

Niagara Cycles 2007

Cycling Events in Niagara

Sunflower Squad Information, registration and season kick-off

April 20th 2007 @ 7 pm

Mademoiselle women's fitness and day spa

St.Catharines

www.sunflowersquad.com

Greater Niagara Circle Trek, Thorold

May 6th 2007 12 to 3 pm at Lock 7, Chapel St

Great family fun 'pushing the ship up the mountain', BBQ, face painting and much more.

www.greaterniagaracircletrek.com

Journey for Sight

May 6, 2007, The Lions Journey for Sight- Run / Ride /

Walk will be held in St.Catharines starting at the

Grantham Lions Hall and travel along the Welland

Canal Parkway. Everyone Welcome

www.journeyforsight.com

Liberty! Bicycles 8x12 Off-Road Series

There are two courses: One for kids and complete

novices (7km easy) and another for adults and

seasoned experts (15km technical)

Races run May 16th to August 22 2007

www.libertybicycles.com

Niagara Classic Road Race

Pelham

May 20, 2007, A classic road race using the roads of

Effingham and surrounding areas. Hilltop finish, round course - A challenging race for all competitors.

www.stcatharinessc.com

8th Annual Vineyard Cycle Tour!

Heart Niagara

Sunday May 27, 2007, Queenston Heights Park,

Niagara-on-the-Lake.

Choose from three scenic routes - 25, 50 or 75 km that wind through Ontario's finest wine country.

Described as "an experience you'll want to share....and a challenge that's hard to resist", this event offers

heart-healthy physical activity in combination with spectacular scenery and friendly camaraderie - in fun-filled support of Heart Niagara.

www.heartniagara.com

Cycle the Circle, Habitat for Humanity Niagara

June 9th, 2007. Three starting locations: St. Catharines

-at Lock 3; Fort Erie - at the intersection of

Lakeshore Rd and Dominion Rd. and; Port Colborne -

at Lock 8 Park

www.cylethecircle.com

Commuter Challenge

June 3 - 9, 2007

Find a healthier and more economical way to get to work: walk, bike, bus, carpool or even telework.

Choose to make a difference in your community by taking the Commuter Challenge.

Register on line www.commuterchallenge.ca

Great Lake-to-Lake Classic

Sunday June 17th, 2007

This is a mountain bike ride from Lake Erie to Lake Ontario, featuring some of Niagara's best trails and local landmarks. Based on the routes along the original and current Welland canals, this is a "Classic" citizen's event like few others.

www.laketolake.ca

Pond to Pond

Sunday June 17th, 2007

This is the last section of the Classic course from Brock University to the finish line in Port Dalhousie. This route includes double and single track sections that are challenging and sure to entertain you.

www.laketolake.ca

Rona MS Bike Tour

August 26, 2007

Beginning and finishing at Kings Bridge Park, the Niagara Bike Tour offers a scenic 75km and 40 km ride along the Niagara Parkway.

www.mssociety.ca/ontario/bike_niagara.htm

Provincial Time Trial Championships

Sept 08, 2007, Wellandport

www.stcatharinessc.com

We Need More Cowbells Cross

Sept 29, 2007

St.Catharines

For more info email row618@hotmail.com

Liberty! Bicycles Off-Road Squeezer

September 30, 2007

www.libertybicycles.com

The Niagara Freewheelers Bicycle Touring Club Inc.

This group of cyclists ride together for fun and exercise. Rides for cyclists of varying skill levels occur each day of the week from April to November.

Socializing is encouraged on all rides as well as at planned special events. The club is based in St.

Catharines, but the rides take participants through all areas of the Niagara region during the cycling season.

www.thefreewheelers.com

