

To the lighthouse : the 5th cycle ride : Sunday 13 September 1992 ...

Contributors

Open Air Bike Rides

Publication/Creation

1992.

Persistent URL

<https://wellcomecollection.org/works/sd7n5gzk>

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

to the **Lighthouse**

THE

5th

CYCLE RIDE



SUPPORTED BY

TimeOut

LONDON'S WEEKLY GUIDE

Sunday 13 September 1992
Information 0272 227768

OPEN AIR



BICYCLE RIDES

to the Lighthouse

an invitation



To join the 5th To The Lighthouse Bike Ride on Sunday 13th September, 1992: a gentle day's cycling from London to Guildford with music, entertainment & refreshments.

Ride for charity

As well as enjoying a great day out, we also aim to raise lots of money for three charities caring for women, men, children, their friends and relatives affected by HIV and AIDS. The first four rides have seen 8,000 cyclists raise over £¼ million for London Lighthouse, Landmark & Great Ormond St Children's Hospital.



The London Lighthouse

The Lighthouse offers an integrated range of services to which people can turn if they are affected by AIDS in any way, including counselling, health programmes, domiciliary support, convalescence, respite, terminal care and day care services. The charity also exists to provide support to the partners, friends and families of people with HIV and AIDS.

The Landmark

The Landmark, based in Brixton, provides drop-in centre, counselling, advice, complementary therapy, support group, transport and home support services to people with HIV or AIDS and their partners and carers. Since it opened in 1989 the number of people using the Landmark's services has more than doubled each year and additional premises are being acquired to meet the increasing demand. The main aims of the Landmark are to provide a safe and welcoming environment for people with AIDS and to maintain their quality of life.

Great Ormond St. Children's Hospital

Great Ormond St Hospital treats critically ill children with all serious conditions and has recently begun to care for an increasing number of patients with HIV and AIDS. Since 1989 an HIV team has established a centre of expertise in the provision of medical, social and counselling services for HIV infected children and their families.



The Ride

You don't have to be a regular cyclist

or fantastically fit to join in; the route follows the valley of the River Thames for a lot of the way, so it's fairly flat! It's definitely not a race either so there's lots of time to stop for tea and lunch and enjoy the entertainment en route. It's easy enough for anyone to complete but long enough to deserve sponsorship. We leave London along back roads and follow the signposted route; marshals will guide you and you'll have a route map so you won't get lost. There'll be mechanics on the ride and First Aid and support vehicles following in case you get tired, as well as some strange theatrical shenanigans.

The Start

The ride starts on Richmond Green two

hundred yards from Richmond station at 9.30am on Sunday 13 September and finishes 33 miles later in Shalford Park near Guildford. Here you'll be showered with congratulations, tea, hot food, music, entertainment and beer from the **WORKERS BEER COMPANY**, who are again donating their time and profits to the ride. After all this there's a short ride to Guildford where there will be extra trains going back to Richmond and London Waterloo.

Celebrities

Simon Callow, Michael Cashman, Bernard Cribbins, Paul Gascoigne, Sheila Hancock, Dustin Hoffman, Gary Lineker, Ian McKellen, Richard O'Brien, Jimmy Sommerville, Valerie Singleton, Juliet Stevenson, Suzannah York and Ruby Wax have all supported the ride, why not join them?

Team Spirit

Why not put a team together from your job; pub, club, evening class (maybe in fancy dress or national costume) and go for the team prize for highest sponsorship: and let the press know!



Bicycles

Don't forget - get your bike serviced before the ride. **BRIXTON CYCLES**, 435 Coldharbour Lane London SW9 (Tel 071 733 6055) are again supporting the event and giving 10% discount on repairs and accessories to registered riders, but please phone to book your bike in.

Prizes!

To celebrate our fifth birthday we have loads of prizes coming your way. Please try to raise at least £50 in sponsorship and feel free to go for more. You could win 2 Weeks for Two in Mykonos courtesy of

the traveller

and bicycles and accessories from

TREK USA
American Bicycle Technology

The Gear

Advertise the ride, look cool and go faster; wear the clothing! The T-shirt is cotton XL and there is also a Cotton Cycling Cap, Lycra Cycling Shorts

with padded insert and a Beltbag, so even if you're not cycling you can support the ride by buying the clothing.

We strongly recommend you wear a helmet and we have some Caratti Microshell helmets at a special price for To The Lighthouse riders. These are lightweight but very strong with a tough Microshell layer in Black in two adjustable sizes: Small/Medium or Medium/Large.



The 1992 t-shirt



HOW TO ENTER

1. Simply fill in the form.
 2. Enclose a cheque made payable to 'To The Lighthouse'
 3. Send it to: OPEN AIR, PO BOX 8, BRISTOL BS99 6BS TEL. 0272 227768
- One entry form per person: you can photocopy this form

NAME TEL

ADDRESS

..... POSTCODE

If you are riding as a team, please send all team entries in together

Team Name Team Captain

Please send me:

Registration Pack	@ £7.50 £
(you need this to enter & it helps to cover the costs of mounting the event)	
..... T Shirts XL	@ £7.95 £
..... Kid's T Shirt (6-12 years)	@ £6.50 £
..... Cotton Cap	@ £3.50 £
..... Lycra Cycling Shorts S / M / L	@ £23.95 £
..... Black Canvas Beltbag	@ £8.95 £
..... Blue Bermuda Shorts M / L / XL	@ £10.95 £
..... Microshell Helmet Black M / L	@ £25.00 £
Donation to <i>To The Lighthouse</i>	£
TOTAL £	

Where did you hear about the ride?

I understand that this event is not a race but a fun ride and all riders must observe the Highway Code and Rules of the Road. Cycling can be strenuous and dangerous; I accept that the organisers, London Lighthouse, Landmark and Great Ormond St Hospital cannot be held responsible for personal injury, accident, loss, damage or public liability. Riders under 16 should be accompanied by an adult.

Signed Date

Minimum age: 14 years

We will send you more information on future bike rides;
but if you would rather not receive these please tick the box.

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