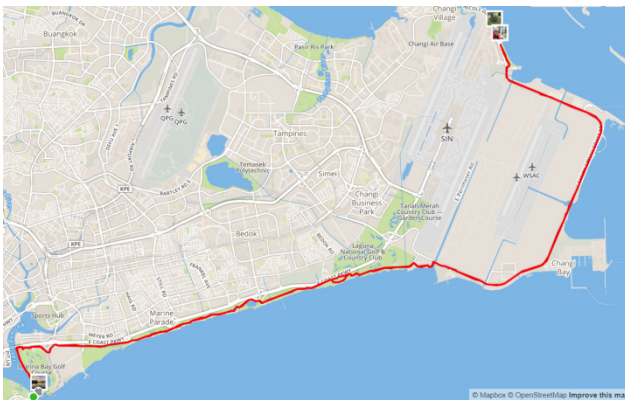




Fellowship of the brothers

2018

Recently, Alvin has picked up long distance cycling, logging his trips with an app (Strava) and posting his thoughts regarding equipment on Facebook. Matthew from the Chinese Congregation, a veteran long-distance cyclist, decided to bring him along for a ride together at the long stretch of PCN starting from Marina Barrage along East Coast Park to Aviation Park Road after Tanah Merah Coast Road before heading back to where they



Their cycling route

started. Before Alvin set off, I told him to snap some photos. Apparently, Matthew was aware of the article I wrote last issue about Admond and Jason's weekly exercising routine so he was not surprised by my re-

quest for photos. It was nice to catch up with things about Matthew and that my introvert husband is fellowshipping with one of the brothers in church.



While long-distance cycling is the latest thing Alvin has been doing, the love of cycling started after we married and moved to Taman Jurong. Being new to the community, we joined Freddy's weekend cycling group (now defunct) and cycled up to West Coast Park. Subsequently, we made our own cycling trips to West Coast Park Dog Run with an occasional one to Sentosa Tanjong Beach.

Anyway, if any of you are long-distance cyclist, do add Alvin into your Strava friends list!

<https://www.strava.com/athletes/alvinsiwei>

Alicia Wong