

C.O.G.S Cyclists of Greater Seattle			Be sure to check the COGS website for updates						
<b>2009 Training Series</b>									
Updated February 14th, 2009									
Yellow - COGS Ride									
DATE	Day	RIDE DESCRIPTION	TIME	LOCATION	DISTANCE	COGS?	ELEV	Suggested LEADER (S)	Website link
2/22/2009	Sun	Cascade's Chilly Hilly	8:00		33				
2/28/2009	Sat	COGS Series Kick Off		Issy to Blck. Diamond?		Y		TBD	
3/7/2009	Sat	Perrinville Coffee Run	9:30	Magnuson Park	35	Y		Jim Stewart	
3/14/2009	Sat	Indianola/ Hansville Loop	9:00	Edmonds Ferry	40	Y		Dan Wakefield	
3/21/2009	Sat	McClinchy Mile		Arlington, WA	20,34,47,100?		Varies	Bob Nyberg	<a href="http://www.bikesclub.org/html/mcclinchy/mcclinchy.htm">http://www.bikesclub.org/html/mcclinchy/mcclinchy.htm</a>
3/28/2009	Sat	Greenwater Trail and Auburn	9:30	Ft. Dent Park,Tukwila	50	Y		Ken Winkenwender	
4/4/2009	Sat	Snohomish Arlington Granite Falls						Jim Stewart	
4/11/2009	Sat	Open			45	Y		Open	
4/12/2009	Sun	Daffodil Classic		Orting	40, 62, 100		Varies	Open	<a href="http://twbc.org/events/">http://twbc.org/events/</a>
4/18/2009	Sat	Four Valleys Ride	8:30	Everett, WA	78 miles	Y	1700 ft	Bob Nyberg	
4/25/2009	Fri	Seabeck via Two Ferries	8:30	Coleman Ferry Dock,	51 miles	Y	4400 ft	Jim Stewart	
4/25 - 4/26	Fri - Sun	Sunny Yakima Weekiend		Yakima	25, 50,70,100			Mary Jo	<a href="http://www.desertvalley.com/rides/">www.desertvalley.com/rides/</a>
5/2/2009	Sat	Open	8:00						
5/2/2009	Sat	Wine County Century	8:00	Santa Rosa, CA	65, 100, 120	N	1700 ft	Jim Stewart	<a href="http://srcs.memberlodge.com/WCC">http://srcs.memberlodge.com/WCC</a>
5/3/2009	Sun	Phil's Cycle Mayday Metric Century	6:30	Phi's cycle Federal Way	50,72,104				<a href="http://www.geocities.com/phillthemechanic/">http://www.geocities.com/phillthemechanic/</a>
5/9/2009	Sat	Skagit Spring Classic		Burlington	25,45,62,100				<a href="http://www.skagitbicycleclub.org/articles/765">http://www.skagitbicycleclub.org/articles/765</a>
5/16/2009	Sat	Snoqualmie Pass Ride	8:00	Issaquah	84	Y	5,000 ft	Monica Zaborac	
5/16/2009	Sat	Seabeck and Dewatto Hills	8:00	Fauntleroy Ferry Dock	80	Y	5000	Louise Kornreich	<a href="http://www.bikely.com/maps/bike-path/Laughlin">http://www.bikely.com/maps/bike-path/Laughlin</a>
5/23/2009	Sat	LaConner-Mt. Erie	9:30	LaConner Middle School	50 miles	Y	3400 ft	Mark Peterson	
5/25/2009	Mon	7 Hills of Kirkland		Kirkland	60 , 100			Louise Kornreich	<a href="http://www.7hillskirkland.com/index.htm">http://www.7hillskirkland.com/index.htm</a>
5/30/2009	Sat	Cle Elum-Leavenworth Ride	8:30	Cle Elum, WA	100 miles	Y	6000 ft	Monica Zaborac	
