

PELOFONDO TRAINING RIDES

Thursday October 7:

7:30AM 45 min Hip Hop Ride with Ally Love

Saturday October 9: DOUBLE HEADER CHALLENGE

8:00AM 60 min Power Zone Endurance Ride with Matt Wilpers

9:30AM 45 min Sweat Steady Ride with Jess King

Monday October 11:

6:30PM 30 min Tabata Ride with Alex Toussaint

Join the Team at

ride.jdrf.org

& set your fundraising
goal today!

Wednesday October 13:

12:00PM 45 min HIIT & Hills with T1D Hero Robin Arzon

Friday October 15:

7:30AM 30 min Vinyl Vault Ride with Hannah Corbin

Tuesday October 19: TWO-A-DAY CHALLENGE

6:00AM 30 min HIIT & Hills Ride with Ally Love

5:00PM 30 min Pop Ride with Cody Rigsby

Thursday October 21: FINAL TRAINING RIDE TBA

Be sure to use the hashtags #JDRFRide while riding!