

FREE ROLL-IN BREAKFASTS EACH MORNING Victoria Park Bandshell, 7:30-9:00 a.m. Coffee available--Please bring your own mug

SHOWER & CHANGE FACILITIES AT: Figure Fitness (210 Dundas St.) Nautilus (305 Richmond; enter off Bathurst) YM/YWCA (382 Waterloo St.).

Listen to CJBK (1290 AM) for details and prize giveaways.

For more information: 439-3824

Co-sponsored by:
Thames Region Ecological Association Transportation Options Planning
CJBK
The Bicycle Advisory Committee

