



# Buddhist Bicycle Pilgrimage

Spirit Rock Center to Abhayagiri Monastery  
September 28-29, 2002

*Organized by Supporters of Abhayagiri Monastery*

Join fellow practitioners and friends on a 2-day bicycle pilgrimage from Spirit Rock (in West Marin) to Abhayagiri (in Redwood Valley, Mendocino Co.), including a stop at the City of Ten Thousand Buddhas in Talmage. **There are many ways to get involved—as a rider, volunteer, supporter, or well-wisher.**

Organized by lay supporters of Abhayagiri, this Buddhist bicycle pilgrimage will combine aspects of a recreational cycling event with those of a religious journey. Riders will meet the physical and mental challenges of the 150-mile route and, with the volunteer crew, create a traveling company of spiritual seekers. They will journey along the scenic backroads of Marin, Sonoma, and Mendocino counties. The schedule will include time for meditation and dharma teachings. Abhayagiri's abbots Ajahn Amaro and Ajahn Pasanno will meet the group at day's end.

Most meals, refreshments, mechanical assistance, first aid, gear transportation, and camping accommodations will be provided. Training recommendations and group training rides will be offered, allowing cyclists to meet one another and to get in shape! There is no fee or fundraising requirement; the event will be supported through voluntary donations.

If you'd like to ride, volunteer, offer logistical or financial support, or find out more, please send in the form below, or contact coordinator Dennis Crean at [bikeride@abhayagiri.org](mailto:bikeride@abhayagiri.org) or (510) 655-7337. We will soon have information available on the Web at [www.abhayagiri.org](http://www.abhayagiri.org).

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Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Fax: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Email: \_\_\_\_\_

I am interested in:  Riding  Volunteering  Donating goods or services

I'd like to offer a financial contribution in support of the ride:

I am enclosing a donation  
(please make payable to *Sanghapala Foundation* and send to:  
Abhayagiri Monastery, 16201 Tomki Road, Redwood Valley, CA 95470)

*Please mail completed forms to: Bike Pilgrimage, c/o Dennis Crean, 6519 Wheeler St. #2, Oakland, CA 94609*

*Thanks for participating!*