

NCAC 2007  
Training Ride Weekly Distance and Terrain Goals

<b>Weekend Starting:</b>	<b>Weeks to go to NCAC 07</b>	<b>Long Ride Dist.</b>	<b>Long Ride Type</b>	<b>MAIN EVENT</b>
23-Sep-06	34	20	Flat	
30-Sep-06	33	20	Flat	
7-Oct-06	32	20	Flat	
14-Oct-06	31	20	Flat	
21-Oct-06	30	20	Flat	
28-Oct-06	29	20	Flat	
4-Nov-06	28	20	Flat	
11-Nov-06	27	25	Flat	
18-Nov-06	26	20	Flat	
25-Nov-06	25	25	Flat	
2-Dec-06	24	30	Rolling	
9-Dec-06	23	35	Flat	
16-Dec-06	22	25	Rolling	
23-Dec-06	21	35	Rolling	
30-Dec-06	20	40	Flat	
6-Jan-07	19	45	Flat	
13-Jan-07	18	30	Flat	
20-Jan-07	17	45	Hilly	
27-Jan-07	16	50	Rolling	
3-Feb-07	15	55	Rolling	
10-Feb-07	14	30	Rolling	
17-Feb-07	13	55	Hilly	
24-Feb-07	12	60	Rolling	
3-Mar-07	11	65	Rolling	
10-Mar-07	10	30	Rolling	
17-Mar-07	9	50	Hilly	
24-Mar-07	8	50/50	Rolling	
31-Mar-07	7	65/50	Hilly	<b>Party Pardee</b>
7-Apr-07	6	30/30	Rolling	
14-Apr-07	5	65/50	Rolling	
21-Apr-07	4	100 / 70	Rolling	<b>Bike Around the Buttes</b>
28-Apr-07	3	100 / 70	Hilly	<b>Chico Wildflower</b>
5-May-07	2	50/50	Hilly	
12-May-07	1	50/50	Rolling	
19-May-07	0	325	Hilly/Rolling	<b>NCAC</b>