



A division of CFMWS  
Une division des SBMFC

**19 Wing Comox**

# **GO BY BIKE WEEK**

**Celebration Station 27 May – 31 May**

**Monday – Friday 0630-0745**

**Corner of Ryan Rd and Military Row**

**Daily and Weekly Draw**

**Refreshments every morning**

**Unit Challenge**

**Win a “Tim Horton’s Coffee Break” for your Unit**

**Be the Unit with the greatest number of riders/walkers per capita**

**On Thursday May 30**

**For more information:**

**Katie Kennedy, FS&R Fitness Instructor 7982**

**Vee Dion, FS&R Facility Coordinator 6690**