

January 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Notes: Lay off the food. Your miles have decreased. Watch for icy patches on the road and loose gravel, sand and salt from salt trucks. Remember, it is warmest at midday and when dressed right, riding can be comfortable in the cold. TIP If it is real cold, place chemical handwarmers under your booties and on top of shoes. Your toes will stay nice and warm.			1	2	3 All Pace Ride @HCC Start 9:00 AM	4
5 HVCC Board of Directors Meeting @8:00PM	6	7	8	9	10 All Pace Ride @HCC Start 9:00 AM	11
12	13	14	15	16	17 All Pace Ride @HCC Start 9:00 AM	18
19	20	21	22	23	24 All Pace Ride @HCC Start 9:00 AM	25
26	27	28	29	30	31 All Pace Ride @HCC Start 9:00 AM	Notes:

February 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>The official Winter Sucks Month. Snow may force the use of indoor trainers. Music, videos and/or spinning tapes are great ways to help the time pass quickly when hooked up on a trainer. Use alternate aerobic workouts in the gym and build up core strength with weight training.</p>						1
2 HVCC Board of Directors Meeting @8:00PM	3	4	5	6	7 All Pace Ride @HCC Start 9:00 AM	8
9	10	11	12	13	14 All Pace Ride @HCC Start 9:00 AM	15
16	17	18	19	20	21 All Pace Ride @HCC Start 9:00 AM	22
23	24	25	26	27	28 All Pace Ride @HCC 9:00 AM Annual Club Meeting 3:00 PM @ Bel Air Library	Notes:

March 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Notes: The wind can be devastating to your morale while riding. Use the wind on flats like a hill climb. With the wind in your face, upshift and stand, and it will simulate a hill climb. TIP Head into the wind early in the morning while the wind is calmer and ride it home when it picks up later in the day						1
2 HVCC Board of Directors Meeting @8:00PM	3	4	5	6	7 All Pace Ride @HCC Start 9:00 AM	8
9	10	11	12	13	14 All Pace Ride @HCC Start 9:00 AM	15
16	17	18	19	20	21 All Pace Ride @HCC Start 9:00 AM	22
23	24	25	26	27	28 All Pace Ride @HCC Start 9:00 AM	29
30	31	Notes:				

April 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Notes: Weekday rides will start and there will be enough daylight for the rides. April is the month you need to focus on dressing in layers.</p>		<p>1 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM</p>	<p>2 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM</p>	3	<p>4 All Rides Start @HCC 900Am A Ride Cue#35ma B Ride Cue #25ma C Ride Cue #17ma</p>	<p>5 Start@HCC 9 am A Ride Cue#40ma B Ride Cue #33ma C Ride Cue #26ma D Ride 15-20</p>
<p>6 HVCC Board of Directors Meeting @8:00PM</p>	<p>7 C Ride @HCC 20 Miles 5:30 PM</p>	<p>8 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM</p>	<p>9 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM</p>	10	<p>11 All Rides Start @HCC 900Am A Ride Cue#35mb B Ride Cue #25mb C Ride Cue #19ma</p>	<p>12 Start@HCC 9 am A Ride Cue#40mb B Ride Cue #35ma C Ride Cue #28mb D Ride 15-20</p>
13	<p>14 C Ride @HCC 20 Miles 5:30 PM</p>	<p>15 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM</p>	<p>16 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM</p>	17	<p>18 All Rides Start @HCC 900Am A Ride Cue#35mc B Ride Cue #26ma C Ride Cue #19mb</p>	<p>19 Start@HCC 9 am A Ride Cue#40mc B Ride Cue #35mb C Ride Cue #28mc D Ride 15-20</p>
20	<p>21 C Ride @HCC 20 Miles 5:30 PM</p>	<p>22 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM</p>	<p>23 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM</p>	24	<p>25 All Rides Start @HCC 900Am A Ride Cue#35md B Ride Cue #28ma C Ride Cue #21ma</p>	<p>26 Start@HCC 9 am A Ride Cue#40md B Ride Cue #35mc C Ride Cue #29ma D Ride 15-20</p>
27	<p>28 C Ride @HCC 20 Miles 5:30 PM</p>	<p>29 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM</p>	<p>30 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM</p>	<p>Notes: April makes you appreciate wind vests, arm warmers, knee warmers, and a light head band. Remove items as the day warms up during the ride.</p>		

