

# April 2010

| Sun                        | Mon                        | Tue                  | Wed               | Thu                | Fri                        | Sat                        |
|----------------------------|----------------------------|----------------------|-------------------|--------------------|----------------------------|----------------------------|
|                            |                            |                      |                   | 1                  | 2                          | 3                          |
| 4                          | 5                          | 6                    | 7                 | 8                  | 9                          | 10                         |
| 11                         | 12                         | 13<br><i>MEETING</i> | 14                | 15                 | 16                         | 17                         |
| 18                         | 19<br><i>RECOVERY R.R.</i> | 20<br><i>MANIC</i>   | 21<br><i>R.R.</i> | 22<br><i>MANIC</i> | 23<br><i>RABBIT VALLEY</i> | 24<br><i>RABBIT VALLEY</i> |
| 25<br><i>RABBIT VALLEY</i> | 26<br><i>RECOVERY R.R.</i> | 27<br><i>MANIC</i>   | 28<br><i>R.R.</i> | 29<br><i>MANIC</i> | 30                         |                            |

# May 2010

| Sun                      | Mon                        | Tue                | Wed  | Thu                | Fri                      | Sat                      |
|--------------------------|----------------------------|--------------------|--|--------------------|--------------------------|--------------------------|
|                          |                            |                    |  |                    |                          | 1                        |
| 2                        | 3<br><i>RECOVERY R.R.</i>  | 4<br><i>MANIC</i>  | 5<br><i>R..R. LIGHT<br/>—1 HR</i>            | 6<br><i>MANIC</i>  | 7<br><i>MTB</i>          | 8<br><i>LONG RIDE</i>    |
| 9                        | 10<br><i>RECOVERY R.R.</i> | 11<br><i>MANIC</i> | 12<br><i>R.R. LIGHT<br/>—1 HR</i>            | 13<br><i>MANIC</i> | 14<br><i>CHALK CREEK</i> | 15<br><i>CHALK CREEK</i> |
| 16<br><i>CHALK CREEK</i> | 17<br><i>RECOVERY R.R.</i> | 18<br><i>MANIC</i> | 19<br><i>ROAD RACE<br/>RABBIT EARS T.T.</i>  | 20<br><i>MANIC</i> | 21<br><i>MTB</i>         | 22<br><i>LONG RIDE</i>   |
| 23                       | 24<br><i>RECOVERY R.R.</i> | 25<br><i>MANIC</i> | 26<br><i>TOWN CHALLENGE<br/>REGISTRATION</i> | 27<br><i>MANIC</i> | 28<br><i>MTB</i>         | 29<br><i>LONG RIDE</i>   |
| 30                       | 31<br><i>RECOVERY R.R.</i> |                    |  |                    |                          |                          |

# June 2010

| Sun                 | Mon                 | Tue   | Wed  | Thu                 | Fri                 | Sat                 |
|---------------------|---------------------|---|--|---------------------|---------------------|---------------------|
|                     |                     | 1<br>MANIC<br>R.R.                          | 2<br>ROAD RACE 2<br>TBD                        | 3<br>MANIC<br>R.R.  | 4<br>ANGEL FIRE     | 5<br>ANGEL FIRE     |
| 6<br>ANGEL FIRE     | 7<br>RECOVERY R.R.  | 8<br>MANIC<br>R.R.                          | 9<br>T.C. RACE 1<br>MARABOU                    | 10<br>MANIC<br>R.R. | 11<br>MTB           | 12<br>LONG RIDE     |
| 13                  | 14<br>RECOVERY R.R. | 15<br>INTERVALS<br>RACE PRE RIDE<br>MTB     | 16<br>T.C. RACE 2<br>THUNDERHEAD<br>HILL CLIMB | 17<br>MANIC<br>R.R. | 18<br>MTB           | 19<br>LONG RIDE     |
| 20                  | 21<br>RECOVERY R.R. | 22<br>INTERVALS MTB                         | 23<br>ROAD RACE 3<br>TBD                       | 24<br>R.R.          | 25<br>CRESTED BUTTE | 26<br>CRESTED BUTTE |
| 27<br>CRESTED BUTTE | 28<br>RECOVERY R.R. | 29<br>INTERVALS MTB<br>RECE PRE RIDE<br>MTB | 30<br>T.C. RACE 3<br>EMERALD XC                |                     |                     |                     |

