

**The lighthouse bike ride : London to Loseley House : Sunday 12 Sept. 1993
... / Open Air Bike Rides.**

Contributors

Open Air Bike Rides

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the Lighthouse **BIKE** RIDE

LONDON → LOSELEY
HOUSE

SUNDAY
12
SEPT.

Time Out
Anniversary 1968-1993
25

OPEN AIR
BICYCLE RIDES

S. Hershman

to the lighthouse



Jo Brand & Ned Sherrin modelling 1993 'T-shirts

'Of all the British sponsored rides this route was the most enjoyable and the atmosphere amongst the riders was very friendly. I will definitely do it again next year.' Anthony Lamb.

Come, enjoy the 6th Lighthouse Bike Ride on Sunday 12th September 1993: a day's outing from London into Surrey with music, entertainment and refreshments.

a new finish

This year we finish in the grounds of Loseley House; a fine Elizabethan mansion set in beautiful parkland, home of the famous Loseley ice cream.

ride for charity

Enjoy a wonderful day out and raise lots of money to help London Lighthouse, Great Ormond Street Childrens Hospital and The Landmark care for all those affected by HIV and AIDS; so far 10,000 cyclists have raised over £1/3 million.

THE LONDON 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 provides support to the partners, friends and families of people with HIV and AIDS.

THE LANDMARK provides counselling, advice, complementary therapy, transport and home support services to people with HIV or AIDS and their partners and carers. The number of people using the Landmark's services has more than doubled each year and additional premises have been acquired and extensive refurbishment will be completed by Spring 1994. The 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 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 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 35 mile route follows the valley of the River Thames for a lot of the way before crossing the North Downs to finish near Guildford. Its easy enough for anyone to complete but long enough to deserve sponsorship. Its definitely not a race either so there's lots of time to stop for tea and lunch and enjoy the entertainment en route. Marshals will guide you and you'll have a route map so you won't get lost and mechanics, First Aid and support vehicles will follow in case you get tired, as well as some strange theatrical goings-on.

the start

The ride starts on Richmond Green at 9:00am on Sunday 12th September close to Richmond station - there's a large car park nearby on the A316 - and finishes 34 miles later at Loseley House. Here you'll be showered with congratulations, tea,

bike ride

hot food, music, entertainment and beer from the *Workers Beer Company*, who are again donating their time and profits to the ride. Then there's a short ride back to Guildford where there'll be special trains going back to Richmond and London Waterloo.



Loseley House

If you're riding as a family then this year we are letting children under 16 ride free! (children must wear a helmet and we still need an entry form for each rider). This year the ride is one of New Cyclist's Rides with a Difference, and every rider will be given a free copy of New Cyclist magazine at the finish.

celebrities

Jo Brand, Paul Gascoigne, Dustin Hoffman, Gary Lineker, Sir Ian McKellen, Ned Sherrin, Valerie Singleton, Arthur Smith, Juliet Stevenson, and Ruby Wax have all supported the ride, why not join them?

team spirit

Enter a team of 6 and the 7th goes free! (and so on...) Why not ride with your friends or workmates as a team (maybe in fancy dress) and try for the Lighthouse Bike Ride Team Trophies for the highest sponsorship raised? There are two team trophies: **Company Team Trophy**: for the team from a company raising the most money; you could ask your company to match your fund raising efforts. **Social Team Trophy** for the team from any other



Juliet Stevenson & Christopher Spence

group sports centre, pub, club, college, or just friends! Tell us so we can co-ordinate publicity for your team



TREK USA
American Bicycle Technology

prizes

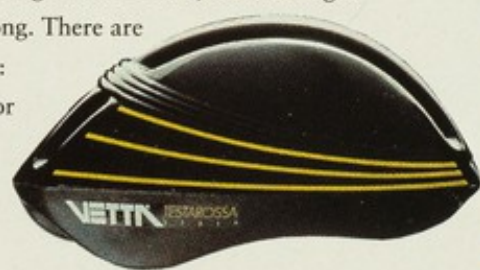
Win a holiday for two in Key West, Florida (with car hire) donated by The Travellers Club for the top fund raiser. A bicycle donated by Trek plus lots of other exciting prizes for the runners-up. Please try to raise at least £50, feel free to go for more; the highest amount raised last year was over £2,000.

bicycles

Don't forget - get your bike serviced before the ride. **Brixton Cycles** 435 Coldharbour Lane, London.SW9 (Tel 071 733 6055) are giving 10% discount on service and parts to registered riders.

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. We strongly recommend you wear a helmet. We have Vetta Testarossa helmets at a special price for Lighthouse riders, these are lightweight but very strong. There are two adjustable sizes: Small/Medium (A) or Medium/Large.(B)



to the lighthouse bike ride



how to enter

1. Simply fill in the form.
2. One entry form per person: you can photocopy this form.
3. Fill in a form even if it's a free entry. (Free registration for children under 16 but they must be accompanied by an adult.)
4. Enclose a cheque made payable to 'To The Lighthouse'
5. Send it to:
OPEN AIR, PO BOX 8, BRISTOL BS99 5BS.
TEL: 0272 - 227768.

NAME.....

TEL.....

ADDRESS.....

.....POSTCODE.....

team entries

Team name.....

Team captain.....

Company Team ☐ or Social Team ☐ Free entry ☐

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

Please send me:

Registration Pack 7.95 £.....

(you need this to enter & it helps to cover the cost of mounting the event)

.....T-Shirts XL 7.95 £.....

.....T-Shirt Med 7.95 £.....

.....Cotton Cap 2.95 £.....

.....Lycra Cycling Shorts S M L 24.95 £.....

.....Black Canvas Beltbag 7.95 £.....

.....Bermuda Shorts M L XL 7.99 £.....

.....Vetta Helmet A (54-58cm)
B (58-62cm) 26.95 £.....

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 must observe the Highway Code and Rules of the Road. Cycling can be strenuous and dangerous; I accept that the organisers, London Lighthouse and Landmark cannot be held responsible for personal injury, accident, loss, damage or public liability. Riders under 16 should be accompanied by an adult.

Signed.....Date.....

YES please supply me with my free issue of New Cyclist, to be collected at the ride ☐



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

4-6-93 = Drill Hall, Chenies St.