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

### **Contributors**

Open Air Bike Rides

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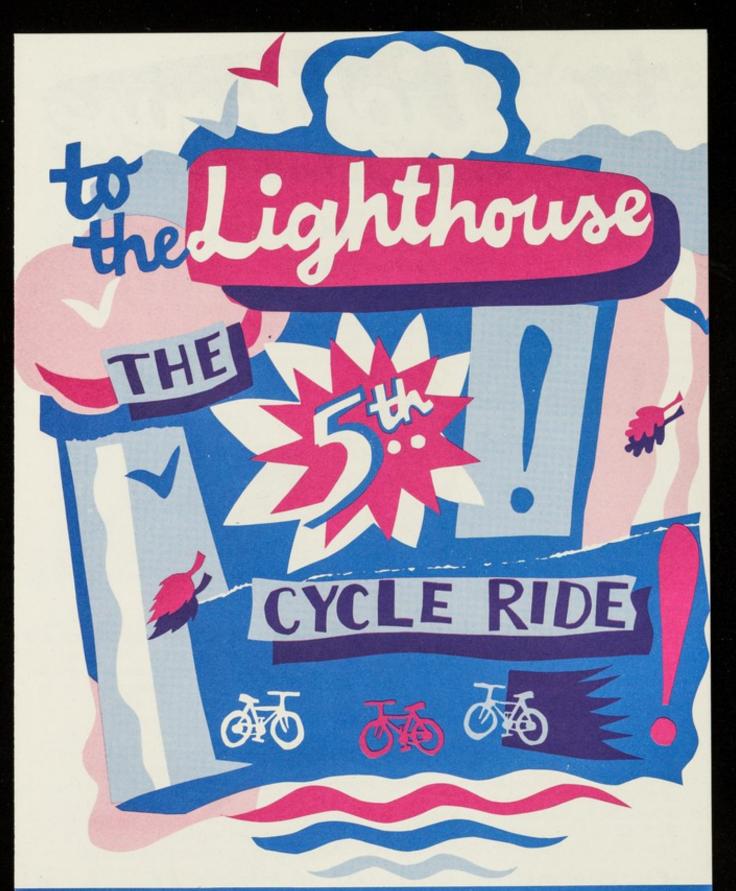
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TimeOut

Sunday 13 September 1992 Information 0272 227768



# 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 £1/4 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 Ormand 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! Its 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 Gascoine, 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?

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

and bicycles and accessories

IKENUSA

Team

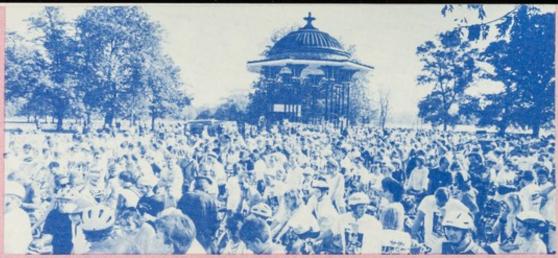
Why not put a team together from your job; pub, club, evening class (maybe in fancy dress or national costume) and go for the team prize for highest sponsorship: and let the press know!



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.





- 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 (you need this to enter & it helps to cover the costs of mount	@ £7.50 £
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 To The Lighthouse	£
	TOTAL £
Where did you hear about the ride?	
I understand that this event is not a race but a fun ride and all riders Rules of the Road. Cycling can be strenuous and dangerous; I accept th Landmark and Great Ormond St Hospital cannot be held responsible for or public liability. Riders under 16 should be accompanied by an adult	at the organisers, London Lighthouse, personal injury, accident, loss, damage
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.