2023 SPRING Schedule

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19
FEBUARY				MARCH					APRIL				MAY					JUNE
1 4	6 8 11	13 15 18	20 22 25 27	1 4 6 8 11	13 15 18	20 22 25 27 29	1 3 5 8	10 12 15 17 20 22 24 26 29	1 3 6 8 10 13	15 17 20 22 24 27 29 31	3 5 7 11							
Wed Sat	Mon Wed Sat	Mon Wed Sat	Mon Wed Sat Mon	Wed Sat Mon Wed Sat	Mon Wed Sat	Mon Wed Sat	Mon Wed Sat	Mon Wed Sat	Mon Wed Sat	Mon Wed Sat Mon	Wed Sat Mon	Wed Sat	Mon Wed Sat	Mon Wed Sat	Mon Wed Sat	Mon Wed Sat	Mon Wed Sat	Mon Wed Sat
Ride if weather is ok	Ride if weather is ok	Ride if weather is ok	Ride if weather is ok	Ride if weather is ok	Ride if weather is ok	Daylight Savings Starts	Olympia Race SUN	Ephrata Race Sun	Riverside Race Sun	Winthrop CHAMP RACE SUN	B'ham - Optional							

SCHEDULE NOTES:

This schedule may change or become outdated if Coaches and individual teams need to adjust their ride dates.

Feb Saturday rides are weather dependent. Coaches will advise.

Mar 13 - Week day practices start (after day light savings).

Wed Night Races are every Wednesday in May and June - these races replace INW Team's Wed night practice.

Jun 4 Championship Race is in Winthrop.

Jun 11 Bellingham Race is an optional fun race but does not count for points.

PARENT AND FAMILY NOTES:

We are so glad that our type of crazy is your type of crazy! Kids, coaches and families seem to thrive when they belong to the bike teams.
It is easy to see where kids and coaches fit but everything works better when parents and families also connect.

Each team needs help with a lot of stuff. Whether your natural talent is in administration, building community support or on the trail coaching, helping one of the teams is usually fun and a good way to stay involved. If you have any of the superpowers below, please let the head coach or team manager know so you can be connected.

NOTE: To be able to participate in rides, volunteers needs to complete Level 1 coaching requirements and be able to at least keep up with middle school mountain bikers.

VOLUNTEER SUPERPOWERS NEEDED:
Administrative Support
Race/Event Support
Fund Raising Support
Bike Mechanic
Coaching Support (see Level 1 Requirements)
Other (anything that helps)