

Buddhist Bicycle Pilgrimage

September 24-25, 2005

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

Thanks for your interest in the 2005 Buddhist Bicycle Pilgrimage! There are many ways to personalize this spiritual journey - 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 spiritual 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 back roads of Marin, Sonoma, and Mendocino Counties, beginning at Spirit Rock Meditation Center in west Marin County and ending at Abhayagiri Monastery in



"I still feel high from the ride and all of the inspiration that accompanied it."

Redwood Valley, including a stop at the City of Ten Thousand Buddhas. The schedule 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 traditional Buddhist concept of *dana* or "generosity". The event, and teachings are given freely thanks to the generosity of the riders and volunteers. Participants are encouraged to join in the spirit of community by offering donations of funds, food, equipment, and by helping in the planning.

Most meals, refreshments, mechanical assistance, first aid, gear transportation, and camping accommodations are provided. Training is highly recommended for riders and details of the route and training information 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 available to download at our website. Once you register, you will receive updates, group training ride information, and more via our e-mail listserve, DharmaWheels at groups.yahoo.com.



To contact us, or for more details, please visit our webpage at www.dharmawheels.org or email ride coordinator Judi Garland at buddhistbike@yahoo.com or call 510-336-1573.



"The picture that stays with me is the Saturday night guided meditation under the stars."



"...a significant step along the path to taking refuge in the Buddha. It was both an affirmation and rejuvenation of my practice."