

|          | February |                      |       |        | March                  |                          |        |                             | April                  |        |                   |                   | May    |               |       |     |      |
|----------|----------|----------------------|-------|--------|------------------------|--------------------------|--------|-----------------------------|------------------------|--------|-------------------|-------------------|--------|---------------|-------|-----|------|
|          | Time     | LF                   | Co-D  | Time   | LF                     | Co-D                     | Time   | LF                          | Co-D                   | Time   | LF                | Co-D              | Time   | LF            | Co-D  |     |      |
| Mainland | 1 Fri    |                      |       | 1 Fri  |                        |                          | 1 Mon  |                             |                        | 1 Wed  | MTB/Road S&T (PC) | 5-9pm             | Ben    |               |       |     |      |
|          | 2 Sat    | HP Summit            | 8-5pm | 2 Sat  |                        |                          | 2 Tue  |                             |                        | 2 Thu  | Road S&T (PG)     | 5-9pm             | Ben    |               |       |     |      |
|          | 3 Sun    |                      |       | 3 Sun  |                        |                          | 3 Wed  |                             |                        | 3 Fri  |                   |                   |        |               |       |     |      |
|          | 4 Mon    | CD: Content-Specific | 4-6pm | Ben    | 4 Mon                  |                          |        | 4 Thu                       |                        |        | 4 Sat             | Ride Leader (YVR) | 8-5pm  | Ben           |       |     |      |
|          | 5 Tue    |                      |       | 5 Tue  |                        |                          | 5 Fri  |                             |                        | 5 Sun  |                   |                   |        |               |       |     |      |
|          | 6 Wed    | CD: Content-Specific | 4-6pm | Ben    | 6 Wed                  |                          |        | 6 Sat                       | C. Initiation (Kel)    | 8-4pm  | Archer            | Ben               |        |               |       |     |      |
|          | 7 Thu    |                      |       | 7 Thu  |                        |                          | 7 Sun  | Basic Skills (Kel)          | 8-3pm                  | Archer | Ben               |                   |        |               |       |     |      |
|          | 8 Fri    |                      |       | 8 Fri  |                        |                          | 8 Mon  | Road S&T (Kel)              | 5-9pm                  | Ben    |                   |                   |        |               |       |     |      |
|          | 9 Sat    |                      |       | 9 Sat  |                        |                          | 9 Tue  | MTB S&T (Ver)               | 5-9pm                  | Ben    |                   |                   |        |               |       |     |      |
|          | 10 Sun   |                      |       | 10 Sun |                        |                          | 10 Wed | Road S&T (Kel)              | 5-8pm                  | Ben    |                   |                   |        |               |       |     |      |
|          | 11 Mon   |                      |       | 11 Mon |                        |                          | 11 Thu | MTB S&T (Ver)               | 5-8pm                  | Ben    |                   |                   |        |               |       |     |      |
|          | 12 Tue   |                      |       | 12 Tue |                        |                          | 12 Fri | C. Initiation (Castleg)     | 5-9pm                  | Ben    |                   |                   |        |               |       |     |      |
|          | 13 Wed   | CD: Content-Specific | 4-6pm | Ben    | 13 Wed                 |                          |        | 13 Sat                      | Basic Skills (Castleg) | 8-5pm  | Ben               |                   |        |               |       |     |      |
|          | 14 Thu   |                      |       | 14 Thu |                        |                          | 14 Sun |                             |                        |        |                   |                   |        |               |       |     |      |
|          | 15 Fri   | C. Initiation (YVR)  | 5-9pm | Ben    | 15 Fri                 | C. Initiation (YVR)      | 5-9pm  | Ben                         |                        |        | 15 Mon            |                   |        |               |       |     |      |
|          | 16 Sat   | Basic Cycling Skills | 8-5pm | Ben    | 16 Sat                 | Basic Cycling Skills (Y) | 8-5pm  | Ben                         |                        |        | 16 Tue            |                   |        |               |       |     |      |
|          | 17 Sun   | Ride Leader A+B (Y)  | 8-5pm | Ben    | 17 Sun                 | Ride Leader A+B (YV)     | 8-5pm  | Ben                         |                        |        | 17 Wed            |                   |        |               |       |     |      |
|          | 18 Mon   | CD: Content-Specific | 4-6pm | Ben    | 18 Mon                 |                          |        | 18 Thu                      |                        |        | 18 Sat            |                   |        |               |       |     |      |
|          | 19 Tue   |                      |       | 19 Tue |                        |                          | 19 Fri |                             |                        | 19 Sun |                   |                   |        |               |       |     |      |
