



Vancouver Island Edition

Sunday, July 5th, 2020

ON-LINE REGISTRATION ONLY

<https://muscle.akaraisin.com/ui/2020RideforDougVanIsland>

Scan the QR code below

Route directions can be picked up in the parking lot at Weavers in Langford, from 10-12 or emailed.

Doug graduated high school this year, unfortunately social distancing COVID-19 has forced us to do this ride as

ride FOR doug

Rather than a
Ride With Doug



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information on the original Ride for Doug
www.ridefordoug.com
Making Muscles Move



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ignited by passion, fueled by hope.

