

Cycle for Life – Training Rides

When : Sunday, July 15th Rumble to the River/Cycle for Life Kick-off Ride (Big Shark Sponsored)

7:30am – Mechanical Support, Water, & Coffee

8:00am – Ride Start

Where: Big Shark West, 17233 Chesterfield Airport Road, Chesterfield, MO 63005

Distance: 40 or 55 miles

RSVP – This is a Free ride, but please RSVP at the following site

<https://bigshark.com/about/2018-rumble-to-the-river-cystic-fibrosis-foundation-cycle-for-life-pedal-the-cause-training-ride-7-15-2018-pg1304.htm>

When: Sunday, August 5th Fahrradtour Tabling in Mascoutah, IL (Trailnet Fun Ride):

7:30am – Registration and Start

Where: Scheve Park, Harnett St & Harper Road, Mascoutah, IL 62258

Distance: 8, 25, 45, or 64 miles

Register at the start of the ride via CFF tent. Click here for more information:

<https://trailnet.org/calendar/2018-fahrradtour/>

FREE for Trailnet members who are registered Cycle for Life participants! Discounted \$10 price for non-members who are registered Cycle for Life Participants!

When: Saturday, August 11th – Bike Stop Café – Store to Store Ride (CFF official August training ride)

Where: Bike Stop Café , 17089 N Outer 40 Rd #140, Chesterfield, MO 63005

7:45am– Check-in

8:15am- Start

Distance: 36 miles

RSVP: to Jason at jkempen@cff.org

When: Sunday, September 16th – Smartt Field (CFF official September Training Ride)

7:45am – Check -in

8:00am – Roll out

Where: Smartt Field , 6390 Grafton Ferry Rd, Portage Des Sioux, MO 63373

Distance: 20 or 50 miles

RSVP: to Jason at jkempen@cff.org

When: Saturday, September September 22nd - Ride the Rivers (Trailnet Fun Ride):

6:30am – 8:00am – Day of registration

7:30am – Mass Start

Where: 1650 Beale Street

St. Charles, 63303 United States

Distance: 64 or 100 miles

Register at the start of the ride via CFF tent. Click here for more information:

<https://trailnet.org/calendar/2018-ride-the-rivers/>

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