May 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Notes: HVCC schedule is full tilt this month. Many riders that haven't ridden through the winter will have to pay the price. The good news is they will have company of other riders who have'nt ridden in the winter. TIP Increase miles steadily each week without drastic jumps in the weekly total of miles ridden. This will allow your body to get stronger rather than suffering from fatigue and overuse injuries.</p>				1	2 Meet and Greet @HCC Start 8:45 AM Ride 9:00AM A 36 ma B 28mb C 23ma	3 Start@HCC 9 am A Ride Cue#41ma B Ride Cue #36ma C Ride Cue #30ma D Ride 15-20
4 HVCC Board of Directors Meeting @8:00PM	5 C Ride @HCC 20 Miles 5:30 PM	6 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM	7 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM	8	9 All Rides Start @HCC 900Am A Ride Cue#36mb B Ride Cue #28mc C Ride Cue #25ma	10 Start@HCC 9 am A Ride Cue#42ma B Ride Cue #36mb C Ride Cue #30mb D Ride 15-20
11	12 C Ride @HCC 20 Miles 5:30 PM	13 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM	14 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM	15 BIKE TO WORK DAY	16 All Rides Start @HCC 900Am A Ride Cue#39ma B Ride Cue #29ma C Ride Cue #25mb	17 Start@HCC 9 am A Ride Cue#49ma B Ride Cue #39ma C Ride Cue #30mc D Ride 15-20
18	19 C Ride @HCC 20 Miles 5:30 PM	20 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM	21 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM	22	23 All Rides Start @HCC 900Am A Ride Cue#40ma B Ride Cue #30ma C Ride Cue #26ma	24 Start@HCC 9 am A Ride Cue#35ma B Ride Cue #40ma C Ride Cue #17ma D Ride 15-20
25	26 C Ride @HCC 20 Miles 5:30 PM	27 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM	28 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM	29	30 All Rides Start @HCC 900Am A Ride Cue#40mb B Ride Cue #30mb C Ride Cue #28mb	31 Start@HCC 9 am A Ride Cue#35mb B Ride Cue #40mb C Ride Cue #19ma D Ride 15-20

June 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 HVCC Board of Directors Meeting @8:00PM	2 C Ride @HCC 20 Miles 5:30 PM	3 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM	4 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM	5	6 All Rides Start @HCC 900Am A Ride Cue#40mc B Ride Cue #30mc C Ride Cue #28mc	7 Start@HCC 9 am A Ride Cue#35mc B Ride Cue #40mc C Ride Cue #19mb D Ride 15-20
8	9 C Ride @HCC 20 Miles 5:30 PM	10 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM	11 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM	12	13 All Rides Start @HCC 900Am A Ride Cue#40md B Ride Cue #30mc C Ride Cue #29ma	14 Start@HCC 9 am A Ride Cue#35md B Ride Cue #40mc C Ride Cue #21ma D Ride 15-20
15	16 C Ride @HCC 20 Miles 5:30 PM	17 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM	18 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM	19	20 All Rides Start @HCC 900Am A Ride Cue#41ma B Ride Cue #32ma C Ride Cue #30ma	21 Start@HCC 9 am A Ride Cue#36ma B Ride Cue #40md C Ride Cue #23ma D Ride 15-20
22	23 C Ride @HCC 20 Miles 5:30 PM	24 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM	25 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM	26	27 All Rides Start @HCC 900Am A Ride Cue#42ma B Ride Cue #33ma C Ride Cue #30mb	28 Start@HCC 9 am A Ride Cue#36mb B Ride Cue #25ma C Ride Cue #25ma D Ride 15-20
29	30 C Ride @HCC 20 Miles 5:30 PM	Notes: The Daylillies will be blooming. Summer is here along with some of the longest days of the year. Take advantage of the warm evenings and long days to get some good rides in after work during the weekdays.				

July 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Notes: Our annual Fourth of July ride is once again scheduled. With over 5000 feet of total climbing in a 53 mile ride over some tough rolling hills this ride is always a challenge. This ride has over 5000 feet of vertical climbing.</p>		<p>1 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM</p>	<p>2 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM</p>	<p>3</p>	<p>4 Annual Independence Day Ride @ HCC 7AM 53 Miles A/B Pace Cue#45</p>	<p>5 Start@HCC 9 am A Ride Cue#39ma B Ride Cue #25mb C Ride Cue #25mb D Ride 15-20</p>
<p>6 HVCC Board of Directors Meeting @8:00PM</p>	<p>7 C Ride @HCC 20 Miles 5:30 PM</p>	<p>8 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM</p>	<p>9 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM</p>	<p>10</p>	<p>11 All Rides Start @HCC 900Am A Ride Cue#35ma B Ride Cue #35mb C Ride Cue #17ma</p>	<p>12 Start@HCC 9 am A Ride Cue#40ma B Ride Cue #26ma C Ride Cue #26ma D Ride 15-20</p>
<p>13</p>	<p>14 C Ride @HCC 20 Miles 5:30 PM</p>	<p>15 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM</p>	<p>16 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM</p>	<p>17</p>	<p>18 All Rides Start @HCC 900Am A Ride Cue#35mb B Ride Cue #35mc C Ride Cue #19ma</p>	<p>19 Start@HCC 9 am A Ride Cue#40mb B Ride Cue #28ma C Ride Cue #28mb D Ride 15-20</p>
<p>20</p>	<p>21 C Ride @HCC 20 Miles 5:30 PM</p>	<p>22 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM</p>	<p>23 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM</p>	<p>24</p>	<p>25 All Rides Start @HCC 900Am A Ride Cue#35mc B Ride Cue #36ma C Ride Cue #19mb</p>	<p>26 Start@HCC 9 am A Ride Cue#40mc B Ride Cue #28mb C Ride Cue # 28mc D Ride 15-20</p>
<p>27</p>	<p>28 C Ride @HCC 20 Miles 5:30 PM</p>	<p>29 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM</p>	<p>30 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM</p>	<p>31</p>	<p>Notes:</p>	

