

Your LOGO will go on this flyer.



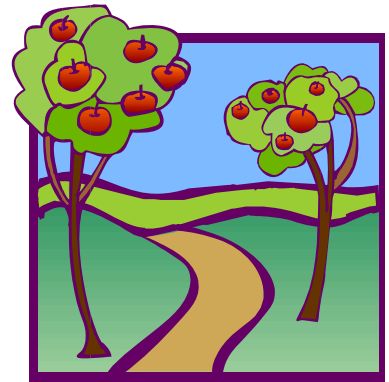
O-2 Connect Fall Bike Ride

Saturday, October 3, 2009

Registration 8 am, Ride begins at 9 am

Begins and Ends at The Bikery in Baldwinsville

- **75 mile Ride through Upstate NY's hilling country side including Lake Ontario, the Seneca River, apple country, and turkey farms.**
- **45 mile ride option around Cross Lake.**



\$25 registration, plus \$200 pledges/rider
Groups of 5 - \$1000 in pledges includes registration
If you road last year's, Early Bird Bike Ride and bring in another cyclist for this ride, we will waiver your registration fee!

Payable to **Onondaga Community Living**



- SAGS vehicle through The Bikery
- Rest stops and cheering throughout the route
- Lunch, plus food and drinks at then end of the trip
- Prizes for cyclist and team who brings in the most money!

Contact patfrat@oclinc.org, 315-434-9597 x 203 or visit

www.oclinc.org; www.connections.org

All proceeds go to support people with disabilities supported through Onondaga Community Living and Connections of Central NY.