

Calendar of Events

May 21, 2019

- September 10, 2019

Aw Shucks RTC group ride

Aw Shucks

6100 Pouncey Tract Road

Glen Allen, VA 23059

6:00pm

Dennis Rinear,

drain77674@aol.com

Join us at Aw Shucks every Tuesday at 6pm for a 28 mile ride starting from Aw Shucks going to Vontay and back.

Roll out at 6pm.

Please contact Dennier Rinear drain77674@aol.com if you need more details.

<https://awshuckscountrystores.com/>

6100 Pouncey Tract Road

Glen Allen VA 23059

May 25, 2019

- September 7, 2019

RTC Group Tri Workout Every Sat

Jack's House

3856 Millmount Dr.

Powhatan, VA 23139

7:00a

Jack Crowley, 804-245-0689

jack@jackcrowley.com

This Tri workout is every Saturday.

SWIM - 7am in the water (lake) out and back about 20 mins +/- . We have 2 kayaks & standing board for your support person(s).

BIKE Out and back, you choose time/distance. Traffic is very low, avg 1 car/min, no one gets dropped.

RUN - Whenever you get back. Run the neighborhood. Entire curb line is 6 miles. OR House to Entrance and back is 2 miles.

RECOVER - On the patio, overlooking the lake.

May 28, 2019
- September 10, 2019

Aw Shucks RTC group ride

Aw Shucks
6100 Pouncey Tract Road
Glen Allen, VA 23059

6:00pm
Dennis Rinear,
drain77674@aol.com

Join us at Aw Shucks every Tuesday at 6pm for a 28 mile ride starting from Aw Shucks going to Vontay and back.

Roll out at 6pm.

Please contact Dennier Rinear drain77674@aol.com if you need more details.

<https://awshuckscountrystores.com/>

6100 Pouncey Tract Road
Glen Allen VA 23059

June 1, 2019
- September 7, 2019

RTC Group Workout and Brunch Every Sat

Jack's House
3856 Millmount Dr.
Powhatan, VA 23139

8:00a
Jack Crowley, 804-245-0689
jack@jackcrowley.com

This Tri workout is every Saturday.

SWIM - 8a in the water (lake) out and back. We have 2 kayaks & standing board for your support person(s).

BIKE 8:30a - On the bike out and back, you choose time/distance. Traffic is very low, avg 1 car/min.

RUN - Whenever you get back. Run the neighborhood. Entire curb line is 6 miles. OR House to Entrance and back is 2 miles.

RECOVER - On the patio, overlooking the lake.

June 4, 2019
- September 10, 2019

Aw Shucks RTC group ride

Aw Shucks
6100 Pouncey Tract Road
Glen Allen, VA 23059

6:00pm
Dennis Rinear,
drain77674@aol.com

Join us at Aw Shucks every Tuesday at 6pm for a 28 mile ride starting from Aw Shucks going to Vontay and back.

Roll out at 6pm.

Please contact Dennier Rinear drain77674@aol.com if you need more details.

<https://awshuckscountrystores.com/>

6100 Pouncey Tract Road
Glen Allen VA 23059

June 8, 2019
- September 7, 2019

RTC Group Workout and Brunch Every Sat

Jack's House
3856 Millmount Dr.
Powhatan, VA 23139

8:00a

Jack Crowley, 804-245-0689

jack@jackcrowley.com

This Tri workout is every Saturday.

SWIM - 8a in the water (lake) out and back. We have 2 kayaks & standing board for your support person(s).

BIKE 8:30a - On the bike out and back, you choose time/distance. Traffic is very low, avg 1 car/min.

RUN - Whenever you get back. Run the neighborhood. Entire curb line is 6 miles. OR House to Entrance and back is 2 miles.

RECOVER - On the patio, overlooking the lake.

June 11, 2019
- September 10, 2019

Aw Shucks RTC group ride

Aw Shucks
6100 Pouncey Tract Road
Glen Allen, VA 23059

6:00pm

Dennis Rainear,

drain77674@aol.com

Join us at Aw Shucks every Tuesday at 6pm for a 28 mile ride starting from Aw Shucks going to Vontay and back.

Roll out at 6pm.

Please contact Dennier Rainear drain77674@aol.com if you need more details.

<https://awshuckscountrystores.com/>

6100 Pouncey Tract Road

Glen Allen VA 23059

June 15, 2019
- September 7, 2019

RTC Group Workout and Brunch Every Sat

Jack's House
3856 Millmount Dr.
Powhatan, VA 23139

8:00a

Jack Crowley, 804-245-0689

jack@jackcrowley.com

This Tri workout is every Saturday.

SWIM - 8a in the water (lake) out and back. We have 2 kayaks & standing board for your support person(s).

BIKE 8:30a - On the bike out and back, you choose time/distance. Traffic is very low, avg 1 car/min.

RUN - Whenever you get back. Run the neighborhood. Entire curb line is 6 miles. OR House to Entrance and back is 2 miles.

RECOVER - On the patio, overlooking the lake.