August 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Notes: Remember to beat the heat by riding early in the morning. Even with reasonable temperatures, high humidity can rob you of fluids. Drink plenty and drink often.					1 All Rides Start @HCC 900Am A Ride Cue#35md B Ride Cue #36mb C Ride Cue #21ma	2 Start@HCC 9 am A Ride Cue#40md B Ride Cue #28mc C Ride Cue #29ma D Ride 15-20
3 HVCC Board of Directors Meeting @8:00PM	4 C Ride @HCC 20 Miles 5:30 PM	5 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM	6 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM	7	8 @HCC 900Am A Ride Cue#36ma B Ride Cue #39ma C Ride Cue #23ma HVCC PICNIC	9 Start@HCC 9 am A Ride Cue#41ma B Ride Cue #29ma C Ride Cue #30ma D Ride 15-20
10	11 C Ride @HCC 20 Miles 5:30 PM	12 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM	13 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM	14	15 All Rides Start @HCC 900Am A Ride Cue#36mb B Ride Cue #40ma C Ride Cue #25ma	16 Start@HCC 9 am A Ride Cue#42ma B Ride Cue #30ma C Ride Cue #30mb D Ride 15-20
17	18 C Ride @HCC 20 Miles 5:30 PM	19 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM	20 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM	21	22 All Rides Start @HCC 900Am A Ride Cue#39ma B Ride Cue #40mb C Ride Cue #25mb	23 Start@HCC 9 am A Ride Cue#49ma B Ride Cue #30mb C Ride Cue #30mc D Ride 15-20
24	25 C Ride @HCC 20 Miles 5:30 PM	26 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM	27 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM	28	29 All Rides Start @HCC 900Am A Ride Cue# 40ma B Ride Cue #40mc C Ride Cue #36ma	30 Start@HCC 9 am A Ride Cue#35ma B Ride Cue #30mc C Ride Cue #17ma D Ride 15-20
31	Notes:					

September 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Notes:	1 C Ride @HCC 20 Miles 5:30 PM	2 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM	3 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM	4	5 All Rides Start @HCC 900Am A Ride Cue#40mb B Ride Cue #40md C Ride Cue #28mb	6 Start@HCC 9 am A Ride Cue#35mb B Ride Cue #32ma C Ride Cue #19ma D Ride 15-20
7	8 C Ride @HCC 20 Miles 5:30 PM	9 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM	10 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM	11	12 All Rides Start @HCC 900Am A Ride Cue#40mc B Ride Cue #25ma C Ride Cue #28mc	13 Start@HCC 9 am A Ride Cue#35mc B Ride Cue #33ma C Ride Cue #19mb D Ride 15-20
14 HVCC Board of Directors Meeting @8:00PM	15 C Ride @HCC 20 Miles 5:30 PM	16 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM	17 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM	18	19 Pink Ribbon Ride Bike For Breast Cancer 700AM HCC Registration Required	20 Start@HCC 9 am A Ride Cue#35md B Ride Cue #35mb C Ride Cue #21ma D Ride 15-20
21	22 C Ride @HCC 20 Miles 5:30 PM	23 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM	24 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM	25	26 All Rides Start @HCC 900Am A Ride Cue#41ma B Ride Cue #28ma C Ride Cue #30ma	27 Start@HCC 9 am A Ride Cue#36ma B Ride Cue #35mc C Ride Cue #23ma D Ride 15-20
28	29 C Ride @HCC 20 Miles 5:30 PM	30 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM	Notes: Weekday rides officially end September 11th due to the lack of daylight. September is a great month to ride as the hot temperatures of August recede due to the transition into the fall months.			