6/6/2009	Sat	Peninsula Century - Tacoma Wheelmen			29,44,62,100			Open	<a href="http://twbc.org/events/">http://twbc.org/events/</a>
6/7/2009	Sun	Clinton-Coupeville Ride	7:45	Mukilteo Ferry Dock	80 miles	Y	5000 ft	Dan Wakefield	
6/12/ - 14	Fri - Sun	Columbia Gorge 3 Day Tour						Mary Jo	
6/13/2009	Sat	Flying Wheels		Redmond	50, 70, 100			Bill Leyer	<a href="http://cascade.org/EandR/flying/index.cfm">http://cascade.org/EandR/flying/index.cfm</a>
6/20/2009	Sat	Tour De Blast	7:00:00	Toutle, Wa	82 Miles		6200	Ken Winkenwender	<a href="http://www.tourdeblast.com/">http://www.tourdeblast.com/</a>
6/20/2009	Sat	Hurricane Ridge Challenge (with West Sound Cycling Club)	9:30	Sequim, WA	79 miles (17 mi)	Y	6200 ft (5300)	Tom Tanner/WSCC	
6/27/2009	Sat	Chinook-White-Chinook Ride		Tipsoo Lake at Chinook Pass	115 miles 120 miles	Y	7,000 ft	Mark Peterson	
7/3/2009	Fri	Ride Around Hood Canal ( with West Sound Cycling Club)	7:00	Coleman Dock	[1]	Y	5,300 ft	Tom Tanner/WSCC	
7/4/2009	Sat	Open							
7/11/2009	Sat	Seattle to Portland		Seattle	200			Open	<a href="http://cascade.org/EandR/stp/index.cfm">http://cascade.org/EandR/stp/index.cfm</a>
7/12/2009	Sun	Seattle to Portland Day 2		Seattle	200			Open	<a href="http://cascade.org/EandR/stp/index.cfm">http://cascade.org/EandR/stp/index.cfm</a>
7/19/2009	Sun	Hills of Ramrod or Randle-Windy Ridge		Packwood, WA	80 - 90 miles	Y	9000 ft	Mark Peterson.	
7/26/2009	Sun	West Seattle and Vashon	8:00	Lincoln Park	70	Y		Ken Winkenwender	
7/26/2009	Sun	Tour de Kitsap						Mark Peterson	<a href="http://westsoundcycling.com/homepage/">http://westsoundcycling.com/homepage/</a>
7/24 - 26	Fri - Sun	Birch Bay Tour						Mary Jo	
7/30/2009	Thu	RAMROD		Enumclaw	100			Open	<a href="http://www.redmondcyclingclub.org/RAMROD">http://www.redmondcyclingclub.org/RAMROD</a>
8/1/2009	Sat	Open			60 or so	Y		Open	
8/8/2009	Sat	Mount Baker		Glacier, WA	50 miles	Y	4500 ft	Mario Valiani	
8/14/2008	Thu	RSVP (Sold Out)		Seattle to BC	183				
8/15/2009	Sat	RSVP Day 2(Sold Out)		Seattle to BC	183				

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8/15/2009	Sat	Hot August Days		Wenatchee				Mark Peterson	<a href="http://www.ncwsportsevents.com/hod.html">http://www.ncwsportsevents.com/hod.html</a>
8/15/2009	Sat	Open			60 or so	Y		Open	
8/22/2009	Sat	RAPSODY	7:00	Tacoma CC	91			Tom Tanner	<a href="http://www.rapsodybikeride.com/">http://www.rapsodybikeride.com/</a>
8/23/2009	Sun	RAPSODY		Olympia	80			Tom Tanner	<a href="http://www.rapsodybikeride.com/">http://www.rapsodybikeride.com/</a>
8/28 - 30	Fri - Sun	San Juan Island Tour						Mary Jo	
8/30/2008	Sat	Open			60+	Y		Open	
9/7/2009	Mon	PROS	8:30	Discovery Park	86	Y	4500	Wakefield, Strauss	

1. Michele Morgan:  
25, 45, 62 and 100