June 18, 2019
- September 10, 2019

Aw Shucks RTC group ride

Aw Shucks
6100 Pouncey Tract Road
Glen Allen, VA 23059

6:00pm
Dennis Rainear,
drain77674@aol.com

Join us at Aw Shucks every Tuesday at 6pm for a 28 mile ride starting from Aw Shucks going to Vontay and back.

Roll out at 6pm.

Please contact Dennier Rainear drain77674@aol.com if you need more details.

<https://awshuckscountrystores.com/>

6100 Pouncey Tract Road
Glen Allen VA 23059

June 22, 2019
- September 7, 2019

RTC Group Workout and Brunch Every Sat

Jack's House
3856 Millmount Dr.
Powhatan, VA 23139

8:00a
Jack Crowley, 804-245-0689
jack@jackcrowley.com

This Tri workout is every Saturday.

SWIM - 8a in the water (lake) out and back. We have 2 kayaks & standing board for your support person(s).

BIKE 8:30a - On the bike out and back, you choose time/distance. Traffic is very low, avg 1 car/min.

RUN - Whenever you get back. Run the neighborhood. Entire curb line is 6 miles. OR House to Entrance and back is 2 miles.

RECOVER - On the patio, overlooking the lake.

June 25, 2019
- September 10, 2019

Aw Shucks RTC group ride

Aw Shucks
6100 Pouncey Tract Road
Glen Allen, VA 23059

6:00pm
Dennis Rainear,
drain77674@aol.com

Join us at Aw Shucks every Tuesday at 6pm for a 28 mile ride starting from Aw Shucks going to Vontay and back.

Roll out at 6pm.

Please contact Dennier Rainear drain77674@aol.com if you need more details.

<https://awshuckscountrystores.com/>

6100 Pouncey Tract Road
Glen Allen VA 23059

June 29, 2019
- September 7, 2019

RTC Group Workout and Brunch Every Sat

Jack's House
3856 Millmount Dr.
Powhatan, VA 23139

8:00a

Jack Crowley, 804-245-0689

jack@jackcrowley.com

This Tri workout is every Saturday.

SWIM - 8a in the water (lake) out and back. We have 2 kayaks & standing board for your support person(s).

BIKE 8:30a - On the bike out and back, you choose time/distance. Traffic is very low, avg 1 car/min.

RUN - Whenever you get back. Run the neighborhood. Entire curb line is 6 miles. OR House to Entrance and back is 2 miles.

RECOVER - On the patio, overlooking the lake.

July 2, 2019
- September 10, 2019

Aw Shucks RTC group ride

Aw Shucks
6100 Pouncey Tract Road
Glen Allen, VA 23059

6:00pm

Dennis Rainear,

drain77674@aol.com

Join us at Aw Shucks every Tuesday at 6pm for a 28 mile ride starting from Aw Shucks going to Vontay and back.

Roll out at 6pm.

Please contact Dennier Rainear drain77674@aol.com if you need more details.

<https://awshuckscountrystores.com/>

6100 Pouncey Tract Road

Glen Allen VA 23059

July 6, 2019
- September 7, 2019

RTC Group Workout and Brunch Every Sat

Jack's House
3856 Millmount Dr.
Powhatan, VA 23139

8:00a

Jack Crowley, 804-245-0689

jack@jackcrowley.com

This Tri workout is every Saturday.

SWIM - 8a in the water (lake) out and back. We have 2 kayaks & standing board for your support person(s).

BIKE 8:30a - On the bike out and back, you choose time/distance. Traffic is very low, avg 1 car/min.

RUN - Whenever you get back. Run the neighborhood. Entire curb line is 6 miles. OR House to Entrance and back is 2 miles.

RECOVER - On the patio, overlooking the lake.

July 9, 2019
- September 10, 2019

Aw Shucks RTC group ride

Aw Shucks
6100 Pouncey Tract Road
Glen Allen, VA 23059

6:00pm

Dennis Rinear,
drain77674@aol.com

Join us at Aw Shucks every Tuesday at 6pm for a 28 mile ride starting from Aw Shucks going to Vontay and back.

Roll out at 6pm.

Please contact Dennier Rinear drain77674@aol.com if you need more details.

<https://awshuckscountrystores.com/>

6100 Pouncey Tract Road
Glen Allen VA 23059

July 13, 2019
- September 7, 2019

RTC Group Workout and Brunch Every Sat

Jack's House
3856 Millmount Dr.
Powhatan, VA 23139

8:00a

Jack Crowley, 804-245-0689
jack@jackcrowley.com

This Tri workout is every Saturday.

SWIM - 8a in the water (lake) out and back. We have 2 kayaks & standing board for your support person(s).

BIKE 8:30a - On the bike out and back, you choose time/distance. Traffic is very low, avg 1 car/min.

RUN - Whenever you get back. Run the neighborhood. Entire curb line is 6 miles. OR House to Entrance and back is 2 miles.

RECOVER - On the patio, overlooking the lake.

