RIDE FOR HELEN

SUNDAY 7 MAY 2017

ADULTS from £15  JUNIORS £8

TWO FREE Juniors with each adult on six mile route

16 and under

SUNDAY 7 MAY 2017

Four circular cycle routes through the Essex countryside from Hatfield Peverel

Helen Rollason Cancer Charity

Enabling quality of life while living with cancer

Registered charity number 1052861

Supported by

Essex Audi

Register online at www.rideforhelen.co.uk
Ride for Helen is back for its fourth year, bigger and better than before. There are four distances to choose from, all of them starting and finishing at The Crix, Hatfield Peverel, near Chelmsford. Wherever possible we have sought to avoid the main roads so that you can enjoy the beautiful rolling countryside of Essex.

Choose the distance that’s right for you...

- **6 miles**
  For the beginner or families with children, cycling on quiet country lanes around Hatfield Peverel. Maximum of two children with each registered adult rider.

- **15 miles**
  For the occasional cyclist looking for a pleasant ride passing through local villages. Maximum of two children with each registered adult rider.

- **35 miles**
  For the regular cyclist looking for a challenge, cycling on roads passing through the picturesque Essex countryside. Maximum of two children with each registered adult rider.

- **65 miles**
  For the keen adult cyclist looking to challenge their ability and take on a great ride on country roads and lanes throughout Essex.

Your registration includes...

- Full route signage
- Fundraising pack
- First aid support
- Refreshment stops
- Mobile mechanic support and recovery
- Route maps (Digital files available on request)
- Marshalled route
- Medal for finishers

To find out more or to register visit [www.rideforhelen.co.uk](http://www.rideforhelen.co.uk) or call 01245 380719

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