



# Wednesday Night Mountain Biking 2008



Enjoy the great outdoors with friends on a mountain bike each Wednesday evening throughout the summer. All abilities are welcome. We'll ride for 1 ½ to 2 ½ hours, and then replenish our energy with some pizza and beer. Be ready to ride at 6:00 pm. Bring: a helmet, bug spray, and water. We'll ride drizzle or shine.

For more information e-mail [deborah\\_cioffi@nycap.rr.com](mailto:deborah_cioffi@nycap.rr.com)  
subject: Mountain Biking.

Here's the summer schedule...

| <b>2008 Wednesday Night Mountain Biking Schedule</b> |                                  |               |  |
|--|----------------------------------|---------------|--|
| <b>Date</b>  | <b>Ride Type</b>                 | <b>Trails</b> | <b>Meeting Place - 6:00 Ready to Ride</b>  |
| 30-Apr   | Trail Maintenance                | We need you!  | Email me for details. <a href="mailto:Deborah_cioffi@nycap.rr.com">Deborah_cioffi@nycap.rr.com</a> |
| 7-May  | Easy Ride                        | Pinebush      | Water Tower Trailhead - Madison Ave. Extention   |
| 14-May   | Medium Ride                      | Schenectady   | Central Park - Fehr Rd parking lot   |
| 21-May   | Medium Ride                      | Lock 7        | Lock 7 Road at Bike Path   |
| 28-May   | Luna Chix Ride - Easy            | Colonie       | Colonie Town Park Bike Path parking lot  |
| 4-Jun  | Hills, Hills, Hills              | Thacher       | Paint Mine Parking Lot   |
| 11-Jun   | Luna Chix Ride - Medium          | Schenectady   | Central Park - Fehr Rd parking lot   |
| 18-Jun   | Ladies Night - Guys Welcome Too! | Pinebush      | Water Tower Trailhead - Madison Ave. Extention   |
| 25-Jun   | Luna Chix Ride - Medium Ride     | Colonie       | Colonie Town Park Bike Path parking lot  |
| 2-Jul  | Difficult Ride                   | SMBA          | Daniels Road trailhead - SMBA members  |
| 9-Jul  | Medium Ride                      | Lock 7        | Lock 7 Road at Bike Path   |
| 16-Jul   | Difficult Ride                   | Grafton       | Mill Pond parking lot  |
| 23-Jul   | Medium Ride                      | Colonie       | Colonie Town Park Bike Path parking lot  |
| 30-Jul   | Luna Chix Ride - Medium Ride     | Thacher       | Paint Mine Parking Lot   |
| 6-Aug  | Luna Chix Ride - Ladies Night    | Luther Forest | TBA  |
| 13-Aug   | Luna Chix Ride - Difficult Ride  | Grafton       | Mill Pond parking lot  |
| 20-Aug   | Difficult Ride                   | SMBA          | Daniels Road trailhead - SMBA members  |
| 27-Aug   | Medium Ride                      | Lock 7        | Lock 7 Road at Bike Path   |

**Required Equipment: Helmet, bug spray, and water**