



Dewsbury Ambulance Charities Cycle Ride 2019

Sunday 25th August 2019

- Dewsbury Hospital to Bridlington Harbour (76 miles) Start 0800hrs.
- Back up vehicles and refreshment stops en-route.
- Gels and route maps provided.
- Return journey on Coach (Lyles).
- Bicycles can also be returned on back-up Truck.
- Sponsored riders who raise more than £30 free entry.
- Non sponsored entry fee £30.
- Shower and changing facilities at Bridlington.
- Pre registration essential (All forms @ <http://dewsambcharities.org.uk>).
- ALL MONIES RAISED WILL GO DIRECTLY TO THE DAC (for more information visit dewsambcharities.org.uk).
- Check out the route Strava- <https://www.strava.com/activities/1735517892>

For more information see DAC web page or email c.fothers@googlemail.com