

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2006

	1	2	3	4	5	6
		Road Rec Ride (4:30 pm) 1 - 1.5 hours				
7	8	9	10	11	12	13
		Road Rec Ride (4:30 pm) 1 - 1.5 hours				
14	15	16	17	18	19	20
CPEI Event MOTHER'S DAY TT		Road Rec Ride (4:30 pm) 1 - 1.5 hours	Time Trial (6:15 pm) 12.4 km starts at Greenfield School			Road Group Ride (9:00 am) - 50 km
			Rec Riding (6:15 pm) Choice of Road or Trail			Trail Group Ride (9:00 am) Choice of Distance
21	22	23	24	25	26	27
		Road Rec Ride (4:30 pm) 1 - 1.5 hours	Time Trial (6:15 pm) 12 km Start at Indian River Church			Road Training Ride Start at Indian River (9:00 am)* - 36 km
			Rec Riding (6:15 pm) Choice of Road or Trail			Trail Group Ride (9:00 am) Choice of Distance
28	29	30	31			
		Road Rec Ride (4:30 pm) 1 - 1.5 hours	Time Trial (6:15 pm) 12.4 km starts at Greenfield School			
			Rec Riding (6:15 pm) Choice of Road or Trail			

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# June 2006

				1	2	3 Crit Training (30 laps) then 1 hour Road Group Ride (8:00 am)  Trail Group Ride (9:00 am)
4 CPEI Event China Point TT / RR	5	6 Road Rec Ride (4:30 pm) 1 - 1.5 hours	7 Time Trial (6:15 pm) 12 km Start at Indian River Church  Rec Riding (6:15 pm) Choice of Road or Trail	8	9	10 Road Training Ride Maximeville (8:00 am)* - 62 km  Trail Group Ride (9:00 am) Choice of Distance
11	12	13 Road Rec Ride (4:30 pm) 1 - 1.5 hours	14 Time Trial (6:15 pm) 12.4 km starts at Greenfield School  Rec Riding (6:15 pm) Choice of Road or Trail	15	16	17 Road Training Ride Kensington - Irishtown (8:00 am)* - 70 km  Trail Group Ride (9:00 am)
18	19	20 Road Rec Ride (4:30 pm) 1 - 1.5 hours	21 Time Trial (6:15 pm) 12 km Start at Indian River Church  Rec Riding (6:15 pm) Choice of Road or Trail	22	23	24 Road Group Hill Ride (8:00 am) - 100 km  Trail Group Ride (9:00 am) Choice of Distance
25	26 FREE Family / Community Trail Rec Ride (6:15 pm) 30 minutes	27 Road Rec Ride (4:30 pm) 1 - 1.5 hours	28 Time Trial (6:15 pm) 12.4 km  Rec Riding (6:15 pm) Choice of Road or Trail	29	30	

# July 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> <u>Crit Training (30 laps)</u> then 1 hour Road Group Ride (8:00 a.m.) Start at Industrial Park <u>Trail Group Ride</u> (9:00 am)
<b>2</b>	<b>3 FREE</b>  Family / Community Trail Rec Ride (6:15 pm) 30 minutes	<b>4</b>  Road Rec Ride (4:30 pm) 1 - 1.5 hours	<b>5</b> Time Trial (6:15 pm) 12 km Start at Indian River Church  Rec Riding (6:15 pm) Choice of Road or Trail	<b>6</b>	<b>7</b>	<b>8</b> <u>Road King of Kinkora - 60 km (800am) start at Kinkora Fire Department</u> <u>Trail Group Ride</u> (9:00 am) Choice of Distance
<b>9</b>	<b>10 FREE</b>  Family / Community Trail Rec Ride (6:15 pm) 30 minutes	<b>11</b>  Road Rec Ride (4:30 pm) 1 - 1.5 hours	<b>12</b> Time Trial (6:15 pm) 12.4 km starts at Greenfield School  Rec Riding (6:15 pm) Choice of Road or Trail	<b>13</b>	<b>14</b>	<b>15 BIKE FEST</b>  Time Trail & Crit Rec Riding Various Start Locations \$60 for three events
<b>16 BIKE FEST</b>  Road Race Rec Riding KISH Start Location	<b>17 FREE</b>  Family / Community Trail Rec Ride (6:15 pm) 30 minutes	<b>18</b>  Road Rec Ride (4:30 pm) 1 - 1.5 hours	<b>19</b> Time Trial (6:15 pm) 12 km Start at Indian River Church  Rec Riding (6:15 pm) Choice of Road or Trail	<b>20</b>	<b>21</b>	<b>22</b> Road Training Ride Maximeville (9:00 am)* - 62 km  Trail Group Ride (9:00 am)
<b>23</b>	<b>24 FREE</b>  Family / Community Trail Rec Ride (6:15 pm) 30 minutes	<b>25</b>  Road Rec Ride (4:30 pm) 1 - 1.5 hours	<b>26</b> Time Trial (6:15 pm) 12.4 km starts at Greenfield School  Rec Riding (6:15 pm) Choice of Road or Trail	<b>27</b>	<b>28</b>	<b>29</b> Road Group Hill Ride - (7:00 am)* - 150 km  Trail Group Ride (9:00 am) Choice of Distance
<b>30</b>	<b>31 FREE</b>  Family / Community Trail Rec Ride (6:15 pm) 30 minutes					

