**SIG Calendar**

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| **Week** | **Date** | **Class** | **Destination** | **Starting Point** | **Start Time** | **Miles** |
| 1 | March 5 | Orientation/Timed Laps | Prospect Park | St Savior HS | 9:30 | 20 |
| 2 | March 12 | Basic Skills – NYCC Rules and Etiquette | Westwood/Northvale | Rambles Shed CP | 9:30 | 45/50 |
| 3 | March 19 | Riding in Traffic | Scarsdale/Hartsdale | Rambles Shed | 9:30 | 44/48 |
| 4 | March 26 | Spinning; Gearing | Ridgewood | Riverside Drive at Grant’s Tomb | 9:00 | 54/58 |
| 5  16s and17s | April 2 | Riding in Front | Mamaroneck | Rambles Shed | 9:00 | 54 |
| 5  18s | April 2 | Climbing, Pacelining | Nyack with Hills | Riverside Drive at Grant’s Tomb | 9:00 | 66 |
| 6  16s and 17s | April 9 | Climbing/Descending (Intro to Pacelining) | Nyack | Rambles Shed | 9:00 | 57 |
| 6  18s | April 9 | Paacelining | Oyster Bay | Statue of Civic Virtue (Queens) | 9:00 | 73 |
| 7  16s and 17s | April 16 | Pacelining (Refresher) | Bayville/Oyster Bay | Statue of Civic Virtue (Queens) | 9:00 | 60/67 |
| 7  18s | April 16 | Climbing/Pacelining | Armonk Challenge | Woodlawn | 8:45 | 80 |
| 8  16s and 17s | April 23 | Planning and Leading a Ride | Armonk | Rambles Shed | 8:30 | 63/67 |
| 8  18s | April 23 | Planning and Leading Ride/Finessing | Orchards | Grant’s Tomb | 8:45 | 84 |
| 9 | April 30 | No class | Deep Westchester | Woodlawn | 8:00 | 80/104 |
| 10 | May 7 | Bikes on a train/Giving Back/Being AWESOME! | Cold Spring (GRADUATION!!) | 72nd & Riverside (Eleanor Roosevelt Statue) | 8:00 | 74 |

**OTHER NOTABLE DATES:**

**March 22 – Class on Stretching, Flexibility and Foam Rollers for Cyclists** Led by Sandra Zeuner. Ripley Grier Studios, 520 8th Ave, New York, NY 10018

**March 31 – First Aid for Cyclists**  Presentation by Dr. Ed Fishkin 6:00 PM ,Woodhull Hospital, 760 Broadway, Brooklyn.    
Take J,M to Flushing Avenue.  [http://goo.gl/maps/GjBkr](http://goo.gl/maps/GjBkr" \t "_blank) Includes dinner.

**April 18 – Nutrition for Cyclists**  Presentation by Reyna Franco, April 18th 6:00-8:30PM at Connolly's, 121 W. 45th St. (3rd fl.).

**May 10 – B SIG Graduation** (tentative)

**May ? – B SIG Graduation Party!**

**TBD: Seminar on Basic Bicycle Mechanics**

**Plus**: Parties! Socials!