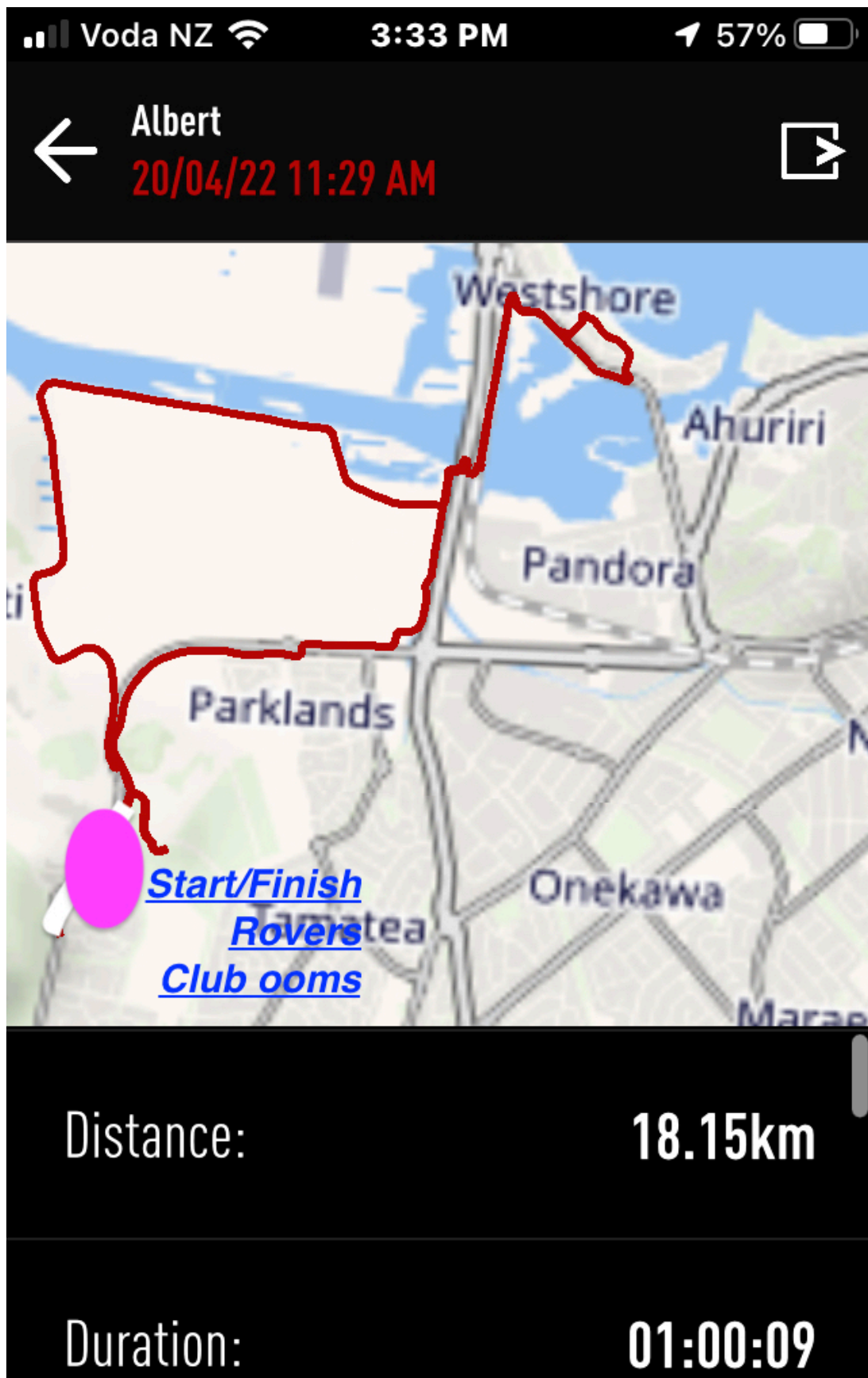


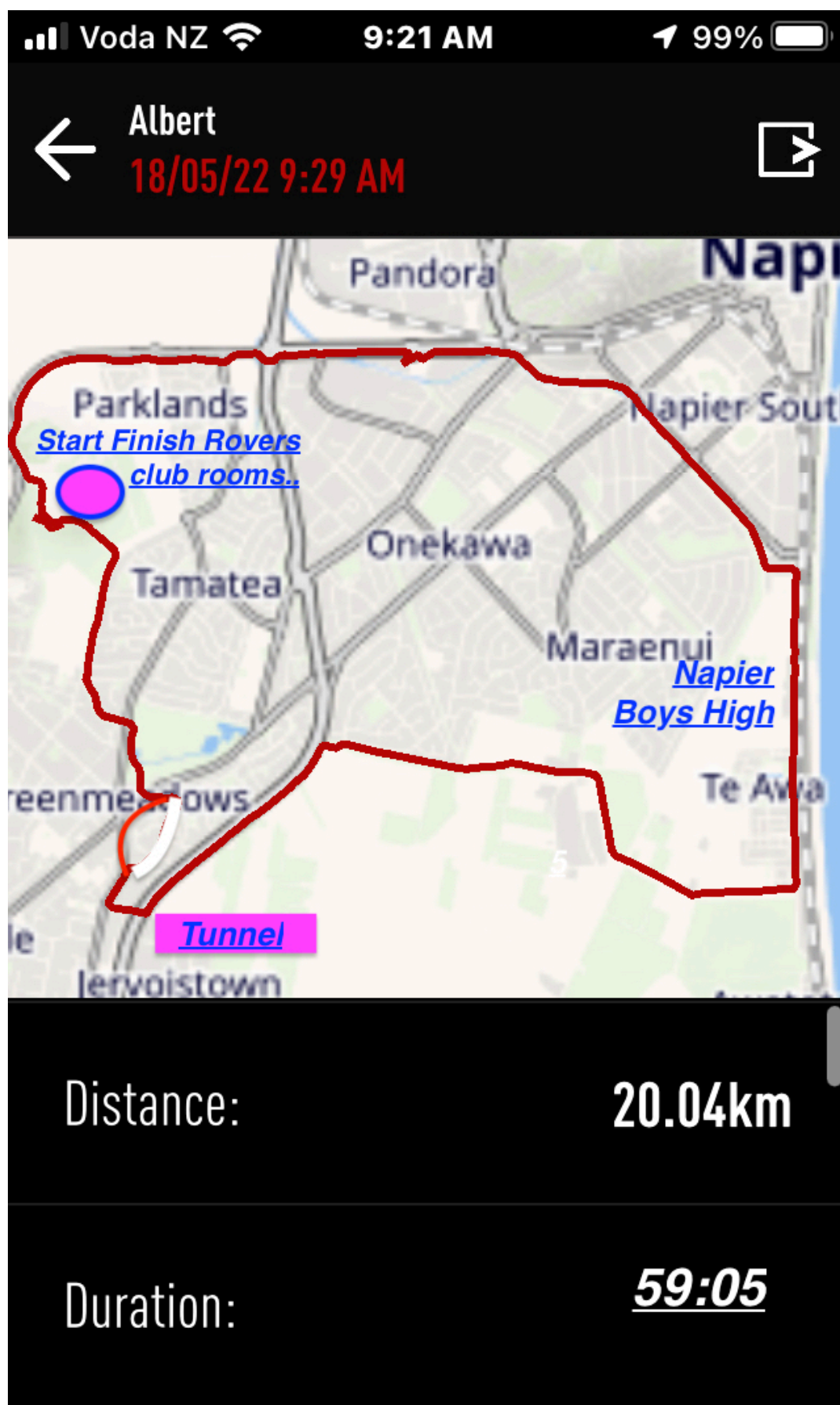
# Bike with us this Sunday 8.30am

We have two circuits for you to choose from :

**Comfortable ride** for regular bikes and slower E-Bikes



Or **Active ride** for Faster bikers including E-Bikes.



Hello everyone ,  
Come along and join RWHB's new biking group this  
Sunday May 22 at 8.30am from Park Island.  
It's in addition to the usual walks from the Napier City  
Rovers Clubrooms.

Bring your Partners or family for a 1 hour ride.  
Here are this weeks 2 different circuits to choose from  
both out & return to Park Island.

1st category is for **Comfortable riders** including  
**Regular Bikes** & those who ride **E Bikes slowly**.

2nd category is for **Active Bikers**.  
Those who like to **bike further & faster**.

- Small groups up to 7 riders.
- Mainly off road
- Wear Hi Viz jacket /vest
- Wear a Helmet

We have lots of ideas, different locations & rides  
Finish with a coffee with Robyn's team at the club rooms.

**Cancellation if wet . Our Web site [runwalkhb.org.nz](http://runwalkhb.org.nz).**  
**7.30 Sunday morning.**

Come join us we know it was fun last week.  
See you Sunday

**Stu Gourdie**  
**Club Capitan.**