

JUNE 26TH. THE DAY IN PICTURES

As all of us drive from the city to our friends', Doug & Caren's cottage at Sundance Beach on Pigeon Lake, we agreed to start at 9 this morning. Ken wanted to ride upwards of 120 km. today so he and Doug actually logged some distance starting at 8 and then came back to the cottage to pick the rest of us up. My six friends and sponsors each carried a picture of one of the Kids in the pocket of their jersey this morning.



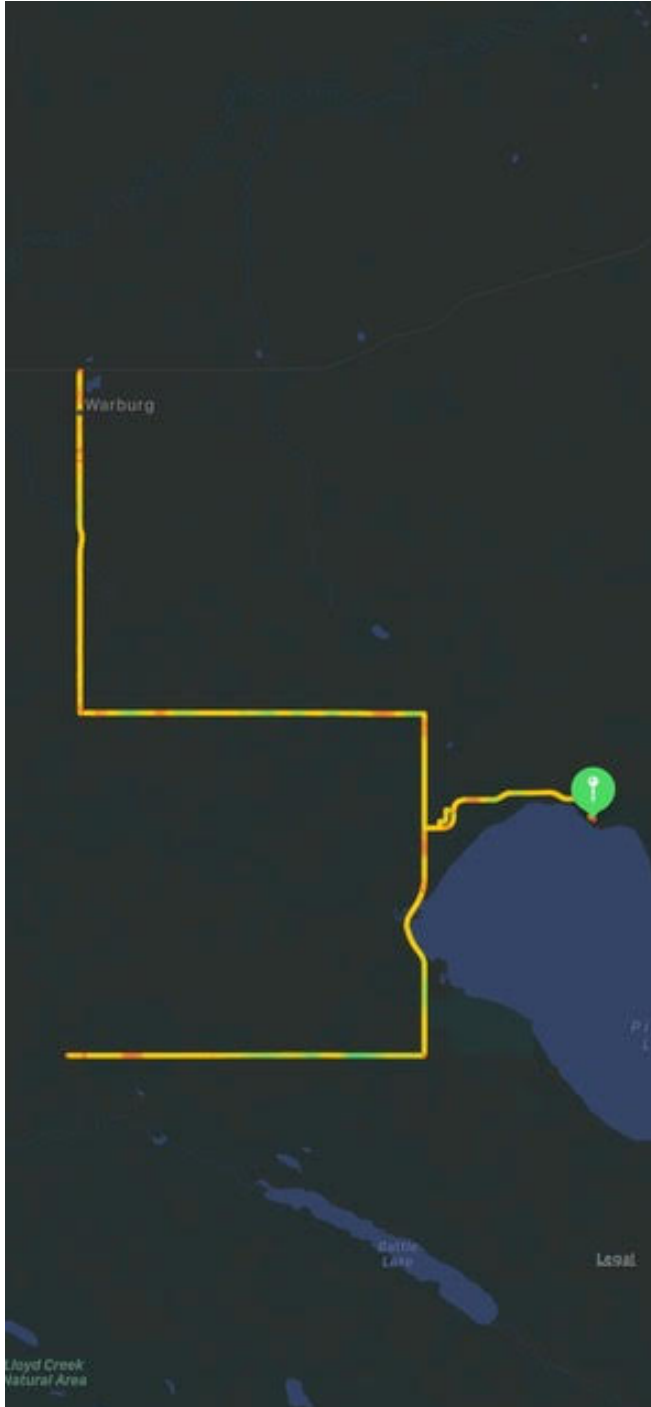
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From the left: Hope, Doug, me, Stacey, Don, Wayne, and Ken

Not only do these terrific people understand the importance of the KWCS and its programs, but they also acknowledge that it is a privilege to cycle for the Kids and their families. How fortunate am I?

It was 24 degrees when we started to ride at 9:15 and it was 32 degrees when we finished at 1:30. We rode for 4:09:02, 91.29 km., gained 501 meters of elevation, and I burned 2,028 calories. What a day!!

Doug crafted this challenging route, complete with hills and dales, hills and dales, here, there, and everywhere...



The green circle is the start. Heading on Township Road 474 going west to 771, south to 470, west on an out and back to Yeoford, back on 470 to 771 (where we picked up another friend, Barry, and now we're 8), and then north to 616, west to 770, north on an out and back to Warburg, and retrace to Township Road 474 to Sundance Beach.

It was SO hot! ***It didn't stop us from having fun -***



And after the ride and a dip - DOUG & CAREN'S FAMOUS BURGERS!



Thanks for picking me up time after time today, Ken!

And finally, after enjoying a tasty dinner, and an adult beverage, the Pigeon lake Tri Club & Multisport Foundation, presented me with a cheque for \$500.00 for the Kids With Cancer Society -



From left: Hope, Wayne, Ken, me, Doug, and Barry. Missing: Danielle & Alicia

A great big THANK YOU to all of my people!
I am grateful beyond words.

Diane

"Life Begins and Ends With Family" Melanie Alyson Callan