

# August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 @HCC 8:00AM A Ride Cue# 56ma @HCC 9:00AM B Ride Cue #40ma C Ride Cue 33ma D Leisure Ride</p>	<p>2 HVCC Board of Directors Meeting @8:00PM</p>	<p>3 C Ride @HCC 20 Miles 5:30 PM</p>	<p>4 @HCC @6:00PM D Fun Ride 12 mi. A Ride ToA 28 mi.</p>	<p>5 @ HCC @530PM B Ride 20miles C Ride 20miles @HCC @600PM C Ride 20 miles</p>	<p>6</p>	<p>7 @HCC 8:00AM A Ride Cue#33ma @HCC 9:00AM B Ride Cue #28mc C Ride Cue #28mb</p>
<p>8 @HCC 8:00AM A Ride Cue# 56mb @HCC 9:00AM B Ride Cue #40mb C Ride Cue #TBA D Leisure Ride</p>	<p>9</p>	<p>10 C Ride @HCC 20 Miles 5:30 PM</p>	<p>11 @HCC @6:00PM D Fun Ride 12 mi. A Ride ToA 28 mi.</p>	<p>12 @ HCC @530PM B Ride 20miles C Ride 20miles @HCC @600PM C Ride 20 miles</p>	<p>13</p>	<p>14 @HCC 8:00AM A Ride Cue# 35mb @HCC 9:00AM B Ride Cue #29ma C Ride Cue #29ma</p>
<p>15 @HCC 8:00AM A Ride Cue#53ma @HCC 9:00AM B Ride Cue #40mc CRide Cue 36ma D Leisure Ride</p>	<p>16</p>	<p>17 C Ride @HCC 20 Miles 5:30 PM</p>	<p>18 @HCC @6:00PM D Fun Ride 12 mi. A Ride ToA 28 mi.</p>	<p>19 @ HCC @530PM B Ride 20miles C Ride 20miles @HCC @600PM C Ride 20 miles</p>	<p>20</p>	<p>21 @HCC 8:00AM A Ride Cue# 35md @HCC 9:00AM B Ride Cue #30ma C Ride Cue #28ma</p>
<p>22 @HCC 8:00AM A Ride Cue# 49ma @HCC 9:00AM B Ride Cue #40md CRide Cue #R30mc D Leisure Ride</p>	<p>23</p>	<p>24 C Ride @HCC 20 Miles 5:30 PM</p>	<p>25 @HCC @6:00PM D Fun Ride 12 mi. A Ride ToA 28 mi.</p>	<p>26 @ HCC @530PM B Ride 20miles C Ride 20miles @HCC @600PM C Ride 20 miles</p>	<p>27</p>	<p>28 @HCC 8:00AM A Ride Cue# 35md @HCC 9:00AM B Ride Cue #30ma C Ride Cue #TBA</p>
<p>29 @HCC 8:00AM A Ride Cue#40md @HCC 9:00AM B Ride Cue #41ma C Ride Cue #30ma D Leisure Ride</p>	<p>30</p>	<p>31 C Ride @HCC 20 Miles 5:30 PM</p>	<p>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.</p>			