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POSTED ON July 14, 2024 at 2:12 am

EVENTS

Guru Nanak's Free Kitchen (GNFK) 2024 Bike & Walk-a- Thon

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Guru Nanak's Free Kitchen (GNFK) 2024 Bike & Walk-a-Thon

GNFK'S 4TH ANNUAL

BIKE WALK

REGISTRATION NOW OPEN!



14 JULY 2024



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Photo credits team Guru Nanak's Free Kitchen

[Guru Nanak's Free Kitchen \(GNFK\) 2024 Bike & Walk-a-Thon](https://urbanasian.com/events/2024/07/guru-nanaks-free-kitchen-gnfk-2024-bike-walk-a-thon/)



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LOVE ALL FEED ALL Bike-a-thon & Walk-a-thon



SUNDAY, July 14, 2024
NEW WESTMINSTER, BC

ATTENTION!

Online registration is now closed!

Walkers can still register

New Westminster, BC – Guru Nanak's Free Kitchen (GNFK) is a registered charity focused on making a positive impact on the residents of Vancouver's Downtown Eastside (DTES). GNFK is pleased to announce its Fourth Annual Charity Bike & Walk-a-Thon, scheduled for July 14, 2024.

The proceeds from the 2024 Bike & Walk-a-Thon will go towards the operations of GNFK's new permanent Downtown Eastside location, which is scheduled to open in the Spring of 2024. The new facility will enhance services, allowing GNFK to provide Langar (free meals) seven days a week to those in need.



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LOVE ALL FEED ALL Bike-a-thon & Walk-a-thon



SUNDAY, July 14, 2024
NEW WESTMINSTER, BC

Schedule Reminder!

100km Bikers

Check in at 7:00am

Start at 8:00am

60km Bikers

Check in at 7:30am

Start at 8:30am

10km Walkers

Check in at 10:00am

Start at 11:00am

5km Walkers

Check in at 10:30am

Start at 11:30am

Grand Finale:

Sukh Sagar Gurdwara @1:30 pm

"The Bike & Walk-a-Thon brings together community members of all backgrounds – regardless of religion, gender, or age. This event is a day of celebrating, sharing delicious food, and supporting those in need."

says **Holly Mitton**, the Coordinator of the 2024 Bike & Walk-a-Thon.

Volunteer Nav Sanghera "loves being involved with GNFK's Bike & Walk-a-Thon because of the sense of community and purpose shared by all event participants and volunteers". Nav sees the event "as an opportunity to make a meaningful contribution while also having fun!"

Participants are encouraged to visit www.gnfk.org and click on the Bike Ride tab for

registration. Registrants will receive a welcome pack including a t-shirt, water bottle, and other items provided by the community. The route will be clearly marked. Participants of all skill levels are welcome to join as a walker or biker.



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GNFK'S 4TH ANNUAL
BIKE WALK
REGISTRATION NOW OPEN!

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Guru Nanak's

GNFK is a volunteer-led charity, supported by community and donor funding. Long-time volunteer Kam Johal enjoys "working alongside the GNFK family where there is a strong sense of community and shared passion for giving back". Kam views "helping those in the DTES community as both personally fulfilling and meaningful in the lives of those in need".

About Guru Nanak's Free Kitchen (GNFK): Since its inception in 2006, GNFK has provided over one million free, warm, nutritious vegetarian meals. Additionally, GNFK runs annual drives to distribute thousands of toys and clothing items to those in need. GNFK embodies the Sikh

principle of "Sarbat da Bhalla" (wellbeing of all) and consistently serves the DTES population and those in need throughout the Lower Mainland under the motto "Love All Feed All."

Jess Singh

ENTERTAINMENT JOURNALIST

[VIEW PROFILE](#)

Jess is a Vancouver-based author and blogger. She has done bachelor's in Arts and has attended Vancouver film School. She is author of two novel All That She Wanted was and I Never Loved You.

More Information at: www.thejessicasingh.com

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