July 16, 2019
- September 10, 2019

Aw Shucks RTC group ride

Aw Shucks
6100 Pouncey Tract Road
Glen Allen, VA 23059

6:00pm

Dennis Rinear,
drain77674@aol.com

Join us at Aw Shucks every Tuesday at 6pm for a 28 mile ride starting from Aw Shucks going to Vontay and back.

Roll out at 6pm.

Please contact Dennier Rinear drain77674@aol.com if you need more details.

<https://awshuckscountrystores.com/>

6100 Pouncey Tract Road
Glen Allen VA 23059

July 20, 2019
- September 7, 2019

RTC Group Workout and Brunch Every Sat

Jack's House
3856 Millmount Dr.
Powhatan, VA 23139

8:00a

Jack Crowley, 804-245-0689

jack@jackcrowley.com

This Tri workout is every Saturday.

SWIM - 8a in the water (lake) out and back. We have 2 kayaks & standing board for your support person(s).

BIKE 8:30a - On the bike out and back, you choose time/distance. Traffic is very low, avg 1 car/min.

RUN - Whenever you get back. Run the neighborhood. Entire curb line is 6 miles. OR House to Entrance and back is 2 miles.

RECOVER - On the patio, overlooking the lake.

July 23, 2019
- September 10, 2019

Aw Shucks RTC group ride

Aw Shucks
6100 Pouncey Tract Road
Glen Allen, VA 23059

6:00pm

Dennis Rainear,

drain77674@aol.com

Join us at Aw Shucks every Tuesday at 6pm for a 28 mile ride starting from Aw Shucks going to Vontay and back.

Roll out at 6pm.

Please contact Dennier Rainear drain77674@aol.com if you need more details.

<https://awshuckscountrystores.com/>

6100 Pouncey Tract Road

Glen Allen VA 23059

July 24, 2019

Open Water Swim at Robious Landing

Robious Landing Park

3800 James River Rd

Midlothian, VA 23113

6:00pm

Jeff Moore,

jtmooore8@gmail.com

The OWS are held Monday's and Wednesday's, weather and river permitting, at Robious Landing Park on the SouthSide promptly at 6:00 pm. The swims are kayak/SUP supported.

We recommend arriving 20-30 min ahead of time in order to check in, sign the waiver, meet other Club members, and to receive the swim briefing led by the swim coordinator. Please bring your RTC member card and a bright swim cap. Sign up for Rained Out text messaging for notifications of swim cancellations https://www.rainedout.net/team_page.php?a=7a1a66c9d13367fce645

We look forward to seeing you there!

July 24, 2019

Open Water Swim at Robious Landing

Robious Landing Park

3800 James River Rd

Midlothian, VA 23113

6:00pm

Jeff Moore,

jtmooore8@gmail.com

The OWS are held Monday's and Wednesday's, weather and river permitting, at Robious Landing Park on the SouthSide promptly at 6:00 pm. The swims are kayak/SUP supported.

We recommend arriving 20-30 min ahead of time in order to check in, sign the waiver, meet other Club members, and to receive the swim briefing led by the swim coordinator. Please bring your RTC member card and a bright swim cap. Sign up for Rained Out text messaging for notifications of swim cancellations https://www.rainedout.net/team_page.php?a=7a1a66c9d13367fce645

We look forward to seeing you there!

July 25, 2019

Rogue Runners group runs

5:30am

RTC has partnered with the Rogue Runners to offer weekly group runs. Runs are offered on Tuesdays / Thursday at 5:30am. Meeting location is Libbie and Grove, next to the Suntrust Bank. There are weekly routes, ranging from 6-7 miles, back to last policy is in affect. (No one gets left behind)

There are weekend runs as well, posted by other Rogue Runners. Join the Rogue Runner Facebook page to stay on top of all the running opportunities.

July 27, 2019

- September 7, 2019

RTC Group Workout and Brunch Every Sat

Jack's House

3856 Millmount Dr.

Powhatan, VA 23139

8:00a

Jack Crowley, 804-245-0689

jack@jackcrowley.com

This Tri workout is every Saturday.

SWIM - 8a in the water (lake) out and back. We have 2 kayaks & standing board for your support person(s).

BIKE 8:30a - On the bike out and back, you choose time/distance. Traffic is very low, avg 1 car/min.

RUN - Whenever you get back. Run the neighborhood. Entire curb line is 6 miles. OR House to Entrance and back is 2 miles.

RECOVER - On the patio, overlooking the lake.

July 29, 2019

Open Water Swim at Robious Landing

Robious Landing Park

3800 James River Rd

Midlothian, VA 23113

6:00pm

Jeff Moore,

jtmooore8@gmail.com

The OWS are held Monday's and Wednesday's, weather and river permitting, at Robious Landing Park on the SouthSide promptly at 6:00 pm. The swims are kayak/SUP supported.

We recommend arriving 20-30 min ahead of time in order to check in, sign the waiver, meet other Club members, and to receive the swim briefing led by the swim coordinator. Please bring your RTC member card and a bright swim cap. Sign up for Rained Out text messaging for notifications of swim cancellations https://www.rainedout.net/team_page.php?a=7a1a66c9d13367fce645

We look forward to seeing you there!

