

## Nanaimo Mountain Bike Club – Ride Schedule – August 2008

**Riders please note the following:**

- **All riders must join the Grassroots Mountain Bike Association**
- **You must sign a waiver and pay your dues to participate in group rides**
- **Please see the membership page, or a director for a waiver form**
- **Forward your \$35.00 and waiver form to Annette**

<b>Date</b>	<b>Day</b>	<b>Ride</b>	<b>Time</b>	<b>Meet At</b>
<b>31</b>	Thursday	South Wellington	6:30	Mike's place at 2015 Minetown Road
<b>Aug 1</b>	Friday	Old Stumpy	9:15	Westwood Lake Parking Lot
3	Sunday	Forbidden Plateau	10:30	Starbucks (Chapters)
4	Monday	Mt. Washington	9:30	Starbucks (Chapters)
5	Tuesday	McGarrigles' Trails	6:30	End of Munroe Road
7	Thursday	Whole Abyss	6:30	Dog Pound
8	Friday	Doumont	9:15	Middle gate
10	Sunday	Manzanita Ridge <b><i>Party to follow!</i></b>	11:30	Doumont – End of Pavement <b>Party at Bill McMillan's place on Norwell Dr. any time after 3:00</b>
12	Tuesday	Ammonite Falls	6:30	Jamieson Road
14	Thursday	McKay Lakes	6:30	End of Spruston Road
15	Friday	Hammerfest	9:15	8:40 at Chapters to convoy to Englishman River Park entrance
17	Sunday	Winery Tour	9:00	Tim Horton's at Southgate Mall
19	Tuesday	Roller Coaster	6:30	Bottom of 3 Creeks – Nanaimo Lakes Rd.
21	Thursday	Hammerfest	5:45	Starbucks (Chapters)
22	Friday	Abyss	9:15	Behind Animal Shelter
24	Sunday	Hornby Island	9:00	Starbucks (Chapters)
26	Tuesday	Doumont	6:30	Moto X <b><i>DIRECTORS' MEETING TO FOLLOW</i></b>
28	Thursday	South Wellington	6:30	Mike's place at 2015 Minetown Road
29	Friday	Roller Coaster	9:15	Bottom of 3 Creeks-yellow gate on left, Nanaimo Lakes Road-1.2 km beyond Animal Shelter
31	Sunday	Trail Maintenance	11:30	Moto X
<b>Sept 1</b>	Monday	Mt. Washington	9:30	Starbucks (Chapters)



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