

2nd ANNUAL

The Easy Peasy Lemmon Squeezy Ride

What: A fun, weekly scheduled Saturday ride up Mt. Lemmon for 6 weeks. Each week we will increase the mileage and the last week we will make it to the top, and celebrate with cookies and pie! Great motivation for a weekly ride or for those that want to work on their hill climbing. Ride at your own pace with no pressure to keep up with a group. The ride is open to everyone, not just Tri Girls. Definitely invite your friends!

Where to meet: Milepost 0, at the intersection of Catalina Hwy and Mt. Lemmon Short Rd. You can park at the shopping center at the intersection of Catalina Hwy and Tanque Verde and ride 4.5 miles to the start for a warm-up.

Start time: The Lemmonheads roll out at 6 AM sharp!

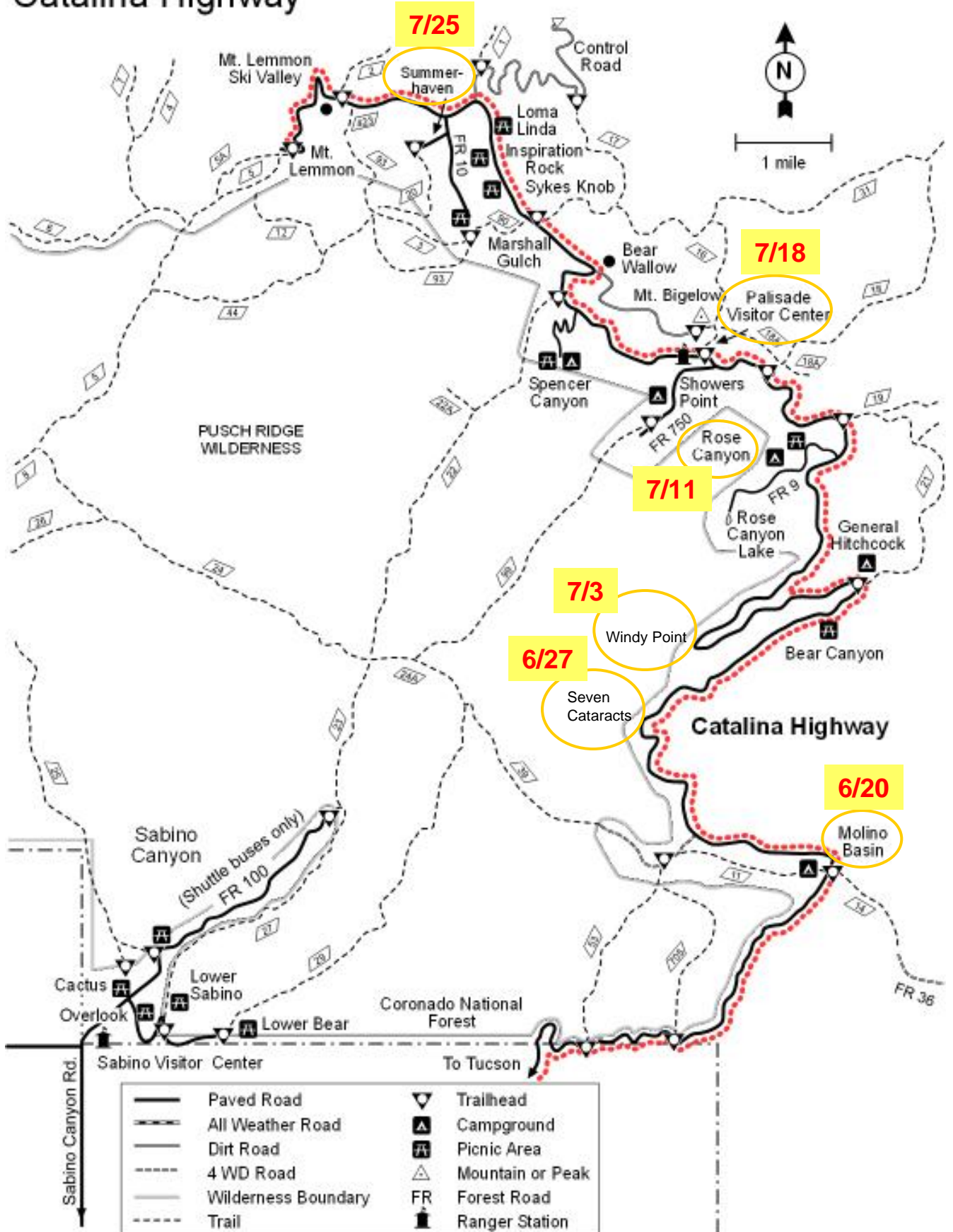
Questions: Contact Elaine Seasley, seasley1@cox.net

Date	Mile	Destination	Elevation
6/20/09	5.7	Molino Basin	4370 ft
6/27/09	9.2	Seven Cataracts	5730 ft
7/3/09	14	Windy Point	6620 ft
7/11/09	17	Rose Canyon	7200 ft
7/18/09	20	Palisade Visitor Center	7200 ft
7/25/09	25	Summerhaven	7840 ft



See map next page.

Catalina Highway



	Paved Road		Trailhead
	All Weather Road		Campground
	Dirt Road		Picnic Area
	4 WD Road		Mountain or Peak
	Wilderness Boundary		Forest Road
	Trail		Ranger Station