







# Velo Cape Breton 2021

# Ride and Event Schedule

DATE	EVENT	KMs	TIME	LEVEL	MEETING POINT / LOCATION	RIDE LEADER / CONTACT
May 8, Sat	<b>BIKE CLINIC</b>		9:00 - 1:00		Farmers' Market, 15 Falmouth St., Sydney	Paul Babin – pbabin001@yahoo.ca
May 8, Sat	Glace Bay WOW "Get in Gear" session		10:00 – 12:00		DAM Fitness Center	Colette Smith – colette_smith2@hotmail.com
May 15, Sat	<b>SEASON OPENING EVENT and PICNIC</b>		11:00 am		Coxheath Elementary School, Mt. Florence St.	Paul Babin – pbabin001@yahoo.ca
May 20, Thur	Thursday A.M. Ride: Maryann Corbett Trail	10 - 20	10:00 am	Nov/Interm	The Bay, Mayflower Mall	Tim Babcock – timothyb@ns.sympatico.ca
May 22, Sat	<b>BIKE CLINIC</b>		9:00 – 1:00		Farmers' Market, 15 Falmouth St., Sydney	Paul Babin – pbabin001@yahoo.ca
May 25, Tues	WOW Novice Training Program	< 10	6:15 pm	Novice	Maryann Corbett Trail (MCT)	Shelley Johnson – sjmarie31@gmail.com
May 27, Thur	Thursday A.M. Ride: Coxheath to Pt. Edward	20 - 30	10:00 am	Intermediate	Coxheath Arena	Dianne Wadden – joandianne@hotmail.com
May 31, Mon	Glace Bay WOW	26	6:00 pm	Advanced	Coal Town Trail – Tower Road	Colette Smith – colette_smith2@hotmail.com
June 1-29, Tues	WOW Novice Training Program – Tues pm	< 20	6:15 pm	Novice	Maryann Corbett Trail	Shelley Johnson – sjmarie31@gmail.com
June 3, Thur	Thursday A.M. Ride: Alder Point	15	10:00 am	Intermediate	CB Trailer Sales opp. Lt. Bras D'Or elem. school	jimmiecampbell@canadianfirefighter.com
June 5 & 6	Ride Right Training Program		TBD		TBD	Brian Spicer – bespicer50@gmail.com
June 7, Mon	Glace Bay WOW	20	6:00 pm	Advanced	Reserve – Mayflower Mall (MCT)	Colette Smith – colette_smith2@hotmail.com
June 9, Wed	Ride Right Practice / Urban Rides: North End Loop	< 15	6:15 pm	Novice	Open Hearth Park canteen area	Leroy Hodder – leroyhodder@gmail.com
June 10, Thur	Thursday A.M. Ride: South Bar	15 - 20	10:00 am	Intermediate	Open Hearth Park canteen area	Dianne Wadden – joandianne@hotmail.com
June 14, Mon	Glace Bay WOW	30	6:00 pm	Advanced	Donkin / Morien Loop	Colette Smith – colette_smith2@hotmail.com
June 16, Wed	Ride Right Practice / Urban Rides: Whitney Pier	< 15	6:15 pm	Novice	Open Hearth Park canteen area	Leroy Hodder – leroyhodder@gmail.com
June 17, Thur	Thursday A.M. Ride: Boularderie	20+	10:00 am	Intermediate	The Caboose, Little Bras D'Or	jimmiecampbell@canadianfirefighter.com
June 19 - 27	<b>CBRM BIKE WEEK</b> (various activities)				<a href="http://cbrm.ns.ca/recreation">cbrm.ns.ca/recreation</a>	Ashley Eisan - aeeisan@cbrm.ns.ca
June 21, Mon	Glace Bay WOW	25	6:00 pm	Advanced	St. Anne's Church – The Bayside	Colette Smith – colette_smith2@hotmail.com
June 22, Tue	<b>RIDE OF SILENCE</b>	11	6:30 pm	All	Sydney Shopping Centre, Prince Street	Vic Gouthro - vicgouthro47@gmail.com
June 23, Wed	Ride Right Practice / Urban Rides: Ashby area	< 15	6:15 pm	Novice	Open Hearth Park canteen area	Leroy Hodder – leroyhodder@gmail.com
June 24, Thur	Thursday A.M. Ride: Blackett's Lake + optional Hike the Hills	15+	10:00 am	Intermediate	Coxheath Hills Community Center, Blackett's Lake Rd (next to Knox Church)	Tim Babcock – timothyb@ns.sympatico.ca
June 26, Sat	Weekend Ride: CB Highlands Coastal Ride – Ingonish to Neil's Harbour return	46	10:00 am	Interm/Adv.	North Bay Beach, Ingonish	Paul M. – Paul_MacDougall@cbu.ca
June 28, Mon	Glace Bay WOW	40	6:00 pm	Advanced	Brookside Street going to Donkin/Morien	Colette Smith – colette_smith2@hotmail.com
July 1, Thurs	Thurs. A. M. Ride: North River to Clucking Hen	35 - 45	11:00 am	Intermediate	North River Bridge	Micheline Guillot – lobelia4@gmail.com
July 3, Sat	Weekend Ride: Catalone – Louisbourg loop	40	10:00 am	Interm/Adv	Irving Station – Catalone	Ronald Labelle – ronald_labelle@cbu.ca
July 6, Tues	WOW Tuesday Night Ride	25	6:30pm	Intermediate	Pt. Edward – Oak Farm Road	Rosalind Wright – robocaper@hotmail.com
July 8, Thur	Thursday A.M. Ride : Port Morien area	26 – 30	10:00 am	Intermediate	The Legion, Port Morien	Dianne Wadden – joandianne@hotmail.com
July 10, Sat	Weekend Ride: Celtic Shores – Judique to Troy	44	10:00 am	Intermediate	Celtic Music Interpretive Center, Judique	Steph M. - stephanie_maclellan@hotmail.com
July 10, Sat	Roll Up Your Rims to Tim's	20	10:30 am	Fun	The Bay, Mayflower Mall	Rosalind Wright - robocaper@hotmail.com

