

2021 SCHEDULE FOR LEADER TRAINING

<p>General description of the activity Reserved for members interested or considering becoming a ride leader or leaders wanting to upgrade their skills or become coordinators. Start time 10 am. Arrive at 9:40 am for bike preparation, a quick review, and meeting people. Warm-up and stretches before cycling.</p>
<p>Posting, sign-up methods, other I will lead the rides or select leaders for the rides, post the events two weeks in advance, with sign-ups one week ahead. The leader of the day will decide the route in consultation with the participants. Weather and unforeseen circumstances could change the schedule. Watch for any cancellation notification at 8 am on the ride-day.</p>
<p>Items to bring Extra tube, pump, cycling map, personal identification, cell phone (turn it on), a medical kit including band-aids and aspirin, face mask, lunch, water.</p>

Welcome!
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Coach
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Item	Date	WkDay	Level	Ride Title	Km	Difficulty
10 AM	Apr-18	Sun	1,2,3	Zoom Gathering Leader Training	0	Meet/Greet/Enlist
1	Apr-20	Tue	3	No Frills, Airdrie Canal Communities	40	2 medium hills
2	Apr-21	Wed	2	No Frills, Airdrie Canal Communities	30	1 medium hill
3	Apr-22	Thu	1	No Frills, Airdrie Canal Communities	20	1 easy hill
4	May-18	Tue	3	Mallard Point Fish Creek to Spruce M.	50	2 medium hills
5	May-19	Wed	2	The Ranche Fish Creek to Spruce M.	40	1 big hill
6	May-20	Thu	1	The Ranche Fish Creek to Mallard	20	Flat and easy
7	Jun-08	Tue	3	Mallard Point to Downtown Calgary	40	2 Big Hills
8	Jun-09	Wed	2	Mallard Point to Fish Hatchery	30	2 medium hills
9	Jun-10	Thu	1	Mallard Point to 37th SW	20	1 easy hill
10	Jun-22	Tue	3	Mallard Point to SE Communities	45	2 Big hills
11	Jun-23	Wed	2	Mallard Point to SE Communities	40	1 Big hill
12	Jun-24	Thu	1	Mallard Point to SE Communities	25	1 Big hill
13	Jul-13	Tue	3	Mallard Point to Chestermere	50	1 easy hill
14	Jul-14	Wed	2	Dog Park to Chestermere	40	One hill
14	Jul-22	Thu	1	Ralph Klein Park to Chestermere	25	Flat and easy
15	Aug-03	Tue	3	Okotoks	45	2 Big Hills
16	Aug-04	Wed	2	Okotoks	40	2 Big Hills
17	Aug-05	Thu	1	Okotoks	20	Easy no Hills