



Tour de Canal 2010 Training & Qualifying Schedule* (updated 5-27-10)

Date	Day	Type	Start Location	Destination	Start Time	Distance	Ride Leader
Apr 24	Saturday	Brew Ride	Vienna Inn	Shirlington	8:30 AM	24 miles	Chris S./Kathy
May 15	Saturday	Breakfast Ride	Sterling	Purcellville	8:00 AM	42 miles	Chris S.
June 5	Saturday	Training Ride	Vienna Inn	National Harbor	8:00 AM	40 miles	Chris M./Steve/Don
June 19	Saturday	Training Ride	Sterling	Purcellville	8:00 AM	40 miles	Chris M./Chris S.
June 26	Saturday	Pie Ride	Carderock	Western MD	8:00 AM	20-42 miles	Steve/Don/Kathy
Jul 10	Saturday	Training Ride	Carderock	Seneca Creek	8:00 AM	20-40 miles	Alan/Kathy/Don
Jul 17	Saturday	Training Ride	Carderock	Seneca Creek	8:00 AM	20-40 miles	Alan/Chris S.
Jul 24	Saturday	Qualifying Ride	Carderock	Whites Ferry	8:00 AM	50 miles	Kathy/Don/Chris
Jul 31	Saturday	Qualifying Ride	Carderock	Whites Ferry	8:00 AM	50 miles	Kathy/Don/Alan
Aug 7	Saturday	Qualifying Ride	Carderock	Whites Ferry	8:00 AM	50 miles	Colette/Alan/Chris
Aug 14	Saturday	Qualifying Ride	Carderock	Whites Ferry	8:00 AM	50 miles	Steve/Volunteer
Aug 21	Saturday	Qualifying Ride	Carderock	Whites Ferry	8:00 AM	50 miles	Don/Steve/Alan
Aug 28	Saturday	Qualifying Ride	Carderock	Whites Ferry	8:00 AM	50 miles	Chris S./Kathy
Aug 29	Sunday	Qualifying Ride	Carderock	Whites Ferry	8:00 AM	50 miles	Steve/Don

Please RSVP to tourdecanalnc@alz.org or call 703.359.4440 on the Monday prior to each week's ride to participate.



Training Ride Leader Contact Information

Name	Mobile Number	E-Mail
Alan Willsey	301-758-1557	Alan.Willsey@gmail.com
Chris Mullen	703-352-0686	c3693@verizon.net
Chris Schumaker	703-593-5504	cschumak@gmail.com
Colette Browning	703-216-6289	cbro21@verizon.net
Don Ewen	703-915.6139	ewendon@gmail.com
Jen Nicholson	703-683-0454	Jen.nich@yahoo.com
Kathy Rodgers	703-618-6043	pkrodgers@verizon.net
Matt Allen	703-655-2310	mx4cc@verizon.net
Steve Futato	703-628-3418	sfutato@verizon.net

Please take note of whose leader name is next to each ride.

In the event of an ER on the canal,
please notify your ride leader and call 911.

Riders should plan on bringing a helmet, spare bike tube, beverages, snacks, a cell phone and some cash.

We are self-supporting.