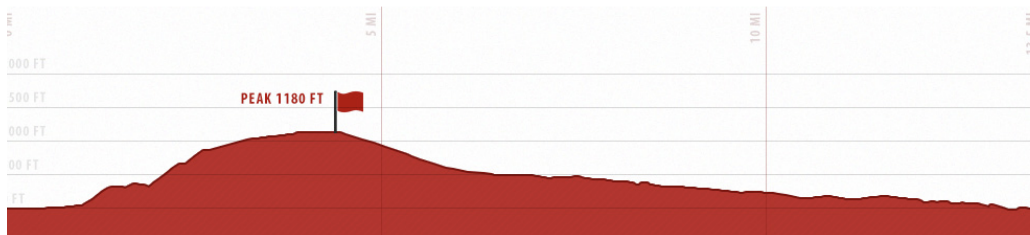




# EXPRESSO RIDE OF THE WEEK






## TEMPLE RIDGE 13.5 miles EXTREME Ride



Last week we had 3 riders complete Espresso Speedway to finish tied for 60 place out of 646 facilities in the Ride of the Week competition!

This week is Temple Ridge and it is an Extreme Ride of 13.5 miles. We will need your help this week AS WE LOOK TO IMPROVE from 60th place! So please RIDE! The Mel Korum Y is fantastic, but let's pass them this week!

**AND DON'T FORGET...ENJOY THE RIDE AND LET FOLKS KNOW YOU WERE A PART OF THIS NEW TEAM EFFORT IN WAYNESBORO!**

60		YMCA - Pierce and Kitsap Counties - Mel Korum Puyallup, WA	300
60		YMCA - South Hampton Roads - Granby Street Norfolk, VA	300
60		YMCA - South Hampton Roads - Indian River Virginia Beach, VA	300
60		YMCA - Waynesboro Waynesboro, VA	300
60		YMCA - Western North Carolina - Woodfin Asheville, NC	300

