



## 2013 Monday Night Rides

These rides are intended for cyclists of all abilities who are looking to improve their fitness and who are easily able to complete a 40km ride in less than two hours, with a few stops along the way.

Rides will be conducted in a non-drop format, regrouping along the way. If numbers permit, we will split into an A-group and a B-group to limit wait times. Leaders and sweepers will be assigned.

Monday night rides are free, but a MIVA membership is required. New members may bring their completed membership form and cheque to their first ride.

Date	Time	Start	Route	
22-Apr-13	6PM	NAC	Doumont	
29-Apr-13	6PM	CHASE	Cassidy	
6-May-13	6PM	CEDAR	Yellowpoint	
13-May-13	6PM	NAC	Jinglepot Hills	** Beer afterwards**
20-May-13	LONG WEEKEND - NO RIDE			
27-May-13	6:30PM	NANOOSE	Parksville	
3-Jun-13	6:30PM	CHASE	Cedar	
10-Jun-13	6:30PM	NAC	Nanaimo Lakes	
17-Jun-13	6:30PM	CEDAR	Yellowpoint	
24-Jun-13	6:30PM	LW	Lantzville	** Beer afterwards**
1-Jul-13	LONG WEEKEND - NO RIDE			
8-Jul-13	6:30PM	NAC	Jinglepot Hills	
15-Jul-13	6:30PM	NANOOSE	Parksville	
22-Jul-13	6:30PM	NAC	Cedar	
29-Jul-13	6:30PM	CHASE	Cassidy	
5-Aug-13	LONG WEEKEND - NO RIDE			
12-Aug-13	6:30PM	NAC	Jinglepot Hills	
19-Aug-13	6:30PM	CHASE	Cedar	
26-Aug-13	6:30PM	LW	Lantzville	** Beer afterwards**

NAC *Nanaimo Aquatic Centre, 3rd & Wakesiah*

LW *Longwood Brew Pub, Turner Road*

NANOOSE *Nanoose Place Community Centre, 2925 Northwest Bay Rd*

CHASE *Chase River Tim Horton's, 10th at TCH*

CEDAR *North Cedar Intermediate School, Furn & Gould*

### RULES

- 1 Each individual is responsible for her or his own safety.
- 2 Obey the rules of the road & use hand signals.
- 3 You must wear a helmet.
- 4 It is up to you to carry anything you may need, like repair kit, cell phone, food, etc.
- 5 Time trial or triathlon bikes are allowed, but using aerobars is prohibited.
- 6 Respect fellow riders and motorists.