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COAST MOUNTAIN NEWS

Career Centre
Box 389
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Thursday, April 30,

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Registration



Michael Wigle

THE TOUR DE BELLA COOLA had its best turnout yet with almost sixty participants

Sunny skies and windy weather for Tour de Bella Cool

Fifty-nine participants lined up at the starting blocks for the Tour de Bella Coola last Saturday. The annual event attracts all sectors of the community and is becoming more popular every year, with this year drawing the most participants yet. Although the ride has been occurring on and off for many years; for the past four years it has been a staple of the Active Communities quota of events. Cyclists brave the wind, numb bottoms, and ups and downs of the 60 kilometre ride as they pedal

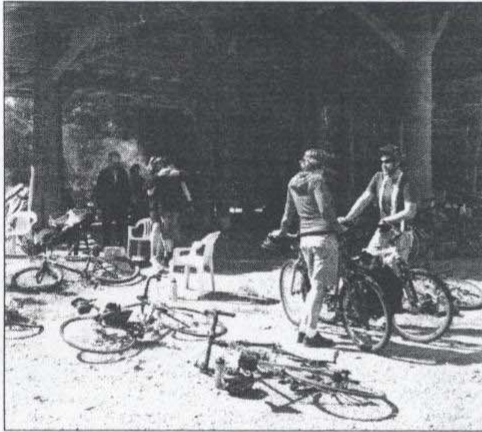
their way from the bottom of the hill all the way to Hagensborg.

This year the weather proved a little more difficult with a west wind blowing against the cyclists the entire ride; however, this was balanced out by the gorgeous blue skies that lasted for the rest of the day. The temperature peaked around 14 degrees that day, making the morning start a bit chilly and prompting most riders to keep all their layers on until at least the 15 kilometre mark.

Organized by Active Communities Coordinator Monica Tutt, the ride is intended to boost community participation in sports and recreation and mote healthy and active living. The ride is both challenge for the more competitive and a great chance for kids and families to participate together. There was a group of more serious riders who made the journey all the way from Williams Lake

SEE TOUR ON P2

Volunteers essential to making Tour de Bella Coola a success



THE DAY ENDED with a well-deserved BBQ



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way from the starting point to Bella Coola and back to Hagensborg, adding more than 20 kilometres to the total ride. And they were all waiting at the finish line for the rest of us when we rolled in!

There were four stations in total, one at every 15 kilometres, giving everyone a chance to complete a ride anywhere between 15 and 60 kilometres. There were many families pulling bike trailers and lots of little ones completed the 15 kilometres with their parents. A special mention goes to Kerry Phillips, who pulled her 11 month old daughter Morgan for the entire 60 kilometres. Way to go Kerry and Morgan!

It's not easy to describe the beauty one encounters from the bike seat as the ride winds its way through Tweedsmuir Park, past the staggering views of Stupendous and Table mountains, down past the open fields and along the river by Canoe Crossing. Once completed by bike, the scenery will certainly never appear the same by car!

The ride ended with a delicious BBQ at Leonard Ellis's property. Most riders were relishing their burgers and lemonade while kicking back in the sun after peeling their butts of the seats of their bikes. The views of Nusatsum were spectacular and were particularly enjoyed by our out-of-town riders.

As with any community event in the Valley, it couldn't have happened without the work of many volunteers. Thanks goes out to Doug Baker for driving the bus, School District #49 for donating the bus, Donna and Rick Ratcliffe for all their bike trailers and

support with organizing, Leonard Ellis, and BC Parks Wes Dearmond and Steven Hodgson for pulling the multiple bike trailers, Pat Lenci Sandy Shelton and Joanne Vestvik for flipping the burgers, and Leonard Ellis and Michel Bazille once again for hosting the BBQ. Funding for this event was provided by the BC Healthy Living Alliance, with support from ActNow BC.

One Issue

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THANK YOU

To all those who rescued
and returned the pews to the
Mackenzie United Church

Augsburg/Mackenzie Congregation