July 29, 2019

Open Water Swim at Robious Landing

Robious Landing Park

3800 James River Rd

Midlothian, VA 23113

6:00pm

Jeff Moore,

jtmooore8@gmail.com

The OWS are held Monday's and Wednesday's, weather and river permitting, at Robious Landing Park on the SouthSide promptly at 6:00 pm. The swims are kayak/SUP supported.

We recommend arriving 20-30 min ahead of time in order to check in, sign the waiver, meet other Club members, and to receive the swim briefing led by the swim coordinator. Please bring your RTC member card and a bright swim cap. Sign up for Rained Out text messaging for notifications of swim cancellations https://www.rainedout.net/team_page.php?a=7a1a66c9d13367fce645

We look forward to seeing you there!

July 30, 2019

Rogue Runners group runs

5:30am

RTC has partnered with the Rogue Runners to offer weekly group runs. Runs are offered on Tuesdays / Thursday at 5:30am. Meeting location is Libbie and Grove, next to the Suntrust Bank. There are weekly routes, ranging from 6-7 miles, back to last policy is in affect. (No one gets left behind)

There are weekend runs as well, posted by other Rogue Runners. Join the Rogue Runner Facebook page to stay on top of all the running opportunities.

July 30, 2019

- September 10, 2019

Aw Shucks RTC group ride

Aw Shucks

6100 Pouncey Tract Road

Glen Allen, VA 23059

6:00pm

Dennis Rinear,

drain77674@aol.com

Join us at Aw Shucks every Tuesday at 6pm for a 28 mile ride starting from Aw Shucks going to Vontay and back.

Roll out at 6pm.

Please contact Dennier Rinear drain77674@aol.com if you need more details.

<https://awshuckscountrystores.com/>

6100 Pouncey Tract Road

Glen Allen VA 23059

July 31, 2019

Open Water Swim at Robious Landing

Robious Landing Park

3800 James River Rd

Midlothian, VA 23113

6:00pm

Jeff Moore,

jtmooore8@gmail.com

The OWS are held Monday's and Wednesday's, weather and river permitting, at Robious Landing Park on the SouthSide promptly at 6:00 pm. The swims are kayak/SUP supported.

We recommend arriving 20-30 min ahead of time in order to check in, sign the waiver, meet other Club members, and to receive the swim briefing led by the swim coordinator. Please bring your RTC member card and a bright swim cap. Sign up for Rained Out text messaging for notifications of swim cancellations https://www.rainedout.net/team_page.php?a=7a1a66c9d13367fce645

We look forward to seeing you there!

July 31, 2019

Open Water Swim at Robious Landing

Robious Landing Park

3800 James River Rd

Midlothian, VA 23113

6:00pm

Jeff Moore,

jtmooore8@gmail.com

The OWS are held Monday's and Wednesday's, weather and river permitting, at Robious Landing Park on the SouthSide promptly at 6:00 pm. The swims are kayak/SUP supported.

We recommend arriving 20-30 min ahead of time in order to check in, sign the waiver, meet other Club members, and to receive the swim briefing led by the swim coordinator. Please bring your RTC member card and a bright swim cap. Sign up for Rained Out text messaging for notifications of swim cancellations https://www.rainedout.net/team_page.php?a=7a1a66c9d13367fce645

We look forward to seeing you there!

August 1, 2019

Rogue Runners group runs

5:30am

RTC has partnered with the Rogue Runners to offer weekly group runs. Runs are offered on Tuesdays / Thursday at 5:30am. Meeting location is Libbie and Grove, next to the Suntrust Bank. There are weekly routes, ranging from 6-7 miles, back to last policy is in affect. (No one gets left behind)

There are weekend runs as well, posted by other Rogue Runners. Join the Rogue Runner Facebook page to stay on top of all the running opportunities.

August 3, 2019

- September 7, 2019

RTC Group Workout and Brunch Every Sat

Jack's House

3856 Millmount Dr.

Powhatan, VA 23139

8:00a

Jack Crowley, 804-245-0689

jack@jackcrowley.com

This Tri workout is every Saturday.

SWIM - 8a in the water (lake) out and back. We have 2 kayaks & standing board for your support person(s).

BIKE 8:30a - On the bike out and back, you choose time/distance. Traffic is very low, avg 1 car/min.

RUN - Whenever you get back. Run the neighborhood. Entire curb line is 6 miles. OR House to Entrance and back is 2 miles.

RECOVER - On the patio, overlooking the lake.

August 5, 2019

Open Water Swim at Robious Landing

Robious Landing Park

3800 James River Rd

Midlothian, VA 23113

6:00pm

Jeff Moore,

jtmoores@gmail.com

The OWS are held Monday's and Wednesday's, weather and river permitting, at Robious Landing Park on the SouthSide promptly at 6:00 pm. The swims are kayak/SUP supported.

We recommend arriving 20-30 min ahead of time in order to check in, sign the waiver, meet other Club members, and to receive the swim briefing led by the swim coordinator. Please bring your RTC member card and a bright swim cap. Sign up for Rained Out text messaging for notifications of swim cancellations https://www.rainedout.net/team_page.php?a=7a1a66c9d13367fce645

We look forward to seeing you there!

