

2016 Ride A Metric (RAM) Training Schedule

DATE	Mid-Week Goal	Saturday Ride	Ride Leader
Saturday, April 30, 2016	One 3 mile ride	RAM Training Ride (7)	Don Watt 256-690-2210
	One 5 mile ride	Williams Elementary 4:00	Geanine Lehmann 256-655-6385
Saturday, May 07, 2016	Two 5 mile rides	RAM Training Ride (10)	Don Watt 256-690-2210
		Greenbrier Restaurant - 4:00	Geanine Lehmann 256-655-6385
Saturday, May 14, 2016	One 5 mile ride	RAM Training Ride (13)	Don Watt 256-690-2210
	One 7 mile ride	Cove Park Ballfields - 4:00	Geanine Lehmann 256-655-6385
Saturday, May 21, 2016	Two 7 miles rides	RAM Training Ride (17)	Don Watt 256-690-2210
		325 Yulista, Electronics BLVD - 4:00	Geanine Lehmann 256-655-6385
Saturday, May 28, 2016	One 10 mile ride	No ride due to holiday	
	On 7 mile ride (increased pace)		
Saturday, June 04, 2016	One 10 mile ride	Greenbrier Ride (20)	Leah Tracy 256-509-5217
	On 7 mile ride (increased pace)	Greenbrier Restaurant - 9:00	
Saturday, June 11, 2016	One 15 mile ride	Tour de Northeast (24)	Raul Briseno
	One 10 mile ride	Central School/Ryland Pike - 9:00	563-940-3888
Saturday, June 18, 2016	One 15 mile ride	Arsenal Ride, 9:00 (27)	Geanine Lehmann 256-655-6385
	One 10 mile ride (increased pace)	Arsenal Ride Out Vistors Center	Must have ID and Vest
Saturday, June 25, 2016	One 15 mile ride	Ride of the White Chevron (29)	Scott Stevens
	One 10 mile ride	Sparkman Middle School - 8:30	roadbikescott@gmail.com
Saturday, July 02, 2016	One 15 mile ride	No ride due to holiday	
	One 10 mile ride (increased pace)		
Saturday, July 09, 2016	One 15 mile ride	Twiggy Ride (32)	Ken Rex
	One 10 mile ride (increased pace)	Flint River Greenway - 8:30	khrex@aol.com , 256-650-5187
Saturday, July 16, 2016	Two 15 mile rides	Creekside Ride (34)	Keri Fletcher
		Creekside Elementary - 8:30	256-425-3410
Saturday, July 23, 2016	One 15 mile ride	Nuke Plant Ride (40)	Geanine Lehmann 256-655-6385
	One 10 mile ride (increased pace)	Mooreville Bar & Grill - 8:30	gean31356@aol.com
Saturday, July 30, 2016	Two 15 mile rides	Arsenal Ride, 8:00 (40)	Ernie Thomas, Sethomas3@att.net
		Arsenal Ride Out Vistors Center	Must have ID & Vest 256-776-3756
Saturday, August 06, 2016	One 20 mile ride	Mini Coldwater ride (42)	Scott Stevens
	One 15 mile ride	Sparkman Middle School - 8:00	roadbikescott@gmail.com
Saturday, August 13, 2016	One 20 mile ride	Sharps Cove/Sharps Hollow 8:00	Hunter Chockley
	One 15 mile ride	Madison County High School (40)	chockleyj@bellsouth.net
Saturday, August 20, 2016	One 20 mile ride	Sparkman Mystery Ride 2 (46)	Keri Fletcher
	One 15 mile ride (increased pace)	Sparkman High School - 8:00	256-425-3410
Saturday, August 27, 2016	One 25 mile ride	Greenbrier Ride (55)	Geanine Lehmann 256-655-6385
	One 20 mile ride	Greenbrier Restaurant -8:00	
Saturday, September 03, 2016	One 30 mile ride	Arsenal Ride, 8:00 (50)	TBD
	One 25 mile ride	Arsenal Ride Out Vistors Center	Must have ID and Vest
Saturday, September 10, 2016	One 30 mile ride	Cloud Cove (50) 8:00	Hunter Chockley
	One 25 mile ride	Flint River Greenway Parking lot	chockleyj@bellsouth.net
Saturday, September 17, 2016	One 30 mile ride	SCCC All You Can Eat Metric	Geanine Lehmann 256-655-6385
	One 25 mile ride	Madison County High School	

<http://springcity.org/ram>

RAM Website