

**21st Annual Ride Across California
(RAC 2010 – 2011)**

Rancho YMCA Bike Club Schedule (Log rides into www.bikelink.com)

EVENT	DATE	TIME	
<i>Bike the Bay (Biketebay.net)</i>	Sunday, August 29	7:00 am – 4:00 pm	
<i>Waterfall Rides (6 Mile Ride/24)</i>	<i>Penasquitos Canyon Preserve Entrance, Mercy Rd & Black Mountain. Bring drink & snack. Easy 3 mile ride to the waterfall and back on a dirt Road.</i>		
	Friday, September 3	3:15 to 5:30	
	Friday, September 10	3:15 to 5:30	
	Friday, September 17	3:15 to 5:30	
	Friday, September 24	3:15 to 5:30	
<i>San Dieguito River Trail (10 Mile Ride/20/44)</i>	<i>Trail head across the street from North County Fair. Turn right off Via Rancho Parkway onto Sunset Drive, go to the end of the street.</i>		
	Friday, October 8	3:30 – 6:00 pm	
	Friday, October 15	3:30 – 6:00 pm	
<i>Deli Rides (12 Mile Ride/24/68)</i>			
	Wednesday, November 11	9:00 am – 12:30 pm	
	Monday, January 17	9:00 am – 12:30 pm	
<i>Miramar Lake Rides(10.2 Mile Ride) (40.8/108.8)</i>			
	Friday, January 7	3:15 to 5:30	
	Friday, January 14	3:15 to 5:30	
	Friday, January 21	3:15 to 5:30	
	Friday, January 28	3:15 to 5:30	
<i>5 Cities Ride (30 Mile Ride/138.8)</i>			
	Sunday, February 20	7:30 am – 2:00 pm	
<i>Bike Club Meetings @ Oak Valley MS</i>		Topic	
<i>Bike Club Registration Begins</i>	Thursday, September 2	7:00 pm – 8:00 pm	Helmet & Bike Fit
	Thursday, January 20	7:00 pm – 8:00 pm	Visibility & Equipment
	Thursday, February 3	7:00 pm – 8:00 pm	Nutrition & Hydration
	Thursday, February 10	7:00 pm – 8:00 pm	Bike Maintenance
	Thursday, February 24	7:00 pm – 8:00 pm	Rules of the Road I
	Thursday, March 3	7:00 pm – 8:00 pm	Rules of the Road II
	Thursday, March 10	7:00 pm – 8:00 pm	Rules of the Road III
<i>Bike Club/RAC Registration Closes</i>	<i>Monday, March 14</i>	<i>7:00 pm</i>	
	Thursday, March 17	7:00 pm – 8:00 pm	RAC Pre Planning I
	Thursday, March 24	7:00 pm – 8:00 pm	RAC Pre Planning II
<i>Escondido Hill Climbs (Two are required to Ride RAC) (30 Mile Ride/240/378.8)</i>			
	Saturday, March 5	9:00 am – 4:00 pm	
	Sunday, March 6	9:00 am – 4:00 pm	
	Saturday, March 12	9:00 am – 4:00 pm	
	Sunday, March 13	9:00 am – 4:00 pm; Daylight Savings begins	
	Saturday, March 19	9:00 am – 4:00 pm	
	Sunday, March 20	9:00 am – 4:00 pm	
	Saturday, March 26	9:00 am – 4:00 pm	
	Sunday, March 27	9:00 am – 4:00 pm	
<i>The RAC</i>			
	Sunday, April 3	Drive to the River Gold Rock Ranch (20 mi.)	
	Monday, April 4	Magnolia School (52 mi.)	
	Tuesday, April 5	Westside School (30 mi.)	
	Wednesday, April 6	Vallecitos Park (52 mi.)	
	Thursday, April 7	Spencer Valley School (38 mi.)	
	Friday, April 8	San Pasqual School (45 mi.)	
	Saturday, April 9	The End – South Carlsbad State Beach @ 3:00 – (30 mi) 267 Miles	

21st Annual RIDE ACROSS CALIFORNIA (RAC)

April 3rd – 9th, 2011

Who: All Fifth grade students and parents, siblings (4th grade and younger) accompanied with parents, as well as older siblings. Parents and relatives that desire to assist as support drivers.

When: RAC, 3 – 9 April 2011; attached is the schedule of the training rides.

How: Join the Bicycle club at the Rancho Family YMCA, Registration for the actual ride starts in January after the New Year.

Cost: \$190.00

Why we do it: To show the boys and girls that if they plan and train they can accomplish anything that they desire.

Who to contact: RANCHO FAMILY YMCA @ 858-484-8788.