August 5, 2019

Open Water Swim at Robious Landing

Robious Landing Park

3800 James River Rd

Midlothian, VA 23113

6:00pm

Jeff Moore,

jtmoores@gmail.com

The OWS are held Monday's and Wednesday's, weather and river permitting, at Robious Landing Park on the SouthSide promptly at 6:00 pm. The swims are kayak/SUP supported.

We recommend arriving 20-30 min ahead of time in order to check in, sign the waiver, meet other Club members, and to receive the swim briefing led by the swim coordinator. Please bring your RTC member card and a bright swim cap. Sign up for Rained Out text messaging for notifications of swim cancellations https://www.rainedout.net/team_page.php?a=7a1a66c9d13367fce645

We look forward to seeing you there!

August 6, 2019

Rogue Runners group runs

5:30am

RTC has partnered with the Rogue Runners to offer weekly group runs. Runs are offered on Tuesdays / Thursday at 5:30am. Meeting location is Libbie and Grove, next to the Suntrust Bank. There are weekly routes, ranging from 6-7 miles, back to last policy is in affect. (No one gets left behind)

There are weekend runs as well, posted by other Rogue Runners. Join the Rogue Runner Facebook page to stay on top of all the running opportunities.

August 6, 2019

- September 10, 2019

Aw Shucks RTC group ride

Aw Shucks

6100 Pouncey Tract Road

Glen Allen, VA 23059

6:00pm

Dennis Rainear,

drain77674@aol.com

Join us at Aw Shucks every Tuesday at 6pm for a 28 mile ride starting from Aw Shucks going to Vontay and back.

Roll out at 6pm.

Please contact Dennier Rainear drain77674@aol.com if you need more details.

<https://awshuckscountrystores.com/>

6100 Pouncey Tract Road

Glen Allen VA 23059

August 7, 2019

Open Water Swim at Robious Landing

Robious Landing Park

3800 James River Rd

Midlothian, VA 23113

6:00pm

Jeff Moore,

jtmoores@gmail.com

The OWS are held Monday's and Wednesday's, weather and river permitting, at Robious Landing Park on the SouthSide promptly at 6:00 pm. The swims are kayak/SUP supported.

We recommend arriving 20-30 min ahead of time in order to check in, sign the waiver, meet other Club members, and to receive the swim briefing led by the swim coordinator. Please bring your RTC member card and a bright swim cap. Sign up for Rained Out text messaging for notifications of swim cancellations https://www.rainedout.net/team_page.php?a=7a1a66c9d13367fce645

We look forward to seeing you there!

August 7, 2019

Open Water Swim at Robious Landing

Robious Landing Park

3800 James River Rd

Midlothian, VA 23113

6:00pm

Jeff Moore,

jtmoores@gmail.com

The OWS are held Monday's and Wednesday's, weather and river permitting, at Robious Landing Park on the SouthSide promptly at 6:00 pm. The swims are kayak/SUP supported.

We recommend arriving 20-30 min ahead of time in order to check in, sign the waiver, meet other Club members, and to receive the swim briefing led by the swim coordinator. Please bring your RTC member card and a bright swim cap. Sign up for Rained Out text messaging for notifications of swim cancellations https://www.rainedout.net/team_page.php?a=7a1a66c9d13367fce645

We look forward to seeing you there!

August 8, 2019

Rogue Runners group runs

5:30am

RTC has partnered with the Rogue Runners to offer weekly group runs. Runs are offered on Tuesdays / Thursday at 5:30am. Meeting location is Libbie and Grove, next to the Suntrust Bank. There are weekly routes, ranging from 6-7 miles, back to last policy is in affect. (No one gets left behind)

There are weekend runs as well, posted by other Rogue Runners. Join the Rogue Runner Facebook page to stay on top of all the running opportunities.

August 10, 2019

- September 7, 2019

RTC Group Workout and Brunch Every Sat

Jack's House

3856 Millmount Dr.

Powhatan, VA 23139

8:00a

Jack Crowley, 804-245-0689

jack@jackcrowley.com

This Tri workout is every Saturday.

SWIM - 8a in the water (lake) out and back. We have 2 kayaks & standing board for your support person(s).

BIKE 8:30a - On the bike out and back, you choose time/distance. Traffic is very low, avg 1 car/min.

RUN - Whenever you get back. Run the neighborhood. Entire curb line is 6 miles. OR House to Entrance and back is 2 miles.

RECOVER - On the patio, overlooking the lake.

August 12, 2019

Open Water Swim at Robious Landing

Robious Landing Park

3800 James River Rd

Midlothian, VA 23113

6:00pm

Jeff Moore,

jtmooore8@gmail.com

The OWS are held Monday's and Wednesday's, weather and river permitting, at Robious Landing Park on the SouthSide promptly at 6:00 pm. The swims are kayak/SUP supported.

