

**Free gym membership for Norwood’s International Challenges fundraisers**

8 January 2009

The Village Health Club in Elstree is offering free gym membership to fundraisers who sign up to participate in Norwood’s International Challenges this year.

“We are delighted to be making this offer to people taking part in one of the three Norwood international challenges,” said Michael Bibring, Director of Village Hotels and Leisure. “These events raise money for a marvellous cause, and we are delighted to add our support by making available our state-of-the-art health club and 25 metre swimming pool. You will be fit and ready for the Challenge and will save plenty of money on the way that you can always use to top up your sponsorship!”



The gym will be free for participants from the time they register until the time of the challenge itself. Participants can meet with their friends to train together, or set out on those Sunday morning training rides, come back and pamper themselves in the steam room or sauna.

“We are delighted to be able to work with The Village Health Club to enable our riders to get fit and save some money along the way,” said Ian Tate, Norwood’s Head of Challenges. “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 a fabulous cause.”

In addition, ‘Early Birds’ who register for Norwood’s International Challenges before January 31 could receive up to £100 off their registration fees.

Norwood’s 2009 International Challenges include the Provence Trek (6-11 September), the Israel Bike Ride (17-25 October) and the Rajasthan Bike Ride (29 October-8 November). The Provence Trek will feature a challenging walk through the historical sites and rolling hills of Provence in southern France. The Israel Bike Ride will follow a scenic route starting in Jerusalem and cycling towards the Dead Sea before finishing back in Jerusalem and the Rajasthan Bike Ride will give participants the opportunity to discover northern India as they pedal their way from the Taj Mahal to the ‘pink city’ of Jaipur.

For further information about any of our International and UK 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).

**Norwood 2009 Challenges**

Asics Watford Half Marathon	1 February
London Marathon	26 April
Waterside Walk*	10 May
Community Fun Run	24 May
Junior Bike Ride*	21 June
Capital to Coast Cycle Challenge*	28 June
Asics British 10K London Run	12 July
Men’s Olympic Open Triathlon	2 August
Adidas Women’s 5K Challenge	6 September
Provence Trek, France*	6-11 September
Israel Bike Ride*	17-25 October
Rajasthan Bike Ride, India*	29 October – 8 November
New York Marathon	1 November

\* Norwood Challenge event

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