



"Being new to meditation and Buddhism, I was overwhelmed by the spirit and generosity of all associated with the ride."

Buddhist Bicycle Pilgrimage

October 2-3, 2004

Spirit Rock to City of 10,000 Buddhas to Abhayagiri Monastery

Thanks for your interest in the 2004 Buddhist Bicycle Pilgrimage! There are many ways to get involved—as a rider, volunteer, supporter, or well-wisher.

Organized by Dharma Wheels Foundation, the Buddhist Bicycle Pilgrimage combines aspects of a recreational cycling event with those of a religious journey. Riders meet the physical and mental challenges of the 150-mile route and, with the volunteer crew, create a traveling company of spiritual seekers.

We will journey for two days along the scenic backroads of Marin, Sonoma, and Mendocino counties, beginning at Spirit Rock Meditation Center in west Marin County and ending at Abhayagiri Monastery in Redwood Valley, including a stop at the City of Ten Thousand Buddhas. The schedule also includes times for meditation and Dharma teachings. Spiritual teachers from our host groups will participate in the event. Friends and family are invited to volunteer or to meet riders at the closing ceremony at Abhayagiri.

The ride is supported by the age-old Buddhist concept of *dana*, or "generosity." The event, and teachings, are given freely, thanks to the generosity of riders and volunteers. Participants are encouraged to join in the spirit of community by offering donations of funds, food, or equipment and helping in the planning.



"The idea of such a trip was appealing to me because of the sense of community and getting connected to fellow human beings."



"Wow! I still feel high from the ride and all of the inspiration which accompanied it."

Most meals, refreshments, mechanical assistance, first aid, gear transportation, and camping accommodations are provided. Training is highly recommended for riders, and details on the route and group training rides can be found on our website.

If you'd like to ride, volunteer, or offer logistical or financial support, please contact us. A registration form is provided on the reverse or available to download at our website. Once you register, you will receive updates, training ride information, and more via our email listserve, dharmawheels@yahoo.com

To contact us, or for more details, please visit our webpage at www.dharmawheels.org or email ride organizer Matt Wathen at buddhistbike@yahoo.com or call (510) 559-9624.



Organized by Dharma Wheels Foundation and Benefitting Our Hosts



Buddhist Bicycle Pilgrimage

October 2nd and 3rd, 2004

*Spirit Rock Center to City of 10,000 Buddhas
to Abhayagiri Monastery*

Registration Form

Registration closes on September 2, 2004, and space is limited!

Name: _____ Phone: _____

Address: _____ Fax: _____

City/St/Zip: _____ Email: _____

I am registering as a (*check all that apply*): Rider Volunteer Supporter

Date of Birth: _____ Gender: Female Male

Rider Information (*please complete this section if you will be a rider*)

Please describe any health or dietary restrictions that might affect your participation:

Please describe your riding experience, including previous long rides:

Please describe your experience/interest in the Buddhist practice:

Volunteer Information (*please complete this section if you would like to volunteer*)

Please describe ways that you might be able to help support this event, i.e. join a pit crew, help lead training rides, bike repair support, help cook, help with planning, supply equipment etc:

Please describe any medical/first aid expertise:

Please describe any bike repair expertise:

Supporting the Pilgrimage (*please complete this section if you would like to offer support*)

(*Check all that apply*)

I am enclosing a donation
(*please make payable to Dharma Wheels*)

Please contact me about becoming a patron

I can donate food/drinks/goods (specify): _____

*Please mail completed forms to: Dharma Wheels, c/o Peter Law, 113 Richardson Drive, Mill Valley, Ca. 94941.
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