

October 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Triathlon Connection (www.triathlonconnection.com) For SCDB Run info: http://sports.groups.yahoo.com/group/SoCalDayBreakers/ For CC Club Rides : www.cyclingconnection.org			1	2	3	4 CC Ride 8:00 AM Rancho
5 BOD Tri @ Bonelli Tri Conn Booth CC Ride 8:00 AM CC Ride (Women only) 2:30 PM	6 Coffee 7:00 PM It's a Grind	7 SCDB Run 5:00 AM & 5:30 AM Claremont CC Ride 5:00 PM Rancho	8	9 SCDB Run 5:00 AM & 5:30 AM Claremont CC Ride 5:00 PM Rancho	10	11 CC Ride 8:00 AM Rancho
12 Long Beach Marathon CC Ride 8:00 AM CC Ride (Women only) 2:30 PM	13	14 SCDB Run 5:00 AM & 5:30 AM Claremont CC Ride 5:00 PM Rancho	15	16 SCDB Run 5:00 AM & 5:30 AM Claremont CC Ride 5:00 PM Rancho	17	18 CC Ride 8:00 AM Nutrition Clinic 2 PM www.coach-tony.com
19 Redlands Tri 8 AM Triathlon Connection Club Meeting 4 PM Comp Edge Rancho	20	21 SCDB Run 5:00 AM & 5:30 AM Claremont CC Ride 5:00 PM Rancho	22	23 SCDB Run 5:00 AM & 5:30 AM Claremont CC Ride 5:00 PM Rancho	24	25 CC Ride 8:00 AM Rancho
26 SOMA Half Ironman CC Ride 8:00 AM CC Ride (Women only) 2:30 PM	27	28 SCDB Run 5:00 AM & 5:30 AM Claremont CC Ride 5:00 PM Rancho	29	30 SCDB Run 5:00 AM & 5:30 AM Claremont CC Ride 5:00 PM Rancho	31	

November 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 CC Ride 8:00 AM
2 CC Ride 8:00 AM	3 Coffee 7:00 PM It's a Grind	4 SCDB Run 5:00 AM & 5:30 AM Claremont	5	6 SCDB Run 5:00 AM & 5:30 AM Claremont	7	8 Tour de Foothills Upland
9 CC Ride 8:00 AM	10	11 SCDB Run 5:00 AM & 5:30 AM Claremont	12	13 SCDB Run 5:00 AM & 5:30 AM Claremont	14	15 CC Ride 8:00 AM
16 Pasadena Marathon CC Ride 8:00 AM	17	18 SCDB Run 5:00 AM & 5:30 AM Claremont	19	20 SCDB Run 5:00 AM & 5:30 AM Claremont	21 IM AZ Volunteering	22 CC Ride 8:00 AM IM AZ Volunteering
23 Ironman Arizona CC Ride 8:00 AM	24	25 SCDB Run 5:00 AM & 5:30 AM Claremont	26	27 SCDB Run 5:00 AM & 5:30 AM Claremont	28	29 Beginner Triathlon Clinic 10:00 AM Bonelli Park
30 Turkey Triathlon Bonelli Park Tri Conn Booth	Triathlon Connection (www.triathlonconnection.com) For SCDB Run info: http://sports.groups.yahoo.com/group/SoCalDayBreakers/ For CC Club Rides : www.cyclingconnection.org					

December 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Coffee 7:00 PM It's a Grind	2 SCDB Run 5:00 AM & 5:30 AM Claremont	3	4 SCDB Run 5:00 AM & 5:30 AM Claremont	5	6 CC Ride 8:00 AM
7 Las Vegas Marathon	8	9 SCDB Run 5:00 AM & 5:30 AM Claremont	10	11 SCDB Run 5:00 AM & 5:30 AM Claremont	12	13 CC Ride 8:00 AM Ironman Viewing Party 11:30-1 PM
14 Hemet Triathlon CC Ride 8:00 AM	15	16 SCDB Run 5:00 AM & 5:30 AM Claremont	17	18 SCDB Run 5:00 AM & 5:30 AM Claremont	19	20 CC Ride 8:00 AM
21 CC Ride 8:00 AM	22	23 SCDB Run 5:00 AM & 5:30 AM Claremont	24	25	26	27 CC Ride 8:00 AM
28 CC Ride 8:00 AM	29	30 SCDB Run 5:00 AM & 5:30 AM Claremont	31	Triathlon Connection (www.com) For SCDB Run info: http://sports.groups.yahoo.com/group/SoCalDayBreakers/ For CC Club Rides : www.cyclingconnection.org		