



2024 Season



FEBRUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8 Mentor Commitment 6:30 - 8 pm at Wellmark YMCA	9	10
11	12	13	14 <i>Valentine's Day</i>	15	16	17
18	19 New Rider Kickoff 6:30 - 8 pm at the Wellmark YMCA	20	21	22 Return Rider Kickoff 6:30 - 8 pm at the Wellmark YMCA	23	24
25	26	27	28	29	1	2



2024 Season



MARCH 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	1	2 Mentor Training (9am - 2:30pm)
3	4 Indoor Training 7pm – 8:30pm Wellmark YMCA	5	6	7 Indoor Training 7pm – 8:30pm Wellmark YMCA	8	9
10	11 Indoor Training 7pm – 8:30pm Wellmark YMCA	12	13	14 Indoor Training 7pm – 8:30pm Wellmark YMCA	15	16
17	18 Indoor Training 7pm – 8:30pm Wellmark YMCA	19	20	21 Indoor Training 7pm – 8:30pm Wellmark YMCA	22	23 Team Building Event (11:30-1:30pm) Great Escape
24	25 Indoor Training 7pm – 8:30pm Wellmark YMCA	26	27	28 Indoor Training 7pm – 8:30pm Wellmark YMCA	29	30 Outdoor Orientation 8 am @ The 501! 501 Scott Avenue
31 Easter Sunday	1	2	3	4	5	6



2024 Season



APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Outdoor Training 5pm to Dusk The 501	2	3	4 Outdoor Training 5pm to Dusk The 501	5	6 Outdoor Training 8am @ The 501
7	8 Outdoor Training 5pm to Dusk The 501	9	10	11 Outdoor Training 5pm to Dusk The 501	12	13 Outdoor Training 8am @ The 501
14	15 Outdoor Training 5pm to Dusk The 501	16	17	18 Outdoor Training 5pm to Dusk The 501	19	20 Outdoor Training 8am @ The 501
21	22 Outdoor Training 5pm to Dusk The 501	23	24	25 Outdoor Training 5pm to Dusk The 501	26	27 Outdoor Training 8am @ The 501
28	29 Outdoor Training 5pm to Dusk The 501	30	1	2	3	4



2024 Season



MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2 Outdoor Training 5pm to Dusk The 501	3	4 Outdoor Training 8am @ The 501
5	6 Outdoor Training 5pm to Dusk The 501	7	8	9 Outdoor Training 5pm to Dusk The 501	10	11 Outdoor Training 8am @ The 501
12 Mother's Day	13 Outdoor Training 5pm to Dusk The 501	14	15	16 Rider & Family Meeting Wellmark YMCA 6:30 – 8pm	17	18 Outdoor Training 8am @ The 501
19	20 Outdoor Training 5pm to Dusk The 501	21	22	23 Iowa Cubs Game Principal Park 5 - 8:00pm	24	25 Outdoor Training 8am @ The 501
26	27 Memorial Day No Training Ride	28	29	30 Outdoor Training 5pm to Dusk The 501	31	1



2024 Season



JUNE 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 Campout Meet at the 501 at 7 am
2 Campout Meet at the 501 at 7 am	3 Outdoor Training 5pm to Dusk The 501	4	5	6 Outdoor Training 5pm to Dusk The 501	7	8 Outdoor Training 8am @ The 501
9	10 Outdoor Training 5pm to Dusk The 501	11	12	13 Outdoor Training 5pm to Dusk The 501	14	15 Outdoor Training 8am @ The 501
16 Father's Day	17 Outdoor Training 5pm to Dusk The 501	18	19 Juneteenth	20 Outdoor Training 5pm to Dusk The 501	21	22 Campout Meet at the 501 at 7 am
23 Campout Meet at the 501 at 7 am	24 Outdoor Training 5pm to Dusk The 501	25	26	27 Outdoor Training 5pm to Dusk The 501	28	29 Outdoor Training 8am @ The 501
30	1	2	3	4	5	6



2024 Season



JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Outdoor Training 5pm to Dusk The 501	2	3	4 Independence Day No Training Ride	5	6 Campout Meet at the 501 at 7 am
7 Campout Meet at the 501 at 7 am	8 Outdoor Training 5pm to Dusk The 501	9	10	11 Outdoor Training and Family RAGBRAI QA 5 – 8 pm @ The 501	12	13 Outdoor Training 8am @ The 501
14	15 Rider & Family meeting 6:30 – 8pm at the Wellmark YMCA	16	17	18	19	20 RAGBRAI
21	22 	23	24	25	26 	27 Families come ready to take a bike home!
RAGBRAI LI (July 20-27, 2024)						
28	29	30	31	1	2	3



2024 Season



AUGUST 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2 Celebration Banquet!!!	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31