

Cycle farther, stronger, faster!

Starting Saturday May 6

*Join the cycle training group
and prepare for Solidarity Cycle
on Sunday Sept. 10*

**Saturdays at 9 am until the weather is
warmer**

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.)

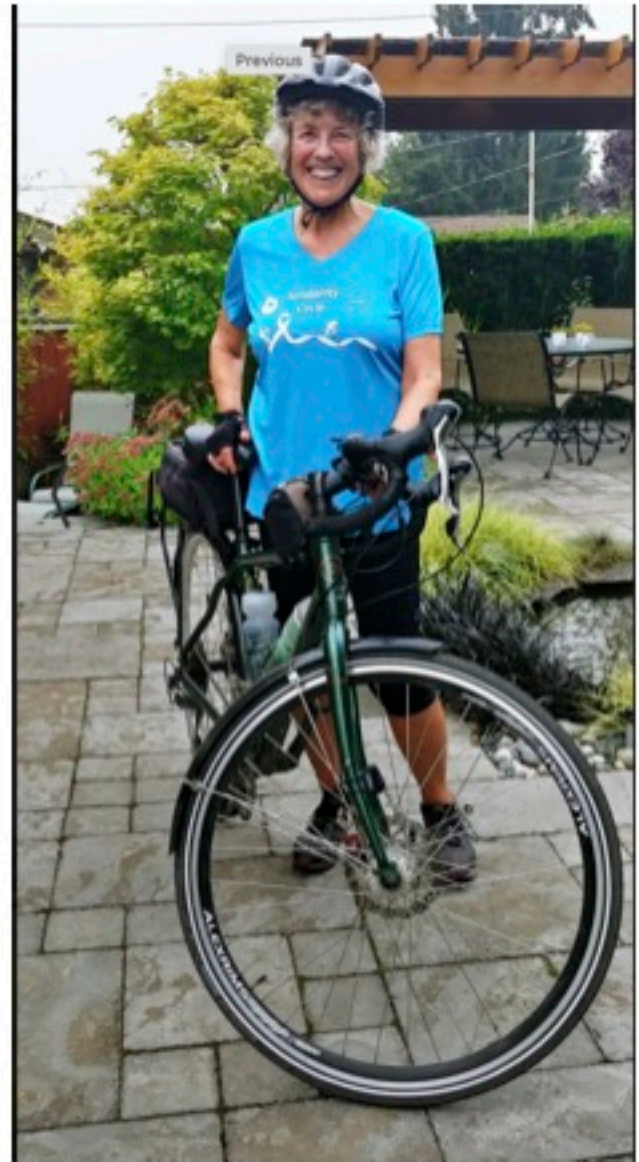
*Cyclists will gradually increase their
strength and stamina until they are
able to ride 50 - 100 km by the end of
the summer.*

Experienced Instructors

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**