NIGHTRIDER

19th June 2010

A fantastic challenge taking in all the key sights of London by night. Starting at Crystal Palace in south east London the challenge follows a 100km circular route. Make the most of quiet roads and explore the country's capital city by moonlight on your bike.

Starting at Crystal Palace in south east London at about 11pm we will set off together on this 100km circular ride. The route will be fully sign-posted so you can cycle at your own pace. Along the way we will take in some of London's most famous streets and landmarks.

FACTFILE

Who can take part?
Anyone over the age of 18 years is welcome to take part as long as you are fit an healthy enough to do the challenge.

Fitness
The event is aimed at people of average fitness who are prepared to put in training to enable them to meet the challenge. A set of training guidelines will be provided to help you on your way.

Kit
You will need your own bike and a cycle helmet.

Support on the event
Experienced staff will be there to provide help and encouragement whenever you need it. The route will be fully signed.

Food and Drink
There will be designated snacks and water stops en route.

Option One	
Registration Fee	£25
Minimum Fundraising	£250
Option Two	
Registration Fee	£25
Tour Cost	£80

For more information or to register please contact **Claire** on **01702 220312** or email: csouthgate@havenshospices.org.uk