

# More Rides, Trips, Tours, and Adventures for 2017...

WOW Tuesday Rides May 30th - August 29th  
Sydney and Glace Bay see schedule inside  
brochure for details on regular 6:00PM rides

Thursday Morning Rides 20-40K 10:00AM from  
Sydney River McDonald's June 1st to August  
3rd.. See inside for details. RL: Micheline Guillot

Ride Right Workshop for Velo Members - Join  
for \$10/yr! June 3-4th. Three 3 hour sessions  
starting Sat. AM RL: Brian Spicer

Heartland Tour - Sydney One Day July 13th. Join  
the provincial ride for a day in Sydney. See  
[heartlandtour.ca](http://heartlandtour.ca) for details.

Across the Highlands Challenge: contact Velo  
Cheticamp or Velo Max in Cheticamp for details.

Cabot Trail in 4 Days Aug 5-8 th  
Contact: Andree Crepeau for details. RL: Colette  
Smith

Recovery Ride Sept. 15-17th  
Ride Leader: Colette Smith

**Velo Cape Breton** promotes the use of bicycles. Join us for  
our 13th year for only \$2/ride or \$10/yr. Helmets are  
mandatory. We strive to make this club for everyone. We  
love to hear from you at [velocapebreton.ca](http://velocapebreton.ca), on Facebook or  
@cb\_velo. Changes may occur in this schedule and will be  
posted online when possible.

Ride Captain: Brian Spicer and President: Chantal Phillips



## 2017 Ride Schedule [velocapebreton.ca](http://velocapebreton.ca)





7 May	Boisdale Destination Ride Boisdale Maple Breakfast	Breakfast	9-12:00PM	Boisdale Community Hall	RL: You are the Leader! See: CBRM events website
17 May	Ride of Silence	11K Slow	6:30PM	Sydney Mall	RL: Vic Gouthro
30 May	WOW Tuesday Ride-Sydney	10-25K Easy	6:00PM	Open Hearth	RL: Micheline Guillot
30 May	WOW Tuesday Ride-Glace Bay	10-25K Easy	6:00PM	Brookside & Dominion	RL: Colette Smith
1 June	Thursday Morning Rides	2-3hrs Advanced	10:00AM	McDonald's Sydney River	RL: Micheline Guillot
3 June	Kelly's Klimb	Challenging	2:30PM	Lobster Galley	RL: Chris Millburn
15 June	WOW Lilac and Lupine Ride	25K Easy	6:00PM	Coxheath Arena	RL: Patricia Babin
24 June	Englishtown Mussel fest	45K Easy	11:00AM	Englishtown Community Hall	Robin Stuart
8 July	WOW Northside Circuit	35KEasy - Mod	10:00AM	North Sydney Mall	TBD: Rosalind Wright
13 July	Heartland Tour.			Visit <a href="http://heartlandtour.ca">heartlandtour.ca</a> for details	
22 July	Weekend in Whycocomagh	80K	10:00AM	Prov. Campground Parking	RL:Micheline Guillot
	Ride Lake Ainslie, All are welcome	60-80K			<a href="mailto:lobelia4@gmail.com">lobelia4@gmail.com</a>
23 July	Weekend in Whycocomagh - Little Narrows & S. Washabuck	70K	10:00AM	Prov.Campground Parking Lunch at Grand Narrows	RL:Micheline Guillot
12 Aug	WOW New Victoria Harbour Ride	35K	10:00AM	Open Hearth	TBD: Rosalind Wright
19 Aug	Isle Madame with Brunch \$20	20, 40, 60K	9:00AM	La Picasse, Petit de Grat	TBD: Brian Spicer
20 Aug	Grand Narrows Car Show	44k	10:30	Beaver Cove Take Out	Lunch Marina Wheelhouse
26 Aug	WOW Friends of Gabarus Ride	50k Mod.	12:00	Marion Bridge	TBD: Rosalind Wright
16 Sept	WOW Annual Tour da Tartan	35k Easy- Mod	9:30AM	Englishtown Ferry	RL: Shelley Johnson
15 Oct	Ride on the Mira	30 Easy-Mod	1:00PM	Mullin's Store Albert Bridge	RL: Vic Gouthro

WOW Rides Tuesday 6:00 PM start 30th May and continue to 29th August.

Thursday morning rides 10:00AM start 1st June and continue to August 3rd.

