



## Rochester Tour de Cure presented by Sage Rutty 2013 Outdoor Training Program

### Gear up...Rubber Side for the Tour de Cure Outdoor Training Rides Helmets Required!

Thursday 4/18	6:30pm	Penfield Town Hall <i>3100 Atlantic Avenue - park in lot behind buildings</i>	15 Miles
Saturday 4/20	9:30am	Mendon Ponds Park <i>Meeting at Stewart Lodge parking lot off of Douglas Road</i>	15 Miles
Sunday 4/21	1:00pm	Webster Park <i>Parking lot on Holt Road</i>	15/25 Miles
Wednesday 4/24	6:00pm	Park Ave Bike Shop <i>2900 Monroe Avenue location</i>	20 Miles
Thursday 4/25	6:30pm	Hank's Ice Cream & Roast Beef <i>235 North Avenue Webster - park away from building towards back of lot</i>	10 Miles
Saturday 4/27	9:30am	Victor <i>Take 490 South to Victor Exit. Follow Route 96 into the center of town Turn right (south) into "white church" parking lot Church is just past main intersection at center of town</i>	25 Miles
Sunday 4/28	1:00pm	Towpath Bike <i>Park behind Coal Tower Restaurant</i>	15/30 Miles
Wednesday 5/1	6:00pm	Park Ave Bike Shop <i>2900 Monroe Avenue location</i>	20 Miles
Thursday 5/2	6:30pm	Mendon Ponds Park <i>Meeting at Stewart Lodge parking lot off of Douglas Road</i>	15 Miles
Saturday 5/4	9:30am	Fellows Park, Fairport	25 Miles
Sunday 5/5	1:00 pm	Towpath Bike <i>Park behind Coal Tower Restaurant</i>	15/40 Miles
Wednesday 5/8	6:00 pm	Park Ave Bike Shop <i>2900 Monroe Avenue location</i>	20 Miles
Thursday 5/9	6:30 pm	Penfield Town Hall <i>3101 Atlantic Avenue - park in lot behind buildings</i>	15 Miles
Saturday 5/11	9:30am	Mendon Ponds Park <i>Meeting at Stewart Lodge parking lot off of Douglas Road</i>	15 / 25/40 Miles
Sunday 5/12	1:00pm	Towpath Bike <i>Park behind Coal Tower Restaurant</i>	25/45 Miles
Wednesday 5/15	6:00pm	Park Ave Bike Shop <i>2900 Monroe Avenue location</i>	20-25 Miles



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**2013 Outdoor Training Program**  
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**Helmets Required!**

Thursday 5/16	6:30pm	Midtown Athletic Club <i>200 East Highland Drive - park in the club lot</i>	30 Miles
Saturday 5/18	9:30am	Island Cottage Road/Edgemere Drive <i>Meet at parking area across from Schaller's Restaurant</i>	25/50 Miles
Sunday 5/19	1:00pm	Towpath Bike <i>Park behind Coal Tower Restaurant</i>	25/45 Miles
Wednesday 5/22	6:00pm	Park Ave Bike Shop <i>2900 Monroe Avenue location</i>	20-25 Miles
Thursday 5/24	6:30pm	Penfield Town Hall <i>3100 Atlantic Avenue - park in lot behind buildings</i>	30 Miles
Saturday 5/25	9:30 am	Greenwood Park, Penfield	26/60 Miles
Sunday 5/26	1:00 pm	Mendon Ponds Park <i>Meeting at Stewart Lodge parking lot off of Douglas Road</i>	30/50 Miles
Wednesday 5/29	6:00 pm	Park Ave Bike Shop <i>2900 Monroe Avenue location</i>	20-25 Miles
Thursday 5/30	6:30 pm	Mendon Ponds Park <i>Meeting at Stewart Lodge parking lot off of Douglas Road</i>	25/35 Miles