

## 1300 riders geared up for Capital to Coast

4 June 2009

Over 1300 riders have already signed up for the Capital to Coast Cycle Challenge for Charity, the fun ride of the summer which takes place on Sunday 28 June. The beautifully scenic route to the sparkling Hove seafront will be lined with experienced stewards, free refreshments and mechanical support all along the way.

You could cycle an Olympic 60 mile route from Esher College in Surrey, or pedal along a gentler 30 mile alternative route, beginning at Haywards Heath. 200 cyclists have already registered to ride the new 60-mile Hove to Hove circular route, starting and finishing on Kings Lawns at the bottom of Grand Avenue.

The bike ride, in its 14th year, will benefit charities including Norwood, The Down's Syndrome Association, The Cystic Fibrosis Trust, and Southern FM's Help a Local Child, and a number of other associate charities.

Olympic cycling gold medallists Bradley Wiggins and Rebecca Romero have joined forces to champion the Capital to Coast Cycle Challenge. Triple Olympic gold medallist, Bradley said, "Cycling's my passion and I'm delighted to support this great event, which is open to people of all abilities and raises funds for such worthy causes. I wish each and every one of you the best of luck."

Ian Tate, Norwood's Head of Challenges said, "Capital to Coast is a great day out and a beautiful ride and I recommend it to everyone. We hope to have 2000 riders take part this year, so there will still be plenty of space on the road for everyone!"

Registration costs £20 for the 60-mile rides or £15 for the 30-mile ride, and participants should aim to raise a minimum of £200 sponsorship for these charitable causes. To find out more, call the Capital to Coast team on 020 8420 6944 email [info@capitaltoeast.org.uk](mailto:info@capitaltoeast.org.uk) or visit [www.capitaltoeast.org.uk](http://www.capitaltoeast.org.uk) to register online.

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