We recommend arriving 20-30 min ahead of time in order to check in, sign the waiver, meet other Club members, and to receive the swim briefing led by the swim coordinator. Please bring your RTC member card and a bright swim cap. Sign up for Rained Out text messaging for notifications of swim cancellations https://www.rainedout.net/team_page.php?a=7a1a66c9d13367fce645

We look forward to seeing you there!

August 12, 2019

Open Water Swim at Robious Landing

Robious Landing Park

3800 James River Rd

Midlothian, VA 23113

6:00pm

Jeff Moore,

jtmooore8@gmail.com

The OWS are held Monday's and Wednesday's, weather and river permitting, at Robious Landing Park on the SouthSide promptly at 6:00 pm. The swims are kayak/SUP supported.

We recommend arriving 20-30 min ahead of time in order to check in, sign the waiver, meet other Club members, and to receive the swim briefing led by the swim coordinator. Please bring your RTC member card and a bright swim cap. Sign up for Rained Out text messaging for notifications of swim cancellations https://www.rainedout.net/team_page.php?a=7a1a66c9d13367fce645

We look forward to seeing you there!

August 13, 2019

Rogue Runners group runs

5:30am

RTC has partnered with the Rogue Runners to offer weekly group runs. Runs are offered on Tuesdays / Thursday at 5:30am. Meeting location is Libbie and Grove, next to the Suntrust Bank. There are weekly routes, ranging from 6-7 miles, back to last policy is in affect. (No one gets left behind)

There are weekend runs as well, posted by other Rogue Runners. Join the Rogue Runner Facebook page to stay on top of all the running opportunities.

August 13, 2019

- September 10, 2019

Aw Shucks RTC group ride

Aw Shucks

6100 Pouncey Tract Road

Glen Allen, VA 23059

6:00pm

Dennis Rainear,

drain77674@aol.com

Join us at Aw Shucks every Tuesday at 6pm for a 28 mile ride starting from Aw Shucks going to Vontay and back.

Roll out at 6pm.

Please contact Dennier Rainear drain77674@aol.com if you need more details.

<https://awshuckscountrystores.com/>

6100 Pouncey Tract Road

Glen Allen VA 23059

August 14, 2019

Open Water Swim at Robious Landing

Robious Landing Park

3800 James River Rd

Midlothian, VA 23113

6:00pm

Jeff Moore,

jtmooore8@gmail.com

The OWS are held Monday's and Wednesday's, weather and river permitting, at Robious Landing Park on the SouthSide promptly at 6:00 pm. The swims are kayak/SUP supported.

We recommend arriving 20-30 min ahead of time in order to check in, sign the waiver, meet other Club members, and to receive the swim briefing led by the swim coordinator. Please bring your RTC member card and a bright swim cap. Sign up for Rained Out text messaging for notifications of swim cancellations https://www.rainedout.net/team_page.php?a=7a1a66c9d13367fce645

We look forward to seeing you there!

August 14, 2019

Open Water Swim at Robious Landing

Robious Landing Park

3800 James River Rd

Midlothian, VA 23113

6:00pm

Jeff Moore,

jtmooore8@gmail.com

The OWS are held Monday's and Wednesday's, weather and river permitting, at Robious Landing Park on the SouthSide promptly at 6:00 pm. The swims are kayak/SUP supported.

We recommend arriving 20-30 min ahead of time in order to check in, sign the waiver, meet other Club members, and to receive the swim briefing led by the swim coordinator. Please bring your RTC member card and a bright swim cap. Sign up for Rained Out text messaging for notifications of swim cancellations https://www.rainedout.net/team_page.php?a=7a1a66c9d13367fce645

We look forward to seeing you there!

August 15, 2019

Rogue Runners group runs

5:30am

RTC has partnered with the Rogue Runners to offer weekly group runs. Runs are offered on Tuesdays / Thursday at 5:30am. Meeting location is Libbie and Grove, next to the Suntrust Bank. There are weekly routes, ranging from 6-7 miles, back to last policy is in affect. (No one gets left behind)

There are weekend runs as well, posted by other Rogue Runners. Join the Rogue Runner Facebook page to stay on top of all the running opportunities.

August 17, 2019

- September 7, 2019

RTC Group Workout and Brunch Every Sat

Jack's House

3856 Millmount Dr.

Powhatan, VA 23139

8:00a

Jack Crowley, 804-245-0689

jack@jackcrowley.com

This Tri workout is every Saturday.

SWIM - 8a in the water (lake) out and back. We have 2 kayaks & standing board for your support person(s).

BIKE 8:30a - On the bike out and back, you choose time/distance. Traffic is very low, avg 1 car/min.

RUN - Whenever you get back. Run the neighborhood. Entire curb line is 6 miles. OR House to Entrance and back is 2 miles.

RECOVER - On the patio, overlooking the lake.

August 19, 2019

Open Water Swim at Robious Landing

Robious Landing Park

3800 James River Rd

Midlothian, VA 23113

6:00pm

Jeff Moore,

jtmooore8@gmail.com

The OWS are held Monday's and Wednesday's, weather and river permitting, at Robious Landing Park on the SouthSide promptly at 6:00 pm. The swims are kayak/SUP supported.

