

Team PricewaterhouseCoopers BikeMS Training Ride Calendar

Date	Day	Ride/Event	Location	Leader	Distance	Meet at...	Ride Start	Ride End	Link/Notes
2/16/2008	Saturday	Training: A - 19-21+	San Antonio	Mike Ebert	Through Trilby to the Withlacoochee Trail 55+ miles	County ballpark	7:00 AM	11:00 AM	All three levels ride out together until we reach the Withlacoochee trail. Each group rides their own distance of the trail and meet back at the bridge to ride back to the start together. Let's plan for Mexican food at Poncho Villa's for lunch!
		Training: B - 16-19	San Antonio	Tammy Knoll-Anderson	Through Trilby to the Withlacoochee Trail 45+ miles	County ballpark	7:30 AM	11:00 AM	
		Training C/D - 10-15	San Antonio	Beth Berkobein	Through Trilby to the Withlacoochee Trail 35+ miles	County ballpark	8:30 AM	11:00 AM	
2/23/2008	Saturday	Training: A - 19-21+	Suncoast Trail	Mike Ebert	55+	US 54 at Suncoast Trail	8:00 AM	11:00 AM	Special Mid-Florida Chapter-wide ride including the chapter president Tami Caesar. All ride groups will meet together and depart in stages.
		Training: B - 16-19	Suncoast Trail	Tammy Knoll-Anderson	45+	US 54 at Suncoast Trail	8:00 AM	11:00 AM	
		Training C/D - 10-15	Suncoast Trail	Eric Rittenhouse	40+	US 54 at Suncoast Trail	8:00 AM	11:00 AM	
3/1/2008	Saturday	Training: A - 19-21+	Suncoast Trail	Luis Silva	60+	US 54 at Suncoast Trail	7:00 AM	11:00 AM	
		Training: B - 16-19	Suncoast Trail	Tammy Knoll-Anderson	50+	US 54 at Suncoast Trail	7:30 AM	11:00 AM	
		Training C/D - 10-15	Suncoast Trail	Beth Berkobein	45+	US 54 at Suncoast Trail	8:30 AM	11:00 AM	
3/8/2008	Saturday	Training: A - 19-21+	San Antonio	John Regan	40-50	County ballpark	7:30 AM	11:00 AM	All three levels ride out together for a specific distance and route. A & B levels stop at each turn to wait for any C/D riders to catch the group. No one is dropped or left behind alone. Let's plan for Mexican food at Poncho Villa's for
		Training: B - 16-19	San Antonio	Tammy Knoll-Anderson	40-50	County ballpark	7:30 AM	11:00 AM	
		Training C/D - 10-15	San Antonio	Cesar Quiabazza	40-50	County ballpark	7:30 AM	11:00 AM	
3/15/2008	Saturday	Training: A - 19-21+	Suncoast Trail	Mike Ebert	North to the end = ~60 miles	Crew's Lake Park off US 52 at Suncoast Trail	7:00 AM	11:00 AM	
		Training: B - 16-19	Suncoast Trail	Tammy Knoll-Anderson	North to the end = ~60 miles	Crew's Lake Park off US 52 at Suncoast Trail	7:30 AM	11:00 AM	
		Training C/D - 10-15	Suncoast Trail	Beth Berkobein	North to the end = ~60 miles	Crew's Lake Park off US 52 at Suncoast Trail	8:30 AM	11:00 AM	
3/22/2008	Saturday	Training: A - 19-21+	Suncoast Trail	Mike Ebert	To the end of the trail = 80+	US 54 at Suncoast Trail	7:00 AM	11:00 AM	
		Training: B - 16-19	Suncoast Trail	Tammy Knoll-Anderson	To the end of the trail = 80+	US 54 at Suncoast Trail	7:30 AM	11:00 AM	
		Training C/D - 10-15	Suncoast Trail	Eric Rittenhouse	55+	US 54 at Suncoast Trail	8:30 AM	11:00 AM	
3/29/2008	Saturday	Training: A - 19-21+	Suncoast Trail	Mike Ebert	75+	US 54 at Suncoast Trail	7:00 AM	11:00 AM	
		Training: B - 16-19	Suncoast Trail	Tammy Knoll-Anderson	65+	US 54 at Suncoast Trail	7:30 AM	11:00 AM	
		Training C/D - 10-15	Suncoast Trail	Cesar Quiabazza	55+	US 54 at Suncoast Trail	8:30 AM	11:00 AM	
4/5/2008	Saturday	Training: A - 19-21+	Suncoast Trail	Frank Krieger	North to the end = ~60 miles	Crew's Lake Park off US 52 at Suncoast Trail	7:00 AM	11:00 AM	
		Training: B - 16-19	Suncoast Trail	Tammy Knoll-Anderson	North to the end = ~60 miles	Crew's Lake Park off US 52 at Suncoast Trail	7:30 AM	11:00 AM	
		Training C/D - 10-15	Suncoast Trail	Cesar Quiabazza	North to the end = ~60 miles	Crew's Lake Park off US 52 at Suncoast Trail	8:30 AM	11:00 AM	
4/12/2008	Saturday	Training: A - 19-21+	Suncoast Trail	Mike Ebert	To the end of the trail = 80+	US 54 at Suncoast Trail	7:00 AM	11:00 AM	
		Training: B - 16-19	Suncoast Trail	Tammy Knoll-Anderson	To the end of the trail = 80+	US 54 at Suncoast Trail	7:30 AM	11:00 AM	
		Training C/D - 10-15	Suncoast Trail	Cesar Quiabazza	55+	US 54 at Suncoast Trail	8:30 AM	11:00 AM	
4/19/2008	Saturday	Training: A - 19-21+	San Antonio	Luis Silva	50+	County ballpark	7:30 AM	11:00 AM	All three levels ride out together for a specific distance and route. A & B levels stop at each turn to wait for any C/D riders to catch the group. No one is dropped or left behind alone. Let's plan for Mexican food at Poncho Villa's for
		Training: B - 16-19	San Antonio	Tammy Knoll-Anderson	50+	County ballpark	7:30 AM	11:00 AM	
		Training C/D - 10-15	San Antonio	Eric Rittenhouse	50+	County ballpark	7:30 AM	11:00 AM	
4/26/2008	Saturday	MS150 Tour	Cypress Gardens		50, 80, 100				
4/27/2008	Sunday	MS150 Tour	Sea World		50, 80				

For More Information Contact: Mike Ebert, Captain. michael.j.ebert@us.pwc.com