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# August 2006

		1 Road Rec Ride (4:30 pm) 1 - 1.5 hours	2 Time Trial (6:15 pm) 12 km Start at Indian River Church Rec Riding (6:15 pm) Choice of Road or Trail	3	4	5 <b>BFBC</b> Biking for Breakfast Fund-Raiser 268 km North Cape Start \$50 in Pledges
6	7 <b>FREE</b> Family / Community Trail Rec Ride (6:15 pm) 30 minutes	8 Road Rec Ride (4:30 pm) 1 - 1.5 hours	9 Time Trial (6:15 pm) 12.4 km starts at Greenfield School Rec Riding (6:15 pm) Choice of Road or Trail	10	11	12 <u>Crit Training (30 laps)</u> then 1 hour Road Group Ride (8:00 a.m.) Start at Industrial Park <u>Trail Group Ride</u> (9:00 am)
13 <b>CPEI EVENT EMYVALE Road Race</b>	14 <b>FREE</b> Family / Community Trail Rec Ride (6:15 pm) 30 minutes	15 Road Rec Ride (4:30 pm) 1 - 1.5 hours	16 Time Trial (6:15 pm) 12 km Start at Indian River Church Rec Riding (6:15 pm) Choice of Road or Trail	17	18	19 <u>Road King of Kinkora</u> - 60 km (800am) start at Kinkora Fire Department <u>Trail Group Ride</u> (9:00 am) Choice of Distance
20	21 <b>FREE</b> Family / Community Trail Rec Ride (6:15 pm) 30 minutes	22 Road Rec Ride (4:30 pm) 1 - 1.5 hours	23 Time Trial (6:15 pm) 12.4 km starts at Greenfield School Rec Riding (6:15 pm) Choice of Road or Trail	24	25	26 <u>Crit Training (30 laps)</u> then 1 hour Road Group Ride (8:00 a.m.) Start at Industrial Park <u>Trail Group Ride</u> (9:00 am)
27	28 <b>FREE</b> Family / Community Trail Rec Ride (6:15 pm) 30 minutes	29 Road Rec Ride (4:30 pm) 1 - 1.5 hours	30 Time Trial (6:15 pm) 12 km Start at Indian River Church Rec Riding (6:15 pm) Choice of Road or Trail	31		

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# September 2006

					1	2 Tour de Cabot Trail
3 Tour de Cabot Trail	4 Tour de Cabot Trail	5 Road Rec Ride (4:30 pm) 1 - 1.5 hours	6 Time Trial (6:15 pm) 12.4 km starts at Greenfield School  Rec Riding (6:15 pm) Choice of Road or Trail	7	8	9 <b>NORTH CAPE OR 8 HOUR GRUNT</b>
10 <b>NORTH CAPE OR 8 HOUR GRUNT</b>	11	12 Road Rec Ride (4:30 pm) 1 - 1.5 hours	13 Time Trial (6:15 pm) 12 km Start at Indian River Church  Rec Riding (6:15 pm) Choice of Road or Trail	14	15	16 Road Training Ride Start at Indian River (10:00 am)* - 36 km  Trail Group Ride (9:00 am) Choice of Distance
17	18	19	20	21	22	23 Road Group Ride (10:00 am)* - 50 km  Trail Group Ride (9:00 am) Choice of Distance
24 JOSEPH HOWE CENTURY VELO HALIFAX	25	26	27	28	29	30 Road Group Ride (10:00 am)* - 50 km  Trail Group Ride (9:00 am) Choice of Distance

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# October 2006

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7  
Road Group Ride  
(10:00 am)\* - 50 km  
  
Trail Group Ride  
(9:00 am)  
Choice of Distance

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14  
Road Group Ride  
(10:00 am)\* - 50 km  
  
Trail Group Ride  
(9:00 am)  
Choice of Distance

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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# November 2006

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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		