

HEALTH

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Special pullout section

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Get on your bike and ride to Leathertown

This is the fourth year the Bicycle Friendly Community Committee is offering group cycling experiences at the Bike it to Leathertown Festival Aug. 14 and each year there is a new twist.

The committee is organizing two group rides from the Acton GO Station at the Leathertown Festival.

Participants are invited to make their way to the Acton GO Station parking lot by bike or bring your bike by car where free valet bike parking is being offered.

The two bike rides are planned to finish approximately when the Festival is fully underway. After the ride, leave your bike in the parking area and enjoy the food, the bands, the vintage cars and vendors.

For more information on the festival, please check out www.leathertownfestival.com

• Leathertown Highlights Spin 1 hour

This is an entry-level ride suitable for families and could be of interest to anyone regardless of cycling skill.

The route follows bike lanes and residential quiet streets within Acton.

A ride has been created that will show people the wonderful amenities and heritage neighbourhoods of Acton as well as loop along a town trail through a mature forest.

Whether you are an Acton resident or someone with a curiosity about Acton's heritage and highlights you will find this an interesting group tour.

There is no charge for rides but organizers ask participants to pre-register at hhcycling@haltonhills.ca in order to co-ordinate leaders for the groups.

• Rural Vistas - 50 km route - 2 hours approximately.

This tour is an intermediate level bike ride through the rolling hills of rural Halton Hills and Milton. The terrain is easy but the 50-km distance will provide a challenge.

Schedule

- 9 a.m. Registration begins—signing waivers, getting instructions;
- 9:30 p.m. Rural Vistas 50 km



Riders in last September's Epic Cycling Tour made a rest stop in Acton and chatted with members of the Halton Hills Cycling Committee before continuing on. Anyone interested in their own cycling tour of Acton can sign up for the Bike it to Leathertown event Sunday, Aug. 14 by logging on to haltonhillsbikechallenge.ca

Submitted photo

group (those needing two hours leave first);

- 10 a.m. Rural Vistas 50 km group (those needing 2 hours) depart;
- 10:30 a.m. Leathertown Highlights Spin registration begins;
- 11 a.m. LHS tour depart;
- 12 p.m. Valet Bike Parking opens. Cyclists be-

gin returning from their tours, Participants can park their bikes and enjoy the festival;

- 2 Valet Bike Parking closes.

The Leathertown Festival continues with great entertainment until 5 p.m.

If you anticipate staying past 2 p.m. please bring your own lock.

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