



## **BIKE FOR YOUR LIFE** Century Ride

**Sat. Sept. 17, 2016**

**Starts from Blackburn Park,  
Salmon Arm**

**Online registration starts @ 6 am  
Monday, June 6, 2016**

*Fun activities for young cyclists and families!*

**Info/registration at [www.bikeforyourlife.com](http://www.bikeforyourlife.com)**

**Rides:**  
**100K (challenging),**  
**75K (moderate),**  
**35K (easy), 10K.**  
**BBQ lunch incl.**

*The 2012–2015 rides have raised \$18,500 for the Salmon Arm Second Harvest Food Bank*