



A Tour of Two Rivers

City of

El Monte Bike Rally

WHEN: SATURDAY, MAY 16, 2009

 **American Diabetes Association**
Care • Care • Connections

WHERE: PIONEER PARK
3535 SANTA ANITA AVE.
EL MONTE, CALIFORNIA

All proceeds
Benefitting the
American
Diabetes Assoc.

WHAT: 16 Mile, 2.5 Hour leisurely Bike Tour along the
Rio Hondo and San Gabriel Rivers (rated "Easy")
(<http://www.mapmyride.com/route/us/ca/public/416539625393>)

TIME: 9 a.m. to 1:30 p.m., Check-In at 8:00 a.m.
RIDE 9-11:30; LUNCH 11:30-1:00, EXPO 10:00-1:30pm



Ride and learn about cycling safely and touring, the Emerald Necklace and Whittier Narrows, healthy nutrition, and Diabetes Awareness!

Cost: \$5 per Cyclist, Reservations Required before April 2 to insure T Shirt
Call City Managers Office 626.580.2001
Monday—Thursday, 8am to 5:30pm.
Online applications: www.ElMonteCA.gov/

*** Raffles - Bike Displays - Diabetes Info ***

**State Law Requires Use of Safety Helmets
For Those Under 18 Years of Age.**