# July 2010

| Sun                        | Mon                        | Tue  | Wed  | Thu                                       | Fri                        | Sat                        |
|----------------------------|----------------------------|--|--|---|----------------------------|----------------------------|
|                            |                            |  |  | 1<br><i>REST WEEK</i><br><i>RIDE EASY</i> | 2<br><i>RIDE EASY</i>      | 3<br><i>RIDE EASY</i>      |
| 4<br><i>RIDE EASY</i>      | 5<br><i>RIDE EASY</i>      | 6<br><i>RIDE EASY</i>  | 7<br><i>ROAD RACE 4</i><br><i>TBD</i>            | 8<br><i>MTB INTERVALS</i>                 | 9<br><i>SNOWMASS</i>       | 10<br><i>SNOWMASS</i>      |
| 11<br><i>SNOWMASS</i>      | 12<br><i>RECOVERY R.R.</i> | 13<br><i>INTERVALS</i><br><i>RACE PRE RIDE</i><br><i>MTB</i> | 14<br><i>T.C. RACE 4</i><br><i>SUNSHINE LOOP</i> | 15<br><br><i>NATIONALS</i>                | 16<br><br><i>NATIONALS</i> | 17<br><br><i>NATIONALS</i> |
| 18<br><br><i>NATIONALS</i> | 19<br><br><i>NATIONALS</i> | 20<br><i>MTB</i>   | 21<br><i>ROAD RACE 5</i><br><i>TBD</i>           | 22<br><i>R.R.</i>                         | 23<br><i>MTB</i>           | 24<br><i>LONG RIDE</i>     |
| 25                         | 26<br><i>RECOVERY R.R.</i> | 27<br><i>INTERVALS</i><br><i>RACE PRE RIDE</i><br><i>MTB</i> | 28<br><i>T.C. RACE 5</i><br><i>EMERALD XC</i>    | 29<br><i>R.R.</i>                         | 30<br><i>MTB</i>           | 31<br><i>LONG RIDE</i>     |

# August 2010

| Sun                    | Mon                        | Tue              | Wed   | Thu                       | Fri                                       | Sat                    |
|------------------------|----------------------------|------------------|---|---------------------------|---|------------------------|
| 1                      | 2<br><i>RECOVERY R.R.</i>  | 3<br><i>MTB</i>  | 4<br><i>ROAD RACE 5<br/>TBD</i>               | 5<br><i>R.R.</i>          | 6<br><i>KESTONE</i>                       | 7<br><i>KEYSTONE</i>   |
| 8<br><i>KEYSTONE</i>   | 9<br><i>RECOVERY R.R.</i>  | 10<br><i>MTB</i> | 11<br><i>T.C. RACE 6<br/>STORM PEAK</i>       | 12<br><i>R.R.</i>         | 13<br><i>MTB</i>                          | 14<br><i>LONG RIDE</i> |
| 15                     | 16<br><i>RECOVERY R.R.</i> | 17<br><i>MTB</i> | 18<br><i>R.R.</i>                             | 19<br><i>PRE RIDE MTB</i> | 20<br><i>T.C. RACE 7<br/>MT WERNER XC</i> | 21<br><i>TELLURIDE</i> |
| 22<br><i>TELLURIDE</i> | 23<br><i>RECOVERY R.R.</i> | 24<br><i>MTB</i> | 25<br><i>ROAD RACE 6<br/>RABBIT EARS T.T.</i> | 26<br><i>REST</i>         | 27<br><i>MTB</i>                          | 28                     |
| 29                     | 30<br><i>RECOVERY R.R.</i> | 31<br><i>MTB</i> |   |                           |   |                        |

# September 2010

| Sun                       | Mon                        | Tue              | Wed | Thu | Fri                       | Sat                       |
|---------------------------|----------------------------|------------------|-----|-----|---------------------------|---------------------------|
|                           |                            |                  | 1   | 2   | 3<br><i>WINTER PARK</i>   | 4<br><i>WINTER PARK</i>   |
| 5<br><i>WINTER PARK</i>   | 6<br><i>RECOVERY R.R.</i>  | 7<br><i>MTB</i>  | 8   | 9   | 10<br><i>BRECKENRIDGE</i> | 11<br><i>BRECKENRIDGE</i> |
| 12<br><i>BRECKENRIDGE</i> | 13<br><i>RECOVERY R.R.</i> | 14<br><i>MTB</i> | 15  | 16  | 17                        | 18                        |
| 19                        | 20                         | 21               | 22  | 23  | 24                        | 25                        |
| 26                        | 27                         | 28               | 29  | 30  |                           |                           |

# October 2010

| Sun       | Mon       | Tue       | Wed       | Thu       | Fri       | Sat       |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
|           |           |           |           |           | <i>1</i>  | <i>2</i>  |
| <i>3</i>  | <i>4</i>  | <i>5</i>  | <i>6</i>  | <i>7</i>  | <i>8</i>  | <i>9</i>  |
| <i>10</i> | <i>11</i> | <i>12</i> | <i>13</i> | <i>14</i> | <i>15</i> | <i>16</i> |
| <i>17</i> | <i>18</i> | <i>19</i> | <i>20</i> | <i>21</i> | <i>22</i> | <i>23</i> |
| <i>24</i> | <i>25</i> | <i>26</i> | <i>27</i> | <i>28</i> | <i>29</i> | <i>30</i> |
| <i>31</i> |           |           |           |           |           |           |