

## Norwood launches new Challenges Calendar 2007

3 January 2007

As another New Year dawns, many of us will be feeling a bulge in our waistlines after a period of festive overindulgence. So now is the perfect time for Norwood, the UK's largest Jewish charity for children and families, to launch its **2007 Challenges Calendar**. This year's diary is packed with a wide variety of sponsored challenges designed to help participants shed those extra pounds while raising vital funds for Norwood. The calendar offers something for people of all ages and abilities, including bike rides, marathons, walks and a golf day.

2006 was a record-breaking year, with more than **2,200** people participating in 10 UK and international challenge events, **raising over £1.3 million**. Norwood plans to raise the bar even higher and get even more people active in 2007.

This year will see our international challengers take on Wyoming, Vietnam and Cambodia. The **Wyoming Bike Ride**, from 3-10 June, offers the opportunity to cycle 340km through the Wild West's national parks, mountain peaks and canyons. Participants will stay in authentic ranches and enjoy horse riding and line dancing. The **Vietnam and Cambodia Bike Ride**, from 8-18 November or 15-25 November, will offer the adventure of a lifetime, cycling 600km through stunning landscapes, past Buddhist temples and the ruins of ancient civilizations. Heading in another direction, take part in the successful **Israel Bike Ride**, taking in deserts, vineyards, ancient monuments, vineyards and waterfalls.

For those who prefer to stay a little closer to home, **Capital to Coast** on 15 July is Norwood's 60-mile bike ride from London to Hove, now in its 12th year. It boasts a beautifully scenic route, experienced stewards, free refreshments and mechanical support along the way. There is also a 30-mile option cycling from Hayward's Heath to Hove. The ride is open to all ages, although under-18's must be accompanied by an adult. The **Junior Bike Ride**, on 24 June, is aimed at children aged 7-14 and their families and is another long-running UK cycling event which takes the participants on a mud-soaked off-road cycling adventure.

If you would rather keep your feet on the ground, the **Waterside Walk**, on 13 May, is a 10 or 20-mile promenade by the banks of the Thames from Kew to Hampton Court. If you fancy a tougher challenge, then Norwood offers the opportunity to take part in two of the world's most prestigious running events: the **London Marathon** on 22 April and the **New York Marathon** on 4 November.

Finally, **Golf Aid** on 14 June, combines golfing prowess with sheer stamina. The challenge is to complete 90 holes across five courses during one day! With a tee-off time of 4.00am, this will require a high level of fitness and concentration. There will be a chance to relax at the end of the day at a post-competition dinner reception for players, family and friends.

**Ian Tate, Head Of Challenges, said:** "Our Challenges diary offers a year-long programme of events, all of which are designed to challenge body and mind. They require all participants to push themselves to the limits in an effort to get fit and have fun, whilst at the same time raise money for a valuable cause. We are always conscious that many different people with varying degrees of interest and abilities want to do their bit for charity, and that is why we offer such a wide range of challenges. There's something for everyone in 2007."

Thousands of Challenges 2007 calendars have been sent to past Norwood challengers and supporters. For further information about any of our challenges, or to register, call the Norwood Challenges Team on 020 8420 6834, email [challenges@norwood.org.uk](mailto:challenges@norwood.org.uk) or log on to [www.norwood.org.uk/challenges](http://www.norwood.org.uk/challenges)

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