

# *Cycle farther, stronger, faster!*

## Starting Saturday May 29

*Join the cycle training group  
and prepare for Solidarity Cycle  
on Sept. 12*

Saturdays at 9am  
Wednesdays at 6:30pm  
front of the  
Queen's Park Arena  
in New Westminster

*Ride on bike paths  
throughout the Lower Mainland*

Choose your group - beginner or  
intermediate (i.e. can ride for 1 hour.)

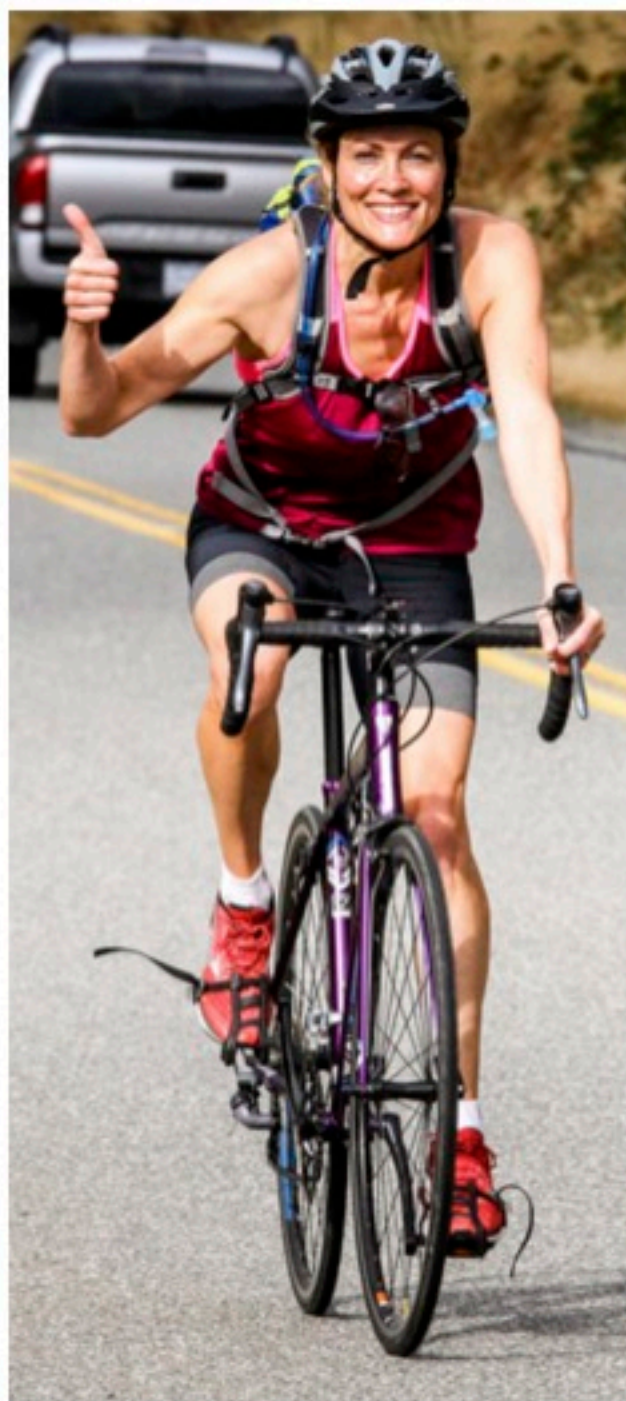
*Cyclists will gradually increase their  
strength and stamina until they are  
able to ride 50 - 100 km by the end of  
the summer.*

Highly skilled Instructors  
Sherry and Don Baker  
Rick Janssen

**NOTE** Helmets must be worn.

For more information about  
Solidarity Cycle see  
[solidaritycycle.weebly.com](http://solidaritycycle.weebly.com)

All proceeds from the cycle training group will  
be donated to the Stephen Lewis Foundation's  
Grandmothers to Grandmothers Campaign



**The clinics are FREE for people  
who are registered for  
Solidarity Cycle**