


# SEPTEMBER

<b>MONDAY</b>	
<b>TUESDAY</b>	<p><b>Every Tuesday 6.15am</b> Early Morning Ride. Start at the Cnr of North Rd and Grange Rd, Ormond to Black Rock and return. Average speed 30km. Please ensure that you are physically suitable for this ride</p> <p><b>7<sup>th</sup> Sep 5.30pm – 7.15pm</b> Masters Spinning Class (Clayton Sport)</p>
<b>WEDNESDAY</b>	<p><b>22nd Sep – 6.00pm</b> – Richmond Cycles Information Session (must book to guarantee place, limit of 15 registrations)</p>
<b>THURSDAY</b>	<p><b>Every Thursday 6.15am</b> Early Morning Ride. Start at the Cnr of North Rd and Grange Rd, Ormond to Black Rock and return. Average speed 30km. Please ensure that you are physically suitable for this ride</p> <p><b>16<sup>th</sup> Sep – 5.30pm – 7.15pm</b> Masters Spinning Class (Clayton Sport)  <b>30<sup>th</sup> Sep – 5.30pm – 8.00pm</b> Masters Spinning Class (Clayton Sport) Cycle workshop to follow after class</p>
<b>FRIDAY</b>	
<b>SATURDAY</b>	
<b>SUNDAY</b>	<p><b>5<sup>th</sup> Sep</b> – Road Skills Cycling Session – Meet at Turtle Café, Elwood 34 Glenhuntly Rd at 9.30am  <b>12<sup>th</sup> Sep</b> – Fruit Loop 100km Ride  <b>19<sup>th</sup> Sep</b> – Road Cycling Skills Session. Meet at Turtle Café Elwood 7.00am – 2 options, to Mordiallic or Mornington. Flowerdale 50km, 100km, 200km  <b>26<sup>th</sup> Sep</b> – Breakfast to Lunch Ride – Royal Childrens Hospital</p>

# OCTOBER

<b>MONDAY</b>	
<b>TUESDAY</b>	<p><b>Every Tuesday 6.15am</b> Early Morning Ride. Start at the Cnr of North Rd and Grange Rd, Ormond to Black Rock and return. Average speed 30km. Please ensure that you are physically suitable for this ride</p> <p><b>12<sup>th</sup> October</b> – 5.15pm – 7.15pm    Masters Spinning Class (Clayton Sport)</p>
<b>WEDNESDAY</b>	<p><b>6<sup>th</sup> Oct</b> – Ride To Work Day</p>
<b>THURSDAY</b>	<p><b>Every Thursday 6.15am</b> Early Morning Ride. Start at the Cnr of North Rd and Grange Rd, Ormond to Black Rock and return. Average speed 30km. Please ensure that you are physically suitable for this ride</p> <p><b>7<sup>th</sup> Oct</b> – 5.30pm – 8.00pm    Masters Spinning Class (Clayton Sport)</p> <p><b>14<sup>th</sup> Oct</b> – 5.15pm – 8.15pm    Masters Spinning Class (Clayton Sport)</p> <p>HUGE ONE followed by Carbo-Loading dinner after class.</p>
<b>FRIDAY</b>	
<b>SATURDAY</b>	
<b>SUNDAY</b>	<p><b>3<sup>rd</sup> Oct</b> – Safety Beach Ride</p> <p><b>10<sup>th</sup> Oct</b> – Portsea Beach Ride</p> <p><b>17<sup>th</sup> Oct</b> – Here we go!.....</p> <div style="text-align: center;">  </div> <p style="text-align: center;"><b>210km - 5.30am start      100km – 9.30am start</b></p>