

Cycle farther, stronger, faster!

Starting Saturday April 23

***Join the cycle training group
and prepare for Solidarity Cycle
on Sept. 11***

Saturdays at 9am
Wednesdays at 6:00pm
meet in front of the
Queens 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.)

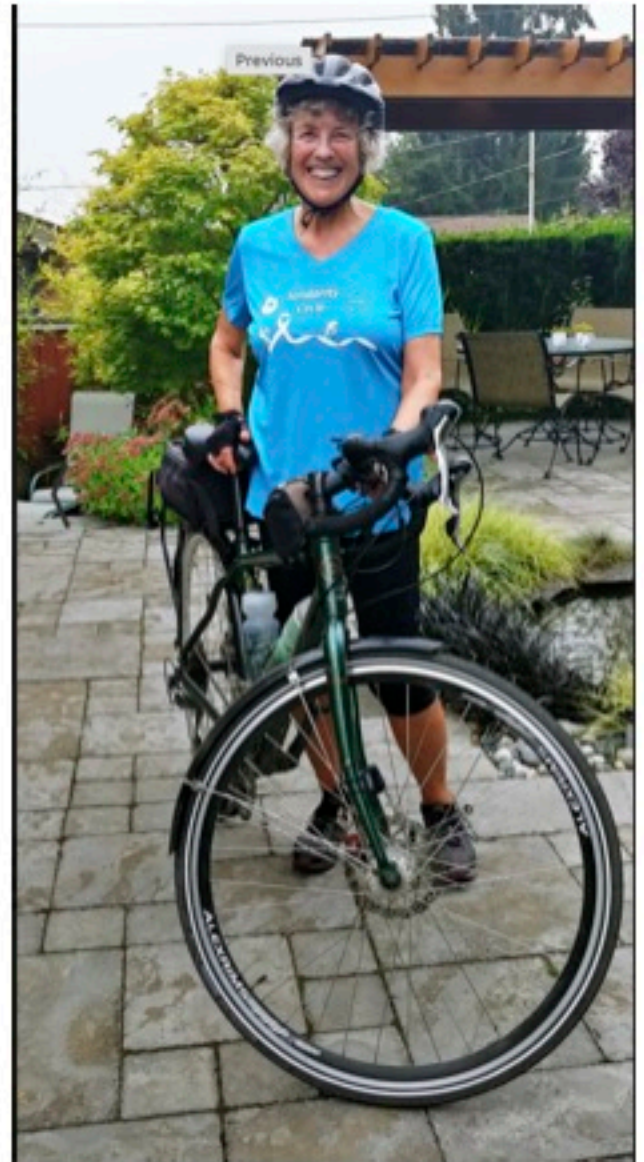
***Cyclists will gradually increase their
strength and stamina until they are
able to ride 50 - 100 km by the end of
the summer.***

Experienced Instructors
Rick and Chi-Chi

NOTE Helmets must be worn.

For more information about
Solidarity Cycle see
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**

**Please let us know the first time
you plan to attend.
solidaritycycle@gmail.com**