

Pedalling the Cycle Tour News



2023 – EDITION 1

Monday, August 14

After a very successful launch yesterday, we are off and cycling! Many thanks to those 30 riders who came out to Mile Zero wearing their colours and ready to roll. Some rode to Clover Point and others went on further to Cadboro Bay.



The Group at Mile Zero – 2023 Cycle Tour Launch, August 13, 2023

Each one of you is taking on her own Personal Cycling Challenge and 'pledged' to ride a number of kilometres when you signed up for this year's Cycle Tour. With your heart reaching out to the grandmothers in Africa and perhaps inspired by their tenacity, can you push yourself to turn those pedals a few more times? Whether choosing to ride on your own or with a friend or by joining in one of our optional group rides, your participation is valuable. Send your pictures and stories from the road to Laurie at vacationlauren@gmail.com.

We also invite you to submit your kilometres ridden each week by end of day Saturday to VG4Acycledistance@gmail.com so that we can track how far we have collectively ridden. Working together, how far will we ride this year?

And if you choose, we look forward to hearing whether you accomplished what YOU hoped to do by the end of the tour!

STOP (in the name of love!) and Consider Signing Up for an Optional Ride



This will be my 8th Cycle Tour and I have found it fascinating to watch the details of the tour morph and improve over the years, as many great women shared their opinions and ideas about how to keep it relevant.

The best parts of our training rides and our multi-day rides, to me, are the truly wonderful and inspirational women you get to know. Their stories come out gradually as we spend time together, and this makes our group rides about so much more than just putting kilometres on our legs and our bicycles.

The Cycle Tour Working Group has worked hard to include interesting and varied optional rides in the four-week tour so it can be about more than just achieving personal targets. It can also be about making new friends, and about discovering new routes and new coffee shops! Five of the optional rides - **Pedalling Past the Point, Fickle Fig 50, Tackling the Serpentine, the 40K on the day of the Finale, and our first ever Grandmothers and Grandkids Ride** - are designed especially to be inclusive. If they are also a bit challenging, that is even better! Pushing ourselves hard is part of how we feel solidarity with the strong, resilient grandmothers in Africa.

We recognize that some people love biking solo or with a friend or their dog, but maybe choosing one group ride could be their personal challenge. Take a look right now at these optional rides with your calendar beside you and sign up for one or two (or all) of them: vg4a.ca/events. I am signed up for all of them because I too am hoping to meet some of the new participants, and riding with a group is my favourite way to put on kilometres, which I have pledged to do.

Thanks for listening. Hope to see you tackling the Serpentine!

Laurie Wilson, VG4A Coordinator

In addition to the optional rides provided, tour participants are invited to join in our gentle weekly **Friday Friendship Rides**. The meet-up for these rides is at 9:30 at Saanich Municipal Hall, near the bench by the Lochside Trail.



Friday riders enjoy coffee at Habitat Café at Royal Roads University Campus - Photo by the cashier

Monday rides continue over the 4 weeks of the tour. See the Cycle Tour page on the website for meet up details <https://vg4a.ca/Cycle-Tour>

Wednesday rides during the 4 weeks of the tour are as follows:

- August 16 - 9:30 at the Connector
- August 23 - 9:30 at the Connector and 9:30 at the Janion building (both rides end at Gorge Park for the Summer Social at noon)
- August 30 - 9:30 at the Connector
- September 6 - 9:30 at the Connector and 9:30 at the Janion building

Launch Photos by VG4A Photographer Jane Player



Thank you Jane!



Heads up Cyclists - Beat the heat! – Our Sales and Crafts group has a stock of neck coolers (\$10.00 each). Email vg4amarket@gmail.com to purchase one. Some will also be available for purchase at the Summer Social on August 23 at Gorge Kinsmen Park.

Watch for an edition of Pedalling the Cycle Tour News each Monday
We also encourage you to check www.vg4a.ca often for current news and information