

August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:	1 HVCC Board of Directors Meeting @8:00PM	2 @HCC @530PM C Ride 20 Miles	3 @HCC @600PM D Fun Ride 12 mi. A Ride ToA 28 mi.	4 @ HCC @530PM B Ride 20miles Ride 20miles @HCC @600PM C Ride 20 miles	5	6 @HCC 800AM A Ride Cue 53mb @HCC 900AM B Ride 35md C Ride Cue 28mb HarVelo BarBQ
7 @HCC 800AM A Ride Cue 36maR @HCC 900AM B Ride Cue 35ma	8	9 @HCC @530PM C Ride 20 Miles	10 @HCC @600PM D Fun Ride 12 mi. A Ride ToA 28 mi.	11 @ HCC @530PM B Ride 20miles Ride 20miles @HCC @600PM C Ride 20 miles	12	13 @HCC 800AM A Ride Cue 50mb @HCC 900AM B Ride Cue 41ma C Ride Cue 20mc
14 @HCC 800AM A Ride Cue 35mb @HCC 900AM B Ride Cue 36ma	15	16 @HCC @530PM C Ride 20 Miles	17 @HCC @600PM D Fun Ride 12 mi. A Ride ToA 28 mi.	18 @ HCC @530PM B Ride 20miles Ride 20miles @HCC @600PM C Ride 20 miles	19	20 @HCC 800AM A Ride Cue 57ma @HCC 900AM B Ride Cue 35mb C Ride Cue 30md
21 @HCC 800AM A Ride Cue 36ma @HCC 900AM B Ride Cue 28mb	22	23 @HCC @530PM C Ride 20 Miles	24 @HCC @600PM D Fun Ride 12 mi. A Ride ToA 28 mi.	25 @ HCC @530PM B Ride 20miles Ride 20miles @HCC @600PM C Ride 20 miles	26	27 @HCC 800AM A Ride Cue 36ma @HCC 900AM B Ride Cue 35mc C Ride Cue 29ma
28 @HCC 800AM A Ride Cue 39ma @HCC 900AM B Ride Cue 30mc	29	30 @HCC @530PM C Ride 20 Miles	31 @HCC @600PM D Fun Ride 12 mi. A Ride ToA 28 mi.	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.		