



# Wednesday Night Mountain Biking 2009



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 Debbie Cioffi at [deborah\\_cioffi@nycap.rr.com](mailto:deborah_cioffi@nycap.rr.com), subject: Mountain Biking.

Here's the summer schedule...

<b>Summer 2009 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>
29-Apr	Trail Maintenance - Cut a New Trail!	Lock 7	Lock 7 Road at Bike Path
6-May	Easy Ride	Pinebush	Water Tower Trailhead - Madison Ave. Extention
13-May	Medium Ride	Schenectady	Central Park - Fehr Rd parking lot
20-May	Medium Ride	Lock 7	Lock 7 Road at Bike Path
27-May	Easy Ride	Colonie	Colonie Town Park Bike Path parking lot
3-Jun	Hills, Hills, Hills	Thacher	Paint Mine Parking Lot
10-Jun	Medium Ride	Schenectady	Central Park - Fehr Rd parking lot
17-Jun	Ladies Night - Guys Welcome Too!	Pinebush	Water Tower Trailhead - Madison Ave. Extention
24-Jun	Medium Ride	Colonie	Colonie Town Park Bike Path parking lot
1-Jul	Difficult Ride	SMBA	Daniels Road trailhead - SMBA members
8-Jul	Medium Ride	Lock 7	Lock 7 Road at Bike Path
15-Jul	Difficult Ride	Grafton	Mill Pond parking lot
22-Jul	Medium Ride	Colonie	Colonie Town Park Bike Path parking lot
29-Jul	Medium Ride	Thacher	Paint Mine Parking Lot
5-Aug	Difficult Ride	Schenectady	Central Park - Fehr Rd parking lot
12-Aug	Difficult Ride	Grafton	Mill Pond parking lot
19-Aug	Difficult Ride	SMBA	Daniels Road trailhead - SMBA members
26-Aug	Medium Ride	Lock 7	Lock 7 Road at Bike Path

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