b>Mountain Bike Ride -</b> Intermediate and above <b>(Distance Ride)</b>	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.