

# **Alinda's RIDE / WALK for KEEF**

## **10:00 am-2:00 pm, Saturday, September 24**

**Join our 40 km cycling loop in the scenic Comox Valley  
or walk the seaside forested trails of Seal Bay Park**

This event will begin and end with light refreshments in the **Seal Bay Park Trail Head, on Bates Road, Courtenay**. For further details of the ride or walk, either scan the QR code below with your phone or go to our website [www.KenyaEducation.org](http://www.KenyaEducation.org). The map of the Dove Creek bike route is on the website and will be flagged. (Add a detour up Mt Washington if you like!)

**Registration** is by donation to the Kenya Education Endowment Fund. Register on the website above or at the registration table at the event. For any further questions, email us at: [KeefCan2010@gmail.com](mailto:KeefCan2010@gmail.com).

**Why join this event?** Your donation will support high school students in western Kenya by providing them with mentoring/leadership training and student support (tuition, bicycles, glasses, calculators.etc). Visit our website to see the many positive ways that KEEF transforms the lives of children, their families and communities and opens doors to the future. Donations welcome whether you cycle or walk with us or not!

**Who is Alinda?** Alinda Ware was born, raised and lives in the Comox Valley, and has spent six months a year for over twenty years volunteering in Kenya. In a country where high school education is not free, she learned that giving them an education is the best tool to help them help themselves. So she cofounded KEEF, the Kenya Education Endowment Fund, a registered Canadian charity that supports especially bright but impoverished students to complete Grade 12!

After cycling through Kenya and witnessing how KEEF has profoundly helped hundreds of children, Dr. Brenda Trenholme was inspired to organize this cycling and walking event for KEEF in the Comox Valley **Come and join us!**



Alinda with some young Kenyan students



## More information about **Alinda's Ride/Walk for KEEF Sept 24 2022**

Participants please sign in at the registration table at the **Seal Bay Park Trail Head on Bates Road**, where you will begin and end your walk or ride.

Walkers can walk in the park any distance on the route of their choice. Dogs are allowed and must be on a leash on some of the paths. Walking and cycling routes will not be monitored, but maps of walking and cycling routes will be available at the trail head. You can also print the map below, take a photo of the route, or follow Alinda's Ride on Strava. All intersections will be flagged for cyclists with fluorescent tape. Please use extreme caution on the road, especially when crossing highway 19A!

### CYCLE ROUTE

Cycle **north** from Seal Bay Park Trail Head on **Bates Rd for 2.4 km**. At 3-way intersection, turn **L** onto **Coleman Road**, and ride **4.2 km** to Highway 19A.

Go straight across 19A onto **Poulton Rd, ride 1.3 km**. At T Intersection turn **L** onto **Merville Rd.** and ride **1.8 km** to Y-intersection with Headquarters Rd. **Keep R and ride 1.9 km.**

At stop sign, turn **L** onto **Fitzgerald Rd** and ride **650 m**. Turn **R** onto **S Farnham Rd (just after mailboxes on R)** and ride **5.7 km**.

Turn **L** onto **Dove Creek Rd., ride 5.9 km km (unless you want to go R and up Mount Washington for a 35 km round trip, 1100 meter elevation gain!).**

Where **Dove Creek** becomes **Condensary Rd**, you have **2 CHOICES**. You can go **L** to continue on **Dove Creek Rd** for another **3 km** and turn **L** at stop sign onto **Piercy Rd**, or go straight for **1.7 km** on **Condensary Rd**, then turn **L** and ride **1.5 km** on **Piercy Rd**.

**Shortly after crossing the bridge over the Tsolum River, turn L at the next intersection onto Headquarters Rd. Go north on HQ Road for 1.2 km, turn R at Rennison Road (easy to miss this small road just before a small bridge so watch for flags). Proceed 1.3 km on Rennison Rd. to the T intersection with 19A.**

Turn **R** onto **19A**, ride for **280 m**, turn **L** with caution onto **Huband Rd** and ride for **3.4 km** to Quenville Rd. Turn **L** onto **Quenville**, ride **1.4 km** until it T intersects with Larch Rd. Turn **R** onto **Larch Rd** for **100 m**, then **L** onto **Waveland Rd.** (caution as Waveland makes a right angle turn). Go **300 m**, turn **L** onto **Bates Rd**. Ride **1.6 km** back to trailhead which is on your **R**.

YOU DID IT! KEEF thanks you!