

**NOTE: If you are not on the club's email list, please check with your ride leader for any changes or cancellations before each ride (numbers below)! To get on the list, contact Tom at [wings2440@cs.com](mailto:wings2440@cs.com)**

## Weekly Rides

<b>MONDAY</b>	9:00AM	Best Friends	The Real Ride <b>15 mph limit on Legacy Trail</b>	17-19	40	Gary 941-400-2710 David H 941-927-5936
<b>TUESDAY</b>	8:00AM	Potter Park	Sarasota Ride	20-23	40	Doug F 941-921-6820
	9:00AM	301 Publix	Golf Course/Rye Rd	14-16	31	Jim W 813-774-9940
				18-20	31	Doug R 941-750-6781
<b>WEDNESDAY</b>	9:00AM	LWR Publix	Lakewood Ranch Brunch	9-12	19	Norma R 941-739-1299
				14-16	28	Colin H 941-355-6159
				16-18	31	Paul P 941-388-8427
				19-21	34	Bud G 941-232-5678
<b>THURSDAY</b>	8:00AM	Potter Park	Sarasota Ride	20-23	40	Doug F 941-921-6820
	9:00AM	Popi's III	Emerson Point	14-16	28	Jim W 813-774-9940
				16-18	34	Clare M 941-447-0201
<b>FRIDAY</b>				10-12	23	John J 813-951-2348
	9:00AM	Albertson's	Palm Aire	14-16	25	Colin H 941-355-6159
				16-18	28	Paul P 941-388-8427
				19-21	34	Bud G 941-232-5678
<b>SATURDAY</b>	8:00AM	Potter Park	Sarasota Ride	20-23	40	Doug F 941-921-6820

## Remember that your passion for cycling is a GIFT

- ❖ it's not about the bike
- ❖ It's not about how many miles you ride
- ❖ It's not about our Garmin gaps or power meters
- ❖ It's not about carbon vs. aluminum wheels
- ❖ It's not about your "time," winning, or losing.

Cycling is about 'EXPERIENCING THE GIFT' of doing something more than just living in our bodies, and it's about "BEING IN THE MOMENT," as it's happening.

Years from now, I won't remember what helmet I wore, how my bike was set up, or how fast my century was. I will ONLY remember the experience and the gift of completing something that I didn't know I could do.

I'll remember how hard it was to train.

I'll remember going out in pouring rain and/or freezing cold, and how it felt to complete.

I'll remember sharing my failures and successes with all of my friends.

I'll remember how lucky I was TO DO WHAT I LOVE.

**Never forget my friend: Experience every moment!**

**Ride Hard, live the Moment, experience the Gift. – Anthony McDonald**

## Special Rides and Events in January

DAY	TIME	LOCATION	ROUTE	PACE	MILES	CONTACT
<b>SATURDAY 7th</b>	9:00AM	Albertson's	Palm Aire	10-12	20	John J 813-951-2348
			Breakfast Ride	12-14	22	Pam 941-351-6388
				14-16	25	Dave C 941-776-2769
				16-18	28	ClareM 941-447-0201
				19-21	34	Bud G 941-232-5678
<b>SUNDAY 8TH</b>	9:00AM	301 Publix	Sundance	16-18	45	Mike P 941-953-4903
<b>SATURDAY 14TH</b>	9:00AM	Cattleman	East Sarasota	16-18	40	Mike P 941-953-4903
	9:00AM	Tatum Ridge	East Sarasota	14-16	27	Florian Z 941-377-3525
	9:00AM	Winn-Dixie	Strawberry Farm	14-16	28	JimW 813-774-9940
<b>WEDNESDAY 18TH</b>	6:30PM	Sun 'n Fun	<b>ANNUAL MEETING ELECTIONS</b>		Chris P 941-773-9395	
<b>SATURDAY 21ST</b>	9:00AM	Popi's III	Terra Ceia	10-12	20	John J 813-951-2348
				12-14	22	Pam 941-351-6388
				15-17	25	Dave C 941-776-2769
	9:00AM	Fire House	Fruitville Loop	18-20	35	Bud G 941-232-5678 David L 412-610-0815
	9:00AM	Tatum Ridge	East Sarasota	14-16	27	Florian Z 941-377-3525
	11:00AM	Palmetto	Lunch Bunch	10-12	15	Rob H 941-316-9887
<b>SUNDAY 22ND</b>	9:00AM	NE Shop Center	Mote Ranch Meander	16-18	48	MikeP 941-953-4903
<b>WEDNESDAY 25TH</b>	8:00AM	SA Park & RR Ave	San Antonio	16-18	40	Bud G 941-232-5678
<b>SATURDAY 28TH</b>	9:00AM	Sarasota Cycle	Sarasota	10-12	15	Rob H 941-316-9887
			Celery Fields	14-16	30	Dave C 941-776-2769
			Celery Fields	16-18	30	MikeP 941-953-4903
			TatTatum Ridge	East Sarasota	14-16	27

Remember that just shouting, "Hole" or "Glass"  
and not pointing out where it is,  
is just another way of telling the people behind you  
what may soon ruin a tire or wheel and spoil their ride.

**SHOUT AND POINT!**