

Nob Hill Velo

NOVEMBER SCHEDULE for JUNIORS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Training Ride* 4:30-6:30 Bike Coop Road	2 Individual Training Day (ITD) Run 15mins Ride 45	3 Training Ride 8:30 Starbucks Cross
4 Race Redline cup#5 Bike Coop 7:30 or 8:00 Mesa Del Sol	5 ITD Run 15mins Ride 45 <i>(4:30-6:00 journals at Bike Coop)</i>	6 Race Hawks Race Bike Coop 4:30* Or 5:00 West Side Com Centr	7 ITD Run 15mins Ride 45	8 Training Ride* 6:00-7:00 Bike Coop Cross	9 ITD Run 15mins Ride 45	10 Race 14+ Bike Coop 7:30 KHS Cup #1 9am -START Los Vecinos
11 Race KHS Cup #2 9am - START Los Vecinos	12 ITD Run 15mins Ride 45	13 Race Hawks Race Bike Coop 4:30* Or 5:00 West Side Com Centr	14 ITD Run 15mins Ride 45	15 Training Ride* 6:00-7:00 Bike Coop Cross	16 ITD Run 15mins Ride 45	17 Race 14+ Bike Coop 8:30 KHS Cup #3 10am START Rio Bravo Park HELP for set up 18th
18 Race Redline cup#6 Help set up 6:00 am Denis Chavez Park 9:00nm START	19 Learn to put xmas lights on bike for parade on 24th & put up flyers at Hyder park	20 Race Hawks Race Bike Coop 4:30* Or 5:00 West Side Com Centr	21 Thanksgiving Break	22 Thanksgiving Break	23 Thanksgiving Break	24 Twinkle Light Parade 5:00pm 3rd & Central ITD 1.5-2hrs
25 Training Ride 9:00 Starbucks 2hrs younger 4hrs older Road	26 Training Ride* 6:00-7:00 Bike Coop Cross <i>(4:30-6:00 journals at Bike Coop)</i>	27 Training Ride* 4:30-6:00 Bike Coop Road	28 ITD Run 15mins Ride 45	29 Training Ride* 6:00-7:30 Bike Coop Cross	30 HELP SET UP FOR TOMORROWS RACE 4:00	1 Race 6:00am set up Redline cup#7 Wildflower Park SERIES FINAL

- ***It is mandatory to have bike lights to participate in these training rides**
- **Individual Training Day (ITD)**
- KHS Cyclo Cross Cup Directions: <http://web.mac.com/jryanwhite1/iWeb/KHSnm.com%20Cycling/cyclocross%20cup.html>
- Wildflower Park: Balloon Fiesta Park (I25 Alameda West and San Mateo North)
- Dennis Chavez Park: (I25 West Cesar Chavez , go 2 blocks & south on Walter, east on Katherine)
- Yellow boxes indicate journal day