

2013 KP Thrive Bike Team Rides

January 13, 2013 - Meet at [Folsom Garage](#) across from Karen's Bakery at 8:45 am. Pedal down time is 9 am.

January 20, 2013 - Meet at [Folsom Garage](#) across from Karen's Bakery at 8:45 am. Pedal down time is 9 am.

January 27, 2013 - Meet at [Folsom Garage](#) across from Karen's Bakery at 8:45 am. Pedal down time is 9 am.

February 3, 2013 - Meet at [Peets Coffee at Quarry Ponds](#) in Granite Bay at 8:45am. Pedal down time is 9am. Please Wear Live Well jersey if you have it this Sunday. We will be riding with another team. The plan is 30-35 miles all road with hills. Don't forget helmet, glasses, gloves two water bottle and a snack.

February 10, 2013 - This Sunday ride we will be meeting at 845 at [Peets Coffee on Douglas at Quarry ponds](#). Pedal down time is 9am sharp! Layers please.

February 17, 2013 - This Sunday ride we will be meeting at 845 at [Peets Coffee on Douglas at Quarry ponds](#). Pedal down time is 9am sharp! Layers please.

February 24, 2013 - This Sunday ride we will be meeting at 845 at [Peets Coffee on Douglas at Quarry ponds](#). Pedal down time is 9am sharp! Layers please. Please stay with our group!!

March 3, 2013 - This Sunday ride we will be meeting at 845 at [Peets Coffee on Douglas at Quarry ponds](#). Pedal down time is 9am sharp! Layers please. Please stay with our group!!

March 10, 2013 - This Sunday ride we will be meeting at 845 at [Peets Coffee on Douglas at Quarry ponds](#). Pedal down time is 9am sharp! Layers please. Please stay with our group!!

March 17, 2013 - This Sunday ride we will be meeting at 845 at [Howard Park 600 S. Church St. Ione, CA 95640](#). Training ride in hills for Party to Pardee. Bring plenty of fluids (2 bottles) and fuel. Pedal down time is 9am sharp! Layers please. Please stay with our group!! **NOBODY gets left behind.**

March 24, 2013 - NO Bike Ride

March 31, 2013 - This Sunday ride we will be meeting at 845 at [Peets Coffee on Douglas at Quarry ponds](#). Pedal down time is 9am sharp! Layers please. Please stay with our group!!

April 6, 2013 - Party to Pardee Ride (Jersey qualifier)

April 7, 2013 - NO RIDE

April 14 - This Sunday ride we will be meeting at 8:30 am. We will leave from Trail Head Coffee shop in Penryn located at [2210 Taylor Road Ste F, Penryn, CA 95663](#). Please stay with our group!!

May 11 - Saturday is [Tour de Lincoln](#)! Please contact Pam Wyman at (916) 751-0717 to meet. **NO RIDE ON SUNDAY**

June 1 - Saturday rides start! Meet at [Peets Coffee on Douglas at Quarry ponds](#). We will meet at 7:45am and pedal down time is 8am sharp. Please bring plenty of fluids as the heat will turn up pretty quick this weekend. The ride will consist of 50% bike trail and 50% road, with all riders going around Lake Natomas. We will stop for a bit at Karen's Bakery in Folsom and then ride back to Peets.

June 8 - This **Saturday** ride we will be meeting at 7:30am. We will leave from Trail Head Coffee shop in Penryn located at [2210 Taylor Road Ste F, Penryn, CA 95663](#). Please stay with our group!!

June 15 - This **Saturday** ride we will be meeting at 7:30am. The group will meet in the center parking lot and leave from [William Pond Park in Carmichael](#). We will be going to Davis for a 60 mile FLAT ROUND TRIP ride.

July 7 - This **SUNDAY** ride we will be meeting at 7:30am. We will leave from Trail Head Coffee shop in Penryn located at [2210 Taylor Road Ste F, Penryn, CA 95663](#). Please stay with our group!!

August 11 - This **Sunday**, the group will meet at the [Roseville Cyclery](#) located at [404 Vernon Street](#) in Roseville at 7:45am. Pedal down time is 8:00am sharp!

August 25 - Sunday ride we will depart from the Gold River Starbucks located at [2095 Golden Centere Lane in Gold River](#). Meet at 7:15 with a pedal down time of 7:30!

September 8 - No group ride. Team will be doing Emigrant Trek in Tahoe.

September 15 - This Sunday ride we will be meeting at 8:30 am. We will leave from Trail Head Coffee shop in Penryn located at [2210 Taylor Road Ste F, Penryn, CA 95663](#).