

VICTORIA GRANDMOTHERS FOR AFRICA  
SAVE THE DATE  
2024 CYCLE TOUR FUNDRAISER  
August 11<sup>TH</sup> - September 8<sup>TH</sup>

Planning for the 2024 Victoria Grandmothers for Africa Cycle Tour is underway! This Personal Cycling Challenge will take place from Sunday, August 11<sup>th</sup> to Sunday, September 8<sup>th</sup>.

Along with the Monday training rides commencing on April 8<sup>th</sup> and our other usual rides during the week there will be multiple optional rides of varying distances to choose from throughout the month, including the 3-day ride from Campbell River to Victoria being held from September 6<sup>th</sup> - 8<sup>th</sup>.

This "Save the Date" has been sent out for many years to people who have participated in a previous tour or perhaps have expressed an interest in joining the Grandmothers on their bikes for an experience like no other! All bikes are welcome; pedal, e-bike or stationary. (e-bikes must be type A or C; the kind you must pedal). Please feel free to pass this along to anyone who you think might be interested in joining in.

The application process will be online through the Wild Apricot, VG4A website, [VG4A.ca](http://VG4A.ca). There will be more information coming so stay tuned!

The VG4A Cycle Tour is open to women 55 years of age and older by December 31<sup>st</sup> of the year of the tour.

All riders participating in the Training rides and the four-week Cycle Tour must be at least double vaccinated.

### **Training Rides**

Training rides will be offered commencing April 8<sup>th</sup> and there will be more information to follow.

### **Safety**

Since many of us are currently out riding with our friends or riding in groups with the VG4A Friendship rides on Monday, Wednesday, and Friday, I am including a Riding Safety document. The link to the Bike Sense Guide is posted below. Please read this so that we may all have a safe riding season.

<https://www.bccc.bc.ca/bikesense-index>

In solidarity,

Cynthia Cosulich  
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