

JUNE 14, 2021

Dear Friends,

Five of us rode from the "No Frills" in Fort Saskatchewan to Elk Island Park today. I've introduced you to Willa. The four other riders from today are riding for these children:

Andree is riding for 5-year-old Dawson -



Rachelle's riding for 16-year-old Julia -



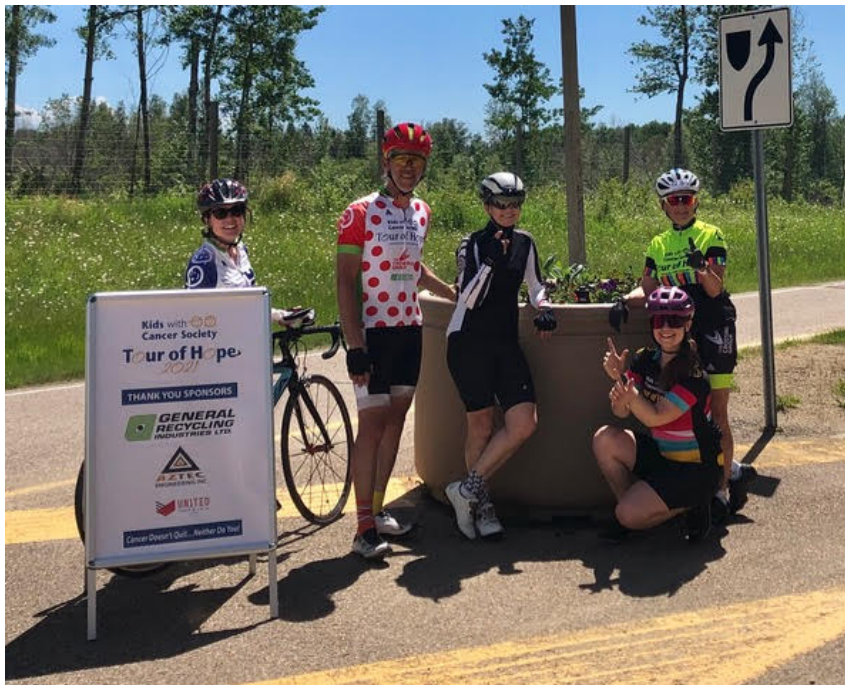
Carl's riding for 2-year-old Aspen -



Jane's riding for 11-year old McKayla -



And ALL of us are riding for ALL of the KIDS!



From the left: Jane, Carl, Andree, Rachelle (in front) and me.

The thunder and rain storm we had early this morning was over by the time we started to ride at 9ish but the threatening clouds followed us until mid-day and then it got extremely hot!!

It's an absolute treat to ride the country roads to Elk Island Park where the paved roads are pristine, there are lakes, birdsong galore, and very little traffic on a Monday. What's not a treat whatsoever is the horseflies; they were a real nuisance, and Carl was bitten twice.

But what IS a real treat is the possibility of seeing bison, and we saw 3!



We were very fortunate to have our two fabulous KWCS support crew with us today. Jaclyn and Annet were with us every step of the way and supplied us with water, fruit, bars, etc. before we left the west gate of the park to start our way back to the Fort. They've been on the Tour of Hope + Tour at Home

with us and they are an integral part of our rides. I am very thankful for the friendship we've all developed with them and I appreciate their support.



From the left: Jaclyn & Annet

This was another long day for us and part of the reason is that Carl does not leave riders behind and when a flat needs to be fixed, he's on it. Unfortunately, after every possible effort to get Rachelle up and running after she had a flat, the problem just couldn't be fixed and she had to get into the truck - luckily there was a truck to get into!!

Is it possible that humidity and heat can make your feet swell so much that they feel like they're in vice grips, not cycling shoes? My feet were incredibly sore during the last hour of the ride and I was SO glad to finish.

116 km. in the books! 13 rides (April 14 to date), 862 kilometers.

There are 14 participants in the Tour of Hope, At Home this year and so far we've raised \$41,006.00 of our goal which is \$100,000.00.

Diane

Ps. Map from today's ride, attached

"Life Begins and Ends With Family" Melanie Alyson Callan

