

**22<sup>nd</sup> Annual Ride Across California  
(RAC 2011 – 2012)**

**Rancho YMCA Bike Club Schedule (Log rides into [www.bikelink.com](http://www.bikelink.com))**

<b>EVENT</b>	<b>DATE</b>	<b>TIME</b>	
<b><i>Bike the Bay (Bikethebay.net)</i></b>	Sunday, August 28	7:00 am – 4:00 pm	
<b><i>Waterfall Rides (6 Mile Ride/24)</i></b>	<i>Penasquitos Canyon Preserve Entrance, Mercy Rd &amp; Black Mountain. <b>Bring drink &amp; snack.</b> Easy 3 mile ride to the waterfall and back on a dirt Road.</i>		
	Friday, September 2	3:15 to 5:30	
	Friday, September 9	3:15 to 5:30	
	Friday, September 16	3:15 to 5:30	
	Friday, September 23	3:15 to 5:30	
	Friday, September 30	3:15 to 5:30	
<b><i>San Dieguito River Trail (10 Mile Ride/20/44)</i></b>	<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 7	3:30 – 6:00 pm	
	Friday, October 14	3:30 – 6:00 pm	
<b><i>Deli Rides (12 Mile Ride/24/68)</i></b>			
	Friday, November 11	9:00 am – 12:30 pm	
	Monday, January 16	9:00 am – 12:30 pm	
<b><i>Miramar Lake Rides(10.2 Mile Ride) (40.8/108.8)</i></b>			
	Friday, January 6	3:15 to 5:30	
	Friday, January 13	3:15 to 5:30	
	Friday, January 20	3:15 to 5:30	
	Friday, January 27	3:15 to 5:30	
<b><i>5 Cities Ride (30 Mile Ride/138.8)</i></b>			
	Sunday, February 19	7:30 am – 2:00 pm	
<b><i>Bike Club Meetings @ Mesa Verde MS</i></b>		Topic	
<b><i>Bike Club Registration Begins</i></b>	Thursday, September 1	7:00 pm – 8:00 pm	Helmet & Bike Fit
	Thursday, January 19	7:00 pm – 8:00 pm	Visibility & Equipment
	Thursday, February 2	7:00 pm – 8:00 pm	Nutrition & Hydration
	Thursday, February 9	7:00 pm – 8:00 pm	Bike Maintenance
	Thursday, February 23	7:00 pm – 8:00 pm	Rules of the Road I
	Thursday, March 1	7:00 pm – 8:00 pm	Rules of the Road II
	Thursday, March 8	7:00 pm – 8:00 pm	Rules of the Road III
<b><i>Bike Club/RAC Registration Closes</i></b>	<b><i>Monday, March 12</i></b>	<b><i>7:00 pm</i></b>	
	Thursday, March 15	7:00 pm – 8:00 pm	RAC Pre Planning I
	Thursday, March 22	7:00 pm – 8:00 pm	RAC Pre Planning II
<b><i>Escondido Hill Climbs (Two are required to Ride RAC) (30 Mile Ride/240/378.8)</i></b>			
	Saturday, March 3	9:00 am – 4:00 pm	
	Sunday, March 4	9:00 am – 4:00 pm	
	Saturday, March 10	9:00 am – 4:00 pm	
	Sunday, March 11	9:00 am – 4:00 pm; Daylight Savings begins	
	Saturday, March 17	9:00 am – 4:00 pm	
	Sunday, March 18	9:00 am – 4:00 pm	
	Saturday, March 24	9:00 am – 4:00 pm	
	Sunday, March 25	9:00 am – 4:00 pm	
<b><i>The RAC</i></b>			
	Sunday, April 1	Drive to the River Gold Rock Ranch (20 mi.)	
	Monday, April 2	Magnolia School (52 mi.)	
	Tuesday, April 3	Westside School (30 mi.)	
	Wednesday, April 4	Vallecitos Park (52 mi.)	
	Thursday, April 5	Spencer Valley School (38 mi.)	
	Friday, April 6	San Pasqual School (45 mi.)	
	Saturday, April 7	The End – South Carlsbad State Beach @ 3:00 – (30 mi) 267 Miles	

## **22<sup>nd</sup> Annual RIDE ACROSS CALIFORNIA (RAC)**

April 1<sup>st</sup> – 7<sup>th</sup>, 2012

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

**When:** RAC, 1 – 7 April 2012; 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:** \$195.00

**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.