October 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Notes: Make sure you get out this month. The cooler weather makes it one of the best months to ride as the trees change color.			1 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM	2	3 All Rides Start @HCC 900Am A Ride Cue#42ma B Ride Cue #28mb C Ride Cue #30mb	4 Howl at the Moon 6:00 PM Lights Required
5 HVCC Board of Directors Meeting @8:00PM	6 C Ride @HCC 20 Miles 5:30 PM	7 D Fun Ride 12 mi. A Ride ToA 28 mi. @HCC Start Times 6:00PM	8 B Ride @ HCC 20 Miles 5:30PM C Ride @HCC 20 Miles 5:30 PM	9	10 All Rides Start @HCC 900Am A Ride Cue#49ma B Ride Cue #28mc C Ride Cue #30mc	11
12	13	14	15	16	17 B Pace Ride @HCC Start 9:00 AM 1.5-2 Hour Cueless Ride	18
19	20	21	22	23	24 B Pace Ride @HCC Start 9:00 AM 1.5-2 Hour Cueless Ride	25
26	27	28	29	30	31 B Pace Ride @HCC Start 9:00 AM 1.5-2 Hour Cueless Ride	Notes:

November 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Notes: It is time to pull out the cold gear. Tights, head bands, long gloves, and booties will be needed sometime during the month. A few warm articles of clothing can get you through the winter season with comfort.						1 DST ENDS
2 HVCC Board of Directors Meeting @8:00PM	3	4	5	6	7 B Pace Ride @HCC Start 9:00 AM 1.5-2 Hour Cueless Ride	8
9	10	11	12	13	14 B Pace Ride @HCC Start 9:00 AM 1.5-2 Hour Cueless Ride	15
16	17	18	19 Turkey Ride B Pace Ride @HCC Start 9:00 AM 1.5-2 Hour	20	21 B Pace Ride @HCC Start 9:00 AM 1.5-2 Hour Cueless Ride	22
23	24	25	26	27	28 B Pace Ride @HCC Start 9:00 AM 1.5-2 Hour Cueless Ride	29
30	Notes:					

December 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Notes:	1	2	3	4	5 B Pace Ride @HCC Start 9:00 AM 1.5-2 Hour Cueless Ride	6
7 HVCC Board of Directors Meeting @8:00PM	8	9	10	11	12 B Pace Ride @HCC Start 9:00 AM 1.5-2 Hour Cueless Ride	13
14	15	16	17	18	19 B Pace Ride @HCC Start 9:00 AM 1.5-2 Hour Cueless Ride	20
21	22	23	24	25 XMAS Ride B Pace Ride @HCC Start 9:00 AM 1.5-2 Hour	26 B Pace Ride @HCC Start 9:00 AM 1.5-2 Hour Cueless Ride	27
28	29	30	31	Notes: The shortest days of the year make riding before or after work a challenge. Make sure you have good lights and blinkies. Even though there is a shortage of light, the weather is usually cooperative and warm enough to ride outside with the proper gear.		

Harford Velo Ride Pace Description

A

A Rides ---- Rides have an OVERALL AVERAGE speed of 17-21 mph for 35+ miles. Ride averages vary based on terrain. Typical riders are extremely fit, ride over 10 hours/week in season, and group speeds on the flats are typically between 20-24 mph. **IF YOU CAN MAINTAIN 20 MPH ON A FLAT WIND FREE COURSE FOR ONE HOUR BY YOURSELF THIS GROUP MAY BE FOR YOU.**

B

B Rides----Rides have an OVERALL AVERAGE speed of 15-18 mph for 30 – 45 miles. Ride averages vary based on terrain. Typical B riders are very fit, ride over 100 miles/week in season, and group speeds on the flats are typically between 18 and 22 mph. **IF YOU CAN MAINTAIN 18 MPH ON A FLAT WIND FREE COURSE FOR ONE HOUR BY YOURSELF THIS GROUP MAY BE FOR YOU.**

C

C Rides---Rides have an OVERALL AVERAGE speed of 13-16 mph for 25-35 miles. Ride averages vary based on terrain. Typical C riders are fit, ride over 70 miles/season, and group speeds on the flats are typically between 16-20 mph. **IF YOU CAN MAINTAIN 16 MPH ON A FLAT WIND FREE COURSE FOR ONE HOUR BY YOURSELF THIS GROUP MAY BE FOR YOU.**

D

D Rides---Rides have an OVERALL AVERAGE speed of 10-14 mph for 15-25 miles. Ride averages vary based on terrain. Typical D riders are riders who enjoy riding at a leisurely pace or are beginning to ride on the road with a group.

HVCC Ride

Ride Coordinator

Tues/Thurs C Rides

Bill Mustin

Wed D Rides

Offie Clark

Sat A Rides

Sunday A Rides

Murray Davis

Saturday B Rides

Chris Kennedy

Sunday B Rides

Jeff Huesman

Saturday C Rides

Bob Buchanan

Sunday C Rides

Tom Nichols

ToA Ride Wed

Established Ride/No Leader

B Ride Thurs

Established Ride/No Leader