

## Lighthouse bike ride : London to Loseley : 17 July 1994 ...

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# Lighthouse

## BIKE RIDE



OPEN AIR



BICYCLE RIDES

**LONDON TO LOSELEY**

**17 JULY 1994**

Supported by  
London's leading  
weekly guide

**Time Out**

# London to Loseley

for LIGHTHOUSE, LANDMARK and  
GREAT ORMOND ST HOSPITAL JULY 17th

Enjoy a wonderful summer's day cycling from London to Loseley in Surrey with music, entertainment and refreshments and raise lots of money to help these charities care for people affected in any way by HIV and AIDS.

## THE RIDE

It's not a race so you don't have to be a regular cyclist to join in; there's lots of time to cycle the 35 miles and stop for refreshments; it's easy enough for everyone to complete and long enough to deserve sponsorship.

The ride has full back-up; a signed route, marshals, maps, support vehicles, first aid, mechanics, refreshment stops, special trains, live music, celebrities and surprise entertainment!

## THE START

Richmond Green, 9.00 am, Sunday 17 July, close to Richmond Station; there's a large car park nearby on the A316.

## THE FINISH

Loseley House, Guildford; an Elizabethan house set in beautiful parkland, home of the famous Loseley ice cream. Congratulations await you, along with a free copy of *CYCLING TODAY* magazine, hot food, music, entertainment and beer from the *WORKERS BEER COMPANY*, who are again giving



their time and profits. There's a short ride back to Guildford then special trains to Richmond and London.

## RIDE FOR FREE

Ride as a family; once again children under 16 ride free! (We need an entry form for each rider).

Put together a team of 6 and the 7th goes free! (and so on); go for the Lighthouse Team Trophies:

**COMPANY TEAM TROPHY:** ask your company to match your fund-raising efforts.

**SOCIAL TEAM TROPHY:** for the team from any other group; sports centre, pub, club, college, or just friends!

## PRIZES!

For the top fundraisers; a weekend for two in Amsterdam donated by Man Around and a Trek 800 bike.



MAN  
AROUND

YOUR WORLD IS OUR WORLD

# Amsterdam

for LONDON LIGHTHOUSE JUNE 15th - 20th

**Join the first Lighthouse Amsterdam Bike Ride; four days fun in Holland to raise money for London Lighthouse.**

Amsterdam is lively and exciting; the ride spends two nights here with a day off to explore the city. Holland is ideal for cycling; well provided with cycle tracks, picturesque, friendly and flat!

The ride has full back-up; a signed route, maps, support vehicles, nurse and mechanics, meals are provided, luggage is carried, and we spend two nights on the ferry and three nights camping with surprise entertainment!

## **TIMETABLE**

The ride leaves the port of Harwich on Wednesday for the overnight crossing to Hoek Van Holland; there is an optional ride from London to Harwich during the day.



On Thursday the ride follows the coast through nature reserves and sandunes to camp just outside Haarlem and continues on Friday past traditional fishing villages on the Zuiderzee via Marken Island to Amsterdam.

Here we stay for two nights with a day off on Saturday to explore and enjoy the city's architecture and nightlife, then on Sunday cycle through mediaeval Delft back to the port to arrive back in England at 7am on Monday.

## **RIDE FOR CHARITY & RIDE FOR FREE!**

Enjoy a wonderful four days abroad and as we'll be cycling about 50 miles a day you can raise lots of money to help London Lighthouse care for those affected by HIV and AIDS. Why not ride with your friends or workmates as a team; what's more if you raise over £1000 we'll offer to refund the cost of the trip! Top fundraiser will receive a Trek 800 bike with accessories.

The cost of the tour is £158; this includes return ferry crossing, breakfast tea & supper, campsite costs, nurse, mechanics, support vehicles & back-up team, signed route & instructions and luggage transport. Extras which you must have are travel insurance (£12.50) and accomodation on the ferry ranging from £12 to £40 per person return.

More information when you register.

