

# Cycle farther, stronger, faster!

## Starting Saturday May 6

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

**Saturdays at 8am  
Wednesdays at 6:30pm**  
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.)

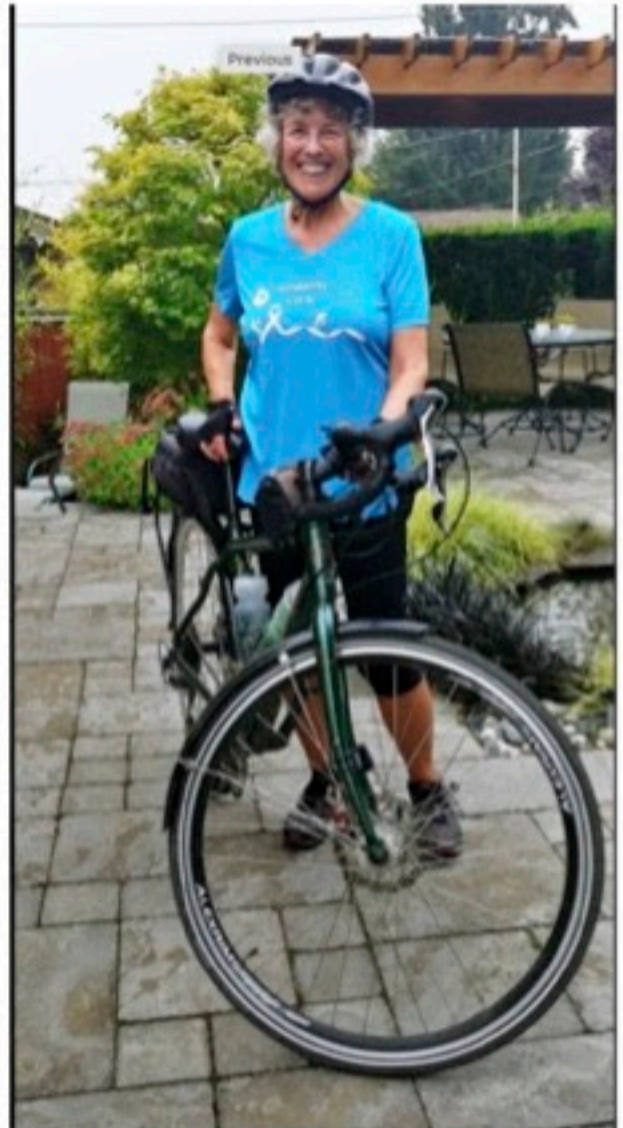
*Cyclists will gradually increase their  
strength and stamina until they are  
able to ride 50 - 100 km by the end of  
the summer.*

Experienced Instructors

**NOTE Helmets must be worn.**

For more information about  
Solidarity Cycle see  
[solidaritycycle.weebly.com](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**

**Please let us know the first time  
you plan to attend.  
[solidaritycycle@gmail.com](mailto:solidaritycycle@gmail.com)**