DATE	EVENT	KMs	TIME	LEVEL	MEETING POINT / LOCATION	RIDE LEADER / CONTACT
July 13, Tues	WOW Tuesday Night Ride	25	6:30 pm	Intermediate	RBC Parking Lot – North Sydney	TBD
July 15, Thur	Thursday A.M. Ride : Mira loop	28	10:00 am	Intermediate	Missy's Diner / Esso Station, Albert Bridge	Sandra/Rob J. – sanrobjohnston@gmail.com
July 22, Thur	Thurs. A.M. Ride: Benacadie/Grand Narrows area	20	10:00 am	Interm/Adv.	Grand Narrows Marina [some dirt road]	Ronald Labelle – Ronald_labelle@cbu.ca
July 24, Sat	Weekend Ride : Gabarus – Fourchu - Framboise	40 - 60	10:00 am	Interm/Adv.	Gabarus sea-wall parking area	Art Spencer – artspencer@seaside.ns.ca
July 29 , Thur	Thursday A.M. Ride: Coal Town Trail	24	10:00 am	Intermediate	Trailhead on Gardiner Highway	Adele MacKay – amackay6@hotmail.com
<b>July 31, Sat</b>	<b>Salt Marsh Trail – Cole Harbour</b>	<20	1:00 pm	Fun	Dartmouth, NS	Must RSVP Rosalind or Shelley
<b>Aug 1, Sun</b>	<b>Beechville Lakeside Timberlea (BLT) Trail</b>	50	1:00 pm	Fun	Timberlea, NS	Accommodations & travel on your own
Aug 3, Tues	WOW Tuesday Night Ride	20	6:15 pm	Intermediate	Point Edward – Oak Farm Road	Rosalind Wright – robocaper@hotmail.com
Aug 5, Thur	Thurs A.M. Ride: Baddeck River Valley loop	23	10:00 am	Interm/Adv.	Curling Club, Campbell Street, Baddeck	Tim Babcock – timothyb@ns.sympatico.ca
Aug 6 – 9	<b>CT4D: Cabot Trail in Four Days</b>	300			Fully booked	Andree C. – acrepeau@ns.sympatico.ca
Aug 10, Tues	WOW Tuesday Night Ride	20	6:15 pm	Fun	Maryann Corbett Trail (MCT)	Rosalind Wright – robocaper@hotmail.com
Aug 14, Sat	WOW Beach to Shore	35	10:00 am	Intermediate	The Bay – River Ryan – Dominion Beach	Shelley Johnson – sjmarie31@gmail.com
Aug 14 , Sat	Weekend Ride: Ingonish Bike 'n Hike	36 'n 7.5	10:00 am	Advanced	North Bay Beach, Ingonish to Smokey, Franey	Paul M. - Paul MacDougall@cbu.ca
Aug 22 , Sun	Lost Shores Birthday Ride	50, 90, 120	9:00 am		Guysborough Mall; RSVP gallery@lostshores.ca	Rob Carter - rob@lostshores.ca
Aug 24, Tues	WOW Tuesday Night Ride	25	6:30 pm	Intermediate	Blackett's Lake	Shelley Johnson – sjmarie31@gmail.com
Aug 28, Sat	Weekend Ride: CENTURY RIDE	77 + 30	9:30 am	Advanced	Meet at 9:00 Mullin's gas station, Albert Bridge	Art Spencer – artspencer@seaside.ns.ca
Aug 28, Sat	Celtic Shores Ride	30	10:15 am	Fun	Inverness; Must RSVP	Rosalind Wright – robocaper@hotmail.com
Aug 31, Tues	WOW Tuesday Night Ride	25	6:30 pm	Intermediate	RBC Parking Lot – North Sydney	TBD
Sept 4, Sat	Weekend Ride: Cape Dauphin + optional hike	30	10:00 am	Interm/Adv.	Park roadside junction Stewart Rd. and 105/TCH [some good dirt road]	Micheline Guillot – lobelia4@gmail.com
Sept TBD	<b>Blue Route Inauguration Events</b>				MAC Trail, Coal Town Trail	Andree C. – acrepeau@ns.sympatico.ca
Sept 10,11,12	<b>Recovery Ride – Cabot Trail</b>	300			Must register with Colette Smith	Colette Smith – colette_smith@hotmail.com
Sept 12, Sun	WOW Annual Tour da Tartan (Bike and Shop)	35	10:30 am	Intermediate	Englishtown Ferry	Shelley Johnson - sjmarie31@gmail.com
Sept 19, Sun	WOW Harvest Moon Ride	20	7:15pm	Fun	Coal Town Trail	Rosalind Wright – robocaper@hotmail.com
Oct 2, Sat	Celtic Shores Fall Ride	30	10:15 am	Fun	Inverness; Must RSVP	Shelley Johnson - sjmarie31@gmail.com

	WOW Ride
	WOW Event
	Velo Ride

	Velo Event
	Ride Right Event
	Non Velo Event

**Have a safe  
and  
happy cycling season!**

Check out impromptu rides at [www.velocapebreton.ca](http://www.velocapebreton.ca), FB: VeloCapeBreton, WOWCapeBreton, and Newsletter.

If inclement weather cancels a Velo or WOW ride, there will be a posting on the website and/or Facebook page.