



# Multiple System Atrophy Trust

2018

CYCLING EVENTS FOR MSA TRUST





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## PRUDENTIAL RIDE LONDON- SURREY 100

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When - Sunday, 29<sup>th</sup> July 2018

Minimum sponsorship - £500

Registration fee – Free!

**Miles - 100**

Starting in Queen Elizabeth Olympic Park, it's a 100-mile route on closed roads through the capital and into Surrey's stunning countryside. With leg-testing climbs and a route made famous by the world's best cyclists at the London 2012 Olympics, it's a truly spectacular event for all involved.

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## PRUDENTIAL RIDE LONDON-SURREY 46

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When – Sunday, 29<sup>th</sup> July 2018

Minimum sponsorship – £250

Registration fee – Free!

**Miles – 46**

Created specifically for newer and younger cyclists this is a 46-mile route on closed roads. It follows the 100 route for the first 27 miles before taking a new two-mile route, which then links up with the last 17 miles through London.

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## TEAM CHALLENGE

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Do you have friends or family members who regularly accompanies you on your rides? Want some team bonding time with your work colleagues? Then get them together for a Team Challenge for Ride London. Fundraise towards a team target that everyone contributes to, asking their community, work, family & friends for sponsorship funds.

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## TEAM TARGETS

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**Team of 3** – £1400 for Ride London 100 & £700 for Ride London 46

**Team of 4** - £1,900 for Ride London 100 & £900 for Ride London 46

For more than 4 members in your team contact [fundraising@msatrust.org.uk](mailto:fundraising@msatrust.org.uk)



“This was a fantastic event and a great day to enjoy it too, thank you for the opportunity”

– **Team Parkeray**

**Adrian, Gary & Ben from Parkeray Limited took part in the 2017 Ride 100, raising £1,520!**



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## LONDON TO BRIGHTON CYCLE RIDE

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**When** - Sunday, 16<sup>th</sup> Sept. 2018

**Minimum sponsorship** - £150

**Miles** - 54 miles

This mass-participation one day cycle ride takes a route from Clapham Common in London to Madeira Drive on the Brighton sea front. Great for riders of all abilities in an informal setting. Visit their official site <http://www.londonbrightoncycle.co.uk/> for more information.



“My mother was the one who put my name down for the event and never having done anything like it I was unsure whether I would actually go through with it. However, I am extremely glad that I completed it as firstly, my target was greatly surpassed by the fantastic support of my friends and family, raising money for a great cause gave me a real sense of achievement and pride. On the day of the cycle, to my surprise I really enjoyed it, the atmosphere, the views and the feeling of accomplishment as you cycled through the cheering crowds along Brighton beach” –

**Jeremy Ansbro**

**Jeremy raised £540 in memory of his grandfather in the 2017 London to Brighton cycle ride**



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## LONDON TO PARIS CYCLE RIDE

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When – 16<sup>th</sup> – 20<sup>th</sup> May 2018

Registration Fee – £125

Minimum sponsorship – £1,600

**Miles – 300**

This mass participation cycling trip is a 5-day adventure with every year seeing around 100 cyclists taking part. Although the difficulty level is quite high on this one, the experience is totally worth it! You will start off by cycling from South East London through the stunning picturesque countryside in Northern France. Next the route takes you south, travelling through Calais and then through Abbeville, and finally alongside the River Seine and finishing by the iconic Eiffel Tower. This is one challenge you wouldn't want to miss!

For more information visit <http://www.londonparisbikeride.co.uk/itinerary-L2P.aspx>

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## LONDON TO PARIS TOUR DE FRANCE

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When – 25<sup>th</sup> – 29<sup>th</sup> July 2018

Registration Fee – £125

Minimum sponsorship – £1650

**Miles - 300**

This 4-day route starts the same way and then you take the ferry from Dover to Calais. You will then ride through Arras to Beauvais before arriving in Paris in time to watch the arrival of the Tour de France on Sunday 29<sup>th</sup> July! For more information visit

<http://www.londonparisbikeride.co.uk/itinerary-L2PTDF.aspx>

**Fantastic opportunity for a cycling enthusiast to meet some of the best in the world of cycling!**