We recommend arriving 20-30 min ahead of time in order to check in, sign the waiver, meet other Club members, and to receive the swim briefing led by the swim coordinator. Please bring your RTC member card and a bright swim cap. Sign up for Rained Out text messaging for notifications of swim cancellations https://www.rainedout.net/team_page.php?a=7a1a66c9d13367fce645

We look forward to seeing you there!

August 19, 2019

Open Water Swim at Robious Landing

Robious Landing Park

3800 James River Rd

Midlothian, VA 23113

6:00pm

Jeff Moore,

jtmooore8@gmail.com

The OWS are held Monday's and Wednesday's, weather and river permitting, at Robious Landing Park on the SouthSide promptly at 6:00 pm. The swims are kayak/SUP supported.

We recommend arriving 20-30 min ahead of time in order to check in, sign the waiver, meet other Club members, and to receive the swim briefing led by the swim coordinator. Please bring your RTC member card and a bright swim cap. Sign up for Rained Out text messaging for notifications of swim cancellations https://www.rainedout.net/team_page.php?a=7a1a66c9d13367fce645

We look forward to seeing you there!

August 20, 2019

Rogue Runners group runs

5:30am

RTC has partnered with the Rogue Runners to offer weekly group runs. Runs are offered on Tuesdays / Thursday at 5:30am. Meeting location is Libbie and Grove, next to the Suntrust Bank. There are weekly routes, ranging from 6-7 miles, back to last policy is in affect. (No one gets left behind)

There are weekend runs as well, posted by other Rogue Runners. Join the Rogue Runner Facebook page to stay on top of all the running opportunities.

August 20, 2019

- September 10, 2019

Aw Shucks RTC group ride

Aw Shucks

6100 Pouncey Tract Road

Glen Allen, VA 23059

6:00pm

Dennis Rainear,

drain77674@aol.com

Join us at Aw Shucks every Tuesday at 6pm for a 28 mile ride starting from Aw Shucks going to Vontay and back.

Roll out at 6pm.

Please contact Dennier Rainear drain77674@aol.com if you need more details.

<https://awshuckscountrystores.com/>

6100 Pouncey Tract Road

Glen Allen VA 23059

August 21, 2019

Open Water Swim at Robious Landing

Robious Landing Park

3800 James River Rd

Midlothian, VA 23113

6:00pm

Jeff Moore,

jtmoores@gmail.com

The OWS are held Monday's and Wednesday's, weather and river permitting, at Robious Landing Park on the SouthSide promptly at 6:00 pm. The swims are kayak/SUP supported.

We recommend arriving 20-30 min ahead of time in order to check in, sign the waiver, meet other Club members, and to receive the swim briefing led by the swim coordinator. Please bring your RTC member card and a bright swim cap. Sign up for Rained Out text messaging for notifications of swim cancellations https://www.rainedout.net/team_page.php?a=7a1a66c9d13367fce645

We look forward to seeing you there!

August 21, 2019

Open Water Swim at Robious Landing

Robious Landing Park

3800 James River Rd

Midlothian, VA 23113

6:00pm

Jeff Moore,

jtmoores@gmail.com

The OWS are held Monday's and Wednesday's, weather and river permitting, at Robious Landing Park on the SouthSide promptly at 6:00 pm. The swims are kayak/SUP supported.

We recommend arriving 20-30 min ahead of time in order to check in, sign the waiver, meet other Club members, and to receive the swim briefing led by the swim coordinator. Please bring your RTC member card and a bright swim cap. Sign up for Rained Out text messaging for notifications of swim cancellations https://www.rainedout.net/team_page.php?a=7a1a66c9d13367fce645

We look forward to seeing you there!

August 22, 2019

Rogue Runners group runs

5:30am

RTC has partnered with the Rogue Runners to offer weekly group runs. Runs are offered on Tuesdays / Thursday at 5:30am. Meeting location is Libbie and Grove, next to the Suntrust Bank. There are weekly routes, ranging from 6-7 miles, back to last policy is in affect. (No one gets left behind)

There are weekend runs as well, posted by other Rogue Runners. Join the Rogue Runner Facebook page to stay on top of all the running opportunities.

August 24, 2019

- September 7, 2019

RTC Group Workout and Brunch Every Sat

Jack's House

3856 Millmount Dr.

Powhatan, VA 23139

8:00a

Jack Crowley, 804-245-0689

jack@jackcrowley.com

This Tri workout is every Saturday.

SWIM - 8a in the water (lake) out and back. We have 2 kayaks & standing board for your support person(s).

BIKE 8:30a - On the bike out and back, you choose time/distance. Traffic is very low, avg 1 car/min.

RUN - Whenever you get back. Run the neighborhood. Entire curb line is 6 miles. OR House to Entrance and back is 2 miles.

RECOVER - On the patio, overlooking the lake.

