

2019 CCC Intro Rides

JANUARY 2019

5 FLAT INTRO	19 HILLY INTRO	26 FLAT PROG
RUFFORD	RIGBY'S	DOBBIES

JULY 2019

6 FLAT INTRO	20 HILLY INTRO	27 FLAT PROG
RUFFORD	RIGBY'S	RIGBY'S

FEBRUARY 2019

2 HILLY INTRO	16 FLAT INTRO	23 HILLY PROG
RIGBY'S	VELO CAFE	RIGBY'S

AUGUST 2019

3 HILLY INTRO	17 FLAT INTRO	31 HILLY PROG
RIGBY'S	VELO CAFE	RIGBY'S

MARCH 2019

2 FLAT INTRO	16 HILLY INTRO	30 FLAT PROG
RUFFORD	RIGBY'S	RIGBY'S

SEPTEMBER 2019

7 FLAT INTRO	21 HILLY INTRO	28 FLAT PROG
RUFFORD	RIGBY'S	DOBBIES

APRIL 2019

6 HILLY INTRO	20 FLAT INTRO	27 HILLY PROG
RIGBY'S	VELO CAFE	RIGBY'S

OCTOBER 2019

6* CLUB EVENT	19 FLAT INTRO	26 HILLY PROG
LEWIS RIDE	VELO CAFE	RIGBY'S

MAY 2019

4 FLAT INTRO	18 HILLY INTRO	25 FLAT PROG
RUFFORD	RIGBY'S	DOBBIES

NOVEMBER 2019

2 FLAT INTRO	16 HILLY INTRO	30 FLAT PROG
RUFFORD	RIGBY'S	RIGBY'S

JUNE 2019

1 HILLY INTRO	15 FLAT INTRO	29 HILLY PROG
RIGBY'S	VELO CAFE	RIGBY'S

DECEMBER 2019

7 HILLY INTRO	21 FLAT INTRO	28 HILLY PROG
RIGBY'S	VELO CAFE	RIGBY'S

Intro & Progression Intro rides during 2019.

The Flat Intro stops at the Boathouse Brasserie Rufford Marina and the Velo Café in Croston, the Hilly Intro stops at Rigby's Pimbo Garden Centre.

There are currently two **Flat Progression** rides through Aughton, Bickerstaff and Rainford to stop at Rigby's Pimbo, the alternative is over to Southport and Dobbies Garden Centre and then back through the outskirts of Ormskirk.

The **Hilly Progression** is up and around Ashurst Beacon and Billinge Hill stopping at Rigby's Pimbo before returning through Parbold.

All rides will be at **Intro pace** . . . so if you want to go faster **it's not the ride for you.**

** The Lewis Balycky Memorial ride is on **Sunday 6 October**. The Club is sponsoring the event and will pay the entry fee for every member of CCC who wishes to participate. The ride will become the 'Hilly Intro' scheduled for **5 October**. Our ride will tackle the shorter 70km route and only has a few bumps, but it's a great cause!*