|          | 20 Wed   |                      |       | 20 Wed |                        |                          | 20 Sat |                             |                        | 20 Mon |                   |                   |        |               |       |     |      |
|          | 21 Thu   | Track S&T            | 3-9pm | Ben    | 21 Thu                 |                          |        | 21 Sun                      |                        |        | 21 Tue            |                   |        |               |       |     |      |
|          | 22 Fri   | Training Basics (YV) | 5-9pm | Ben    | Kurt                   | 22 Fri                   |        | 22 Mon                      |                        |        | 22 Wed            |                   |        |               |       |     |      |
|          | 23 Sat   | Training Basics (YV) | 8-6pm | Ben    | Kurt                   | 23 Sat                   |        | 23 Tue                      |                        |        | 23 Thu            |                   |        |               |       |     |      |
|          | 24 Sun   | Road S&T             | 8-3pm | Ben    | Kurt                   | 24 Sun                   |        | 24 Wed                      |                        |        | 24 Fri            |                   |        |               |       |     |      |
|          | 25 Mon   |                      |       | 25 Mon |                        |                          | 25 Thu |                             |                        | 25 Sat |                   |                   |        |               |       |     |      |
|          | 26 Tue   |                      |       | 26 Tue |                        |                          | 26 Fri |                             |                        | 26 Sun |                   |                   |        |               |       |     |      |
|          | 27 Wed   |                      |       | 27 Wed |                        |                          | 27 Sat | C. Initiation (PG)          | 8-4pm                  | JohnB  | Ben               |                   |        |               |       |     |      |
|          | 28 Thu   |                      |       | 28 Thu |                        |                          | 28 Sun | Basic Skills (PG)           | 8-3pm                  | JohnB  | Ben               |                   |        |               |       |     |      |
|          |          |                      |       | 29 Fri |                        |                          | 29 Mon |                             |                        | 29 Wed |                   |                   |        |               |       |     |      |
|          |          |                      |       | 30 Sat |                        |                          | 30 Tue | MTB S&T (PG)                | 5-9pm                  | Ben    |                   |                   |        |               |       |     |      |
|          |          |                      |       | 31 Sun |                        |                          | 31 Fri |                             |                        |        |                   |                   |        |               |       |     |      |
| Island   | 1 Fri    |                      |       | 1 Fri  | Training Basics (Vic)  | 5-9pm                    | Ben    |                             | 1 Mon                  |        |                   |                   | 1 Wed  |               |       |     |      |
|          | 2 Sat    |                      |       | 2 Sat  | Training Basics (Vic)  | 8-6pm                    | Ben    |                             | 2 Tue                  |        |                   |                   | 2 Thu  |               |       |     |      |
|          | 3 Sun    |                      |       | 3 Sun  | Basic Skills (Vic)     | 8-4pm                    | Lauren |                             | 3 Wed                  |        |                   |                   | 3 Fri  |               |       |     |      |
|          | 4 Mon    |                      |       | 4 Mon  |                        |                          | 4 Thu  |                             |                        | 4 Sat  |                   |                   |        |               |       |     |      |
|          | 5 Tue    |                      |       | 5 Tue  |                        |                          | 5 Fri  |                             |                        | 5 Sun  | Ride Leader (Vic) |                   | Ben    |               |       |     |      |
|          | 6 Wed    |                      |       | 6 Wed  |                        |                          | 6 Sat  | C. Initiation (Nanaimo)     |                        | Laure  | AdamW             | 5-9pm             | Ben    |               |       |     |      |
|          | 7 Thu    |                      |       | 7 Thu  |                        |                          | 7 Sun  | Basic Skills (Nanaimo)      |                        | Laure  | AdamW             | 5-9pm             | Ben    | Kurt          |       |     |      |
|          | 8 Fri    |                      |       | 8 Fri  | Training to Race (Vic) | 5-9pm                    | Ben    |                             | 8 Mon                  |        |                   |                   | 8 Wed  | MTB S&T (Vic) | 5-9pm | Ben | Kurt |
|          | 9 Sat    |                      |       | 9 Sat  | Training to Race (Vic) | 8-6pm                    | Ben    |                             | 9 Tue                  |        |                   |                   | 9 Thu  |               |       |     |      |