August 26, 2019

Open Water Swim at Robious Landing

Robious Landing Park

3800 James River Rd

Midlothian, VA 23113

6:00pm

Jeff Moore,

jtmooore8@gmail.com

The OWS are held Monday's and Wednesday's, weather and river permitting, at Robious Landing Park on the SouthSide promptly at 6:00 pm. The swims are kayak/SUP supported.

We recommend arriving 20-30 min ahead of time in order to check in, sign the waiver, meet other Club members, and to receive the swim briefing led by the swim coordinator. Please bring your RTC member card and a bright swim cap. Sign up for Rained Out text messaging for notifications of swim cancellations https://www.rainedout.net/team_page.php?a=7a1a66c9d13367fce645

We look forward to seeing you there!

August 26, 2019

Open Water Swim at Robious Landing

Robious Landing Park

3800 James River Rd

Midlothian, VA 23113

6:00pm

Jeff Moore,

jtmooore8@gmail.com

The OWS are held Monday's and Wednesday's, weather and river permitting, at Robious Landing Park on the SouthSide promptly at 6:00 pm. The swims are kayak/SUP supported.

We recommend arriving 20-30 min ahead of time in order to check in, sign the waiver, meet other Club members, and to receive the swim briefing led by the swim coordinator. Please bring your RTC member card and a bright swim cap. Sign up for Rained Out text messaging for notifications of swim cancellations https://www.rainedout.net/team_page.php?a=7a1a66c9d13367fce645

We look forward to seeing you there!

August 27, 2019

Rogue Runners group runs

5:30am

RTC has partnered with the Rogue Runners to offer weekly group runs. Runs are offered on Tuesdays / Thursday at 5:30am. Meeting location is Libbie and Grove, next to the Suntrust Bank. There are weekly routes, ranging from 6-7 miles, back to last policy is in affect. (No one gets left behind)

There are weekend runs as well, posted by other Rogue Runners. Join the Rogue Runner Facebook page to stay on top of all the running opportunities.

August 27, 2019

- September 10, 2019

Aw Shucks RTC group ride

Aw Shucks

6100 Pouncey Tract Road

Glen Allen, VA 23059

6:00pm

Dennis Rainear,

drain77674@aol.com

Join us at Aw Shucks every Tuesday at 6pm for a 28 mile ride starting from Aw Shucks going to Vontay and back.

Roll out at 6pm.

Please contact Dennier Rainear drain77674@aol.com if you need more details.

<https://awshuckscountrystores.com/>

6100 Pouncey Tract Road

Glen Allen VA 23059

August 28, 2019

Open Water Swim at Robious Landing

Robious Landing Park

3800 James River Rd

Midlothian, VA 23113

6:00pm

Jeff Moore,

jtmoores@gmail.com

The OWS are held Monday's and Wednesday's, weather and river permitting, at Robious Landing Park on the SouthSide promptly at 6:00 pm. The swims are kayak/SUP supported.

We recommend arriving 20-30 min ahead of time in order to check in, sign the waiver, meet other Club members, and to receive the swim briefing led by the swim coordinator. Please bring your RTC member card and a bright swim cap. Sign up for Rained Out text messaging for notifications of swim cancellations https://www.rainedout.net/team_page.php?a=7a1a66c9d13367fce645

We look forward to seeing you there!

August 28, 2019

Open Water Swim at Robious Landing

Robious Landing Park

3800 James River Rd

Midlothian, VA 23113

6:00pm

Jeff Moore,

jtmoores@gmail.com

The OWS are held Monday's and Wednesday's, weather and river permitting, at Robious Landing Park on the SouthSide promptly at 6:00 pm. The swims are kayak/SUP supported.

We recommend arriving 20-30 min ahead of time in order to check in, sign the waiver, meet other Club members, and to receive the swim briefing led by the swim coordinator. Please bring your RTC member card and a bright swim cap. Sign up for Rained Out text messaging for notifications of swim cancellations https://www.rainedout.net/team_page.php?a=7a1a66c9d13367fce645

We look forward to seeing you there!

August 29, 2019

Rogue Runners group runs

5:30am

RTC has partnered with the Rogue Runners to offer weekly group runs. Runs are offered on Tuesdays / Thursday at 5:30am. Meeting location is Libbie and Grove, next to the Suntrust Bank. There are weekly routes, ranging from 6-7 miles, back to last policy is in affect. (No one gets left behind)

There are weekend runs as well, posted by other Rogue Runners. Join the Rogue Runner Facebook page to stay on top of all the running opportunities.

August 31, 2019

- September 7, 2019

RTC Group Workout and Brunch Every Sat

Jack's House

3856 Millmount Dr.

Powhatan, VA 23139

8:00a

Jack Crowley, 804-245-0689

jack@jackcrowley.com

This Tri workout is every Saturday.

SWIM - 8a in the water (lake) out and back. We have 2 kayaks & standing board for your support person(s).

BIKE 8:30a - On the bike out and back, you choose time/distance. Traffic is very low, avg 1 car/min.

RUN - Whenever you get back. Run the neighborhood. Entire curb line is 6 miles. OR House to Entrance and back is 2 miles.

RECOVER - On the patio, overlooking the lake.