

ADA: Tour de Cure 2009 - Training Rides

1. Amgen Ride
 - a. Date: February 14th
 - b. Start Time: 12:30 PM
 - c. Start Place: Ethan Way just past Hurley behind Cal Expo
 - d. Address:
 - e. Pace: Easy
 - f. Sweep: Yes (no one left behind)
 - g. Distance: 14 miles
 - h. Contact: Michael Spurgeon
 - i. Phone: 916-223-5988
 - j. Email: msspurgeon.1@netzero.net
2. Sacramento State University to Fish Hatchery Loop
 - a. Date: March 28th
 - b. Start Time: 9 AM
 - c. Start Place: Guy West Foot Bridge
 - d. Address: 900 University Ave, Sacramento, CA
 - e. Pace: Easy
 - f. Sweep: Yes (no one left behind)
 - g. Distance: ~30 miles
 - h. Contact: Tom Egan
 - i. Email: ada.tourdecure2009@yahoo.com
3. Roseville HP
 - a. Date: April 4th
 - b. Start Time: 8AM
 - c. Start Place: Wild Chicken - Loomis
 - d. Address: 3640 Taylor Rd, Loomis, CA 95650
 - e. Pace: Easy to Moderate
 - f. Sweep: Yes (no one left behind)
 - g. Distance: ~35 mile or ~65 mile ride
 - h. Contact: Mark Boles
 - i. Email/Phone: mark.boles@hp.com, or 916 785-0730 (wk)
4. Folsom to Auburn Loop (with Hills)
 - a. Date: April 11th
 - b. Start Time: 9 AM
 - c. Start Place: Historic Folsom Train Station
 - d. Address: Corner of Sutter & Reading in Historic Folsom
 - e. Pace: Easy with tough hills
 - f. Sweep: Yes (no one left behind)
 - g. Distance: ~40 miles
 - h. Contact: Tom Egan
 - i. Email: ada.tourdecure2009@yahoo.com
5. Fish Hatchery to Beal's Point Loop
 - a. Date: April 18th
 - b. Start Time: 9 AM
 - c. Start Place: Fish Hatchery Parking lot
 - d. Address: 2001 Nimbus Road, Suite F, Gold River, CA 95670
 - e. Directions: Off Highway 50, 18 miles east of Sacramento. Travel north on Hazel Ave. 0.7 mile, make a left hand turn at Gold Country Blvd. Travel 200 yards to the parking lot entrance on the right.
 - f. Pace: Easy with moderate hills
 - g. Sweep: Yes (no one left behind)
 - h. Distance: ~20 miles
 - i. Contact: Tom Egan
 - j. Email: ada.tourdecure2009@yahoo.com
6. Sacramento State University to Discovery Park Loop
 - a. Date: April 25th
 - b. Start Time: 9 AM
 - c. Start Place: Guy West Bridge
 - d. Address: 900 University Ave, Sacramento, CA
 - e. Pace: Easy
 - f. Sweep: Yes (no one left behind)
 - g. Distance: ~20 miles
 - h. Contact: Tom Egan
 - i. Email: ada.tourdecure2009@yahoo.com