

Kathleen Sullivan, Ride Coordinator 315-762-2211

Training ride contacts:

**Tuesday Chris White@ 730-8237; white40@live.com
**Thursday Mitch Tiegel @506-0199; ninemileimages@hotmail.com;
Sunday Kathleen @762-2211; masull24@hotmail.com****

All routes open for suggestion and ride leaders are welcome to volunteer.
T/Th Rides meet at 6.00PM leaving promptly at 6:15P. Sunday rides meet at 8:15 leaving promptly at 8:30. Sunday rides are flexible...

*****Locations: Skaneateles---- High School Lot on Elizabeth St.
Weedsport-----NYS Thruway Exit 40 Park and Ride lot in Weedsport
Auburn-----Auburn High School
Camillus-----Park on the west side of Erie Canal Park
Onondaga-----Onondaga Lake Park--Boathouse Parking Lot
Jordan-----Ramsdell Elementary on Chappel St.
Dewitt-----Blue Cross/Blue Shield lot, 333 Butternut Drive (formerly Agway building)

The Ride For Missing Children Training Rides are paced at an average of 14-17 MPH. They are no drop, volunteer led rides with a purpose of building confidence while riding in groups, reinforcing safety on the roads, enhancing cycling skills, and most of all to raise awareness of our mission for the children.

*****Locations subject to change. Other locations to be announced. Please be punctual. Rides leave at times stated.

**There are convenience stops along the way however, be sure to bring enough fluids and snacks.

***Other rides may be announced via email.
some of the additional meeting locations will include Cato, Baldwinsville and Syracuse.

***Please be advised that the ride levels above are meant to be a rough estimate of the ride difficulty.

All new riders are required to do at least 2 group training rides or otherwise be evaluated by Training Ride Coordinator or Lead Shepherd Chris White.

Finger Lakes Ride Schedule

Date	Location	Mileage	Level	Contact	Notes
Tues June 1	Auburn	15-20	easy		Start Auburn High School
Thurs June 3	Dewitt	15-20	easy		
Sun June 6	Liverpool	20-25	moderate		Boathouse parking lot Long Branch Rd.
Tues June 8	Skaneateles	15-20	easy		
Thurs June 10	Dewitt	15-20	easy		Bruegers
Sun June 13	Chittenango	30-35	moderate		To Falls
Tues June 15	Weedsport	20-25	easy		Park N Ride Thruway exit 40
Thurs June 17	Dewitt	20-25	easy		
Sun June 20	Weedsport	40-50	moderate		To Fair Haven
Tues June 22	Auburn	25-35	moderate		
Thurs June 24	Dewitt	30-35	moderate		
Sun June 27	Cicero	35-40	easy		To Oneida Lake
Tues June 29	Skaneateles	30-35	moderate		
Thurs July 1	Dewitt	35-40	easy		
Sun July 4	OFF				Happy 4th of July
Tues July 6	Weedsport	30-35	moderate		
Thurs July 8	Dewitt	35-40	moderate		
Sun July 11	Cazenovia	35+	moderate		To Cazenovia Lake
Tues July 13	Auburn	25-35	easy		

Date	Location	Mileage	Level	Contact	Notes
Thurs July 15	Dewitt	25-35	easy		
Sun July 18	Liverpool	40-50	moderate		Boathouse parking lot Long Branch Rd.
Tues July 20	Skaneateles	25-35	easy		
Thurs July 22	Dewitt	35-45	easy		
Sun July 25	Camillus	35+	moderate		To Otisco Lake
Tues July 27	Weedsport	25-35	easy		
Thurs July 22	Dewitt	35-40	moderate		
Sun July 25	Marcellus	40+	moderate		
Tues July 27	Auburn	25-35	easy		
Thurs July 29	Dewitt	35-40	moderate		
Sun Aug. 1	Auburn	45-55	mod/diff		To Cayuga Wineries
Tues Aug 3	Skaneateles	25-35	moderate		
Thurs Aug 5	Dewitt	35-40	moderate		
Sun Aug 8	Onondaga	45+	mod/diff		To Fulton
Tues Aug 10	Weedsport	25-35	easy		
Thurs Aug 12	Dewitt	35-40	easy		
Sun Aug 15	Weedsport	40+	moderate		To Fair Haven
Tues Aug 17	Auburn	25-35	moderate		13 Curves
Thurs Aug 19	Dewitt	40+	difficult		
Sun Aug 22	Green Lakes	40-50	mod/diff		
Tues Aug 24	Skaneateles	35-40	moderate		

Date	Location	Mileage	Level	Contact	Notes
Thurs Aug 26	Dewitt	40+	mod/diff		
Sun Aug 29	Liverpool	40-60	moderate		Boathouse parking lot Long Branch Rd.
Tues Aug 31	Weedsport	40+	moderate		
Thurs Sept 2	Dewitt	45+	mod/diff		
Sun Sept 5	OFF				Labor Day Weekend
Tues Sept 7	Auburn	35-40	easy		
Thurs Sept 9	Dewitt	10+	easy		pancakes
Fri Sept 17	FRFMC!!		Fabulous		Good Luck