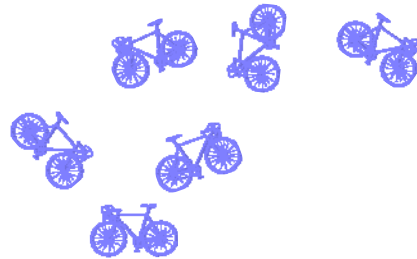
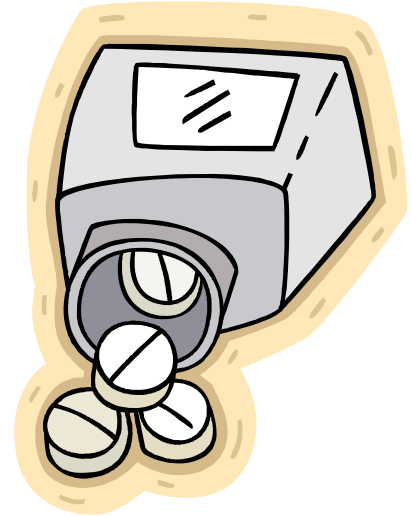


TAKE YOUR MEDICINE !

Join C.C. Riders



C.C. Riders (cancer survivors and their friends) ride together each month for fitness, support and fun.

We ride year-round at a leisurely/steady pace covering 20-30 miles. Exploring the best of Puget Sound is our goal: our rides have taken us to the Magnolia bluffs, rural Snoqualmie Valley, Alki Beach and beyond. We ride a new route every month.

If you're recovering from illness or injury, new to cycling or getting back in the saddle after a long break, join us!

See monthly ride listings in the Cascade Courier or www.cascade.org or contact the Ride Leaders.

Ride Leaders:

Richard Speare
206-724-1906
supyvitz@comcast.net

Bernice Tannenbaum
425-753-1992
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