|          | 10 Sun   |                      |       | 10 Sun | MTB S&T (Vic)          | 8-3pm                    | Ben    |                             | 10 Wed                 |        |                   |                   | 10 Fri |               |       |     |      |
|          | 11 Mon   |                      |       | 11 Mon |                        |                          | 11 Thu |                             |                        | 11 Sat |                   |                   |        |               |       |     |      |
|          | 12 Tue   |                      |       | 12 Tue |                        |                          | 12 Fri |                             |                        | 12 Sun |                   |                   |        |               |       |     |      |
|          | 13 Wed   |                      |       | 13 Wed |                        |                          | 13 Sat |                             |                        | 13 Mon |                   |                   |        |               |       |     |      |
|          | 14 Thu   |                      |       | 14 Thu |                        |                          | 14 Sun |                             |                        | 14 Tue |                   |                   |        |               |       |     |      |
|          | 15 Fri   |                      |       | 15 Fri |                        |                          | 15 Mon |                             |                        | 15 Wed |                   |                   |        |               |       |     |      |
|          | 16 Sat   |                      |       | 16 Sat |                        |                          | 16 Tue |                             |                        | 16 Thu |                   |                   |        |               |       |     |      |
|          | 17 Sun   |                      |       | 17 Sun |                        |                          | 17 Wed |                             |                        | 17 Fri |                   |                   |        |               |       |     |      |
|          | 18 Mon   |                      |       | 18 Mon |                        |                          | 18 Thu |                             |                        | 18 Sat |                   |                   |        |               |       |     |      |
|          | 19 Tue   |                      |       | 19 Tue |                        |                          | 19 Fri |                             |                        | 19 Sun |                   |                   |        |               |       |     |      |
|          | 20 Wed   |                      |       | 20 Wed |                        |                          | 20 Sat |                             |                        | 20 Mon |                   |                   |        |               |       |     |      |
|          | 21 Thu   |                      |       | 21 Thu |                        |                          | 21 Sun |                             |                        | 21 Tue |                   |                   |        |               |       |     |      |
|          | 22 Fri   |                      |       | 22 Fri |                        |                          | 22 Mon |                             |                        | 22 Wed |                   |                   |        |               |       |     |      |
|          | 23 Sat   |                      |       | 23 Sat |                        |                          | 23 Tue |                             |                        | 23 Thu |                   |                   |        |               |       |     |      |
|          | 24 Sun   |                      |       | 24 Sun |                        |                          | 24 Wed |                             |                        | 24 Fri |                   |                   |        |               |       |     |      |
|          | 25 Mon   |                      |       | 25 Mon |                        |                          | 25 Thu | Track S&T (Vic) 3-7, or 4-8 |                        | Kurt   |                   |                   |        | 25 Sat        |       |     |      |
|          | 26 Tue   |                      |       | 26 Tue |                        |                          | 26 Fri |                             |                        |        |                   |                   |        | 26 Sun        |       |     |      |
|          | 27 Wed   |                      |       | 27 Wed |                        |                          | 27 Sat |                             |                        |        |                   |                   |        | 27 Mon        |       |     |      |
|          | 28 Thu   |                      |       | 28 Thu |                        |                          | 28 Sun |                             |                        |        |                   |                   |        | 28 Tue        |       |     |      |
|          |          |                      |       | 29 Fri |                        |                          | 29 Mon | Track S&T (Vic) 3-7, or 4-8 |                        | Kurt   |                   |                   |        | 29 Wed        |       |     |      |
|          |          |                      |       | 30 Sat |                        |                          | 30 Tue |                             |                        |        |                   |                   |        | 30 Thu        |       |     |      |
|          |          |                      |       | 31 Sun |                        |                          | 31 Fri |                             |                        |        |                   |                   |        | 31            |       |     |      |