**DON'T DELAY,  
PLACES ARE LIMITED!**

## THE GEAR

Advertise the ride and wear the clothing: cotton T-shirt and Cycling Cap, Lycra Cycling Shorts with padded insert and a Beltbag. We recommend you wear a helmet; and have Trek Micro in Black @ £24.99 (S,M,L) - lightweight but strong with a tough microshell outer layer and 1 year free crash replacement!



TONY ROBINSON MODELLING THIS YEAR'S T-SHIRT

## THE CHARITIES

**LONDON LIGHTHOUSE** offers counselling, health programmes, domiciliary support, convalescence, respite, terminal care and day care services for people affected by AIDS in any way, along with their partners, friends and families.

**THE LANDMARK** provides a safe and welcoming environment with drop-in centre, counselling, complementary therapy, transport and home support services to people with HIV or AIDS, their partners and carers. The project is moving to refurbished premises in August 1994.

**GREAT ORMOND ST CHILDREN'S HOSPITAL** cares for increasing numbers of patients with HIV & AIDS. The money raised by the bike ride this year will fund a key co-ordinator to run the Family Clinic for parents and children providing medical, social and counselling services.



## WIN A TREK BIKE

Trek are giving two special promotion fully-equipped Trek 800 bikes for the top fundraiser from each ride.

**TREK USA**

American Bicycle Technology

# entry forms

One form per person:  
you can photocopy this form.

Enclose a cheque made payable to  
'TO THE LIGHTHOUSE'

Send it to: OPEN AIR, PO BOX 8,  
BRISTOL BS99 5BS.

Tel: 0272 227768

## AMSTERDAM

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

POSTCODE \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

.....Entry Pack 158.00 £ \_\_\_\_\_

.....Travel Insurance 12.50 £ \_\_\_\_\_

.....T Shirts XL 7.95 £ \_\_\_\_\_

.....Cotton Cap 1.99 £ \_\_\_\_\_

.....Cycling Shorts 24.95

S M L (circle one) £ \_\_\_\_\_

.....Beltbag 7.95 £ \_\_\_\_\_

.....Bermuda Shorts 4.99

M L XL (circle one) £ \_\_\_\_\_

.....Helmet 24.99

S M L (circle one) £ \_\_\_\_\_

.....Donation £ \_\_\_\_\_

**TOTAL** £ \_\_\_\_\_

*I understand that cycling can be strenuous and dangerous; I accept that the organisers and London Lighthouse cannot be held responsible for personal injury, accident, loss, damage, or public liability. Riders under 17 must be accompanied by an adult.*

SIGNED \_\_\_\_\_

DATE \_\_\_\_\_

## LONDON TO LOSELEY

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

POSTCODE \_\_\_\_\_

Have you a special reason for joining the ride? \_\_\_\_\_

.....Entry Pack 8.50 £ \_\_\_\_\_

(You need this to enter to help cover the cost of mounting the event and p&p).

.....T Shirts XL 7.95 £ \_\_\_\_\_

.....T Shirts Kids 6.50 £ \_\_\_\_\_

.....Cotton Cap 1.99 £ \_\_\_\_\_

.....Cycling Shorts 24.95

S M L (circle one) £ \_\_\_\_\_

.....Beltbag 7.95 £ \_\_\_\_\_

.....Bermuda Shorts 4.99

M L XL (circle one) £ \_\_\_\_\_

.....Helmet 24.99

S M L (circle one) £ \_\_\_\_\_

.....Donation £ \_\_\_\_\_

**TOTAL** £ \_\_\_\_\_

### TEAM ENTRIES

Team name \_\_\_\_\_

Team captain \_\_\_\_\_

Company Team  or Social Team

Free entry

Send all team entries together.

*I understand that cycling can be strenuous and dangerous; I accept that the organisers, London Lighthouse, Landmark and GOSH cannot be held responsible for personal injury, accident, loss, damage, or public liability. Riders under 17 must be accompanied by an adult.*

SIGNED \_\_\_\_\_

DATE \_\_\_\_\_

Lighthouse

Amsterdam

BIKE RIDE

15 - 20 JUNE



OPEN AIR



BICYCLE RIDES

**CYCLING  
IN HOLLAND**