

Norwood Junior Bike Ride moves to Elstree – Fathers Day Fun!

30 March 2009

This year's Norwood's Junior Bike Ride for children and teenagers aged 7 – 14 and their families, will be held at a new location in private grounds in Elstree, Hertfordshire. The 10-mile off-road adventure, which takes place on Father's day, Sunday 21 June, will be held in association with the Jewish News & Media Group.

The Norwood Junior Bike Ride is a great way for the whole family to get fit and to make a big difference to people's lives. The top fundraiser will win an iPod and every rider will receive a free Junior Bike Ride t-shirt and goodie bag. Participants will be able to enjoy a barbeque after the event where they can enjoy delicious kosher food and share their experiences from the ride. Last year, 220 cyclists raised more than £20,000 for Norwood.

The Kriss family have participated in the Junior Bike Ride for the past 8 years. Benji Kriss, who cycles with his brother Alexander and parents said, "I've cycled in the rain, I've cycled in the sun, it's always fun". His mum, Ondine added "The Norwood Junior Bike Ride has become a family tradition. We meet up with other families, and the kids all ride together. We've been lucky with the weather and it is a really fun way to raise money and have a family outing at the same time."

"It is a great family day out," said Ian Tate, Norwood's Head of Challenges. "The Junior Bike Ride raises vital funds for Norwood, and what better way is there to spend Father's Day than by having an adventure bike ride with your Dad? The money raised will help support thousands of children, families and adults coping with learning disabilities or social disadvantage."

To sign up or to find out more about the Norwood Junior Bike Ride, or any other Norwood Challenges, contact the Challenges team on 020 8420 6834 or challenges@norwood.org.uk, or visit www.norwood.org.uk/challenges.

For further information, photos and interviews, please contact Gaby Young, Marketing Manager at Norwood, on 020 8420 6888 or email gaby.young@norwood.org.uk

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Broadway House, 80-82 The Broadway, Stanmore HA7 4HB