

## What you need to do to take part in Brands Hatch to Italy (BHIT) ride:

- 1 Raise £1,250 sponsorship
- 2 Cover the cost of the trip (£695) out of your own pocket or through additional sponsorship
- 3 Get fit for a 900 mile bike ride
- 4 Supply your own bike
- 5 Be 18 yrs or over at the time of the ride

### What is covered in the £695:

Comprehensive support. Hotels (not tents). Bed & Breakfast along the route in a shared twin room (limited singles with supplement payable in most hotels). Lunch every day, dinner on certain days. Ferry trip on outward travel. Flight home.

Funraising Tours Ltd is paid a percentage of monies raised as a result of organising the event. At least 75% of the monies raised goes to Charity.

To apply to join the adventure, complete and send this form to:

Dennis Carver, Funraising Tours Ltd, 59 Arthur Road, Wokingham, Berkshire RG41 2SS  
or apply on line at - [www.ridetothrace.com](http://www.ridetothrace.com)

Name:

Address:

Post Code:

Telephone:

E-mail:

Age:

Sex: Male / Female



## THE BICYCLE HELMET INITIATIVE TRUST

### What is The Bicycle Helmet Initiative Trust?

The Bicycle Helmet Initiative Trust promotes the wearing of cycle helmets amongst the under-16 age group. It works in partnership with health care trusts, road safety officers, the police, the government, the media, schools, parents and young people themselves across the country to develop a proven community programme promoting helmets. In doing so the Trust has educated many thousands of people on the benefits of wearing a helmet and in those areas the programme has been introduced, helped to reduce the number of young cyclists killed or injured in cycling accidents.

However, research shows that 50 children a year under the age of 16 still die of cycling related head injuries and a further 22,500 suffer head injuries. Cycle helmets have been shown to reduce head injury by up to 89% and international and national research has shown that at least 75% of head injuries would never have occurred had the cyclist involved been wearing a helmet.

The Trust knows just how important it is to encourage children to cycle in terms of their own health and the environment but it is equally important we urge them to cycle safely.

If you would like further information about the charity and its work please call: **0118 958 3585** or visit the website [www.BHIT.org](http://www.BHIT.org) or e-mail: [BHIT@dial.pipex.com](mailto:BHIT@dial.pipex.com) or write to the charity at  
43-45 Milford Road, Reading, Berkshire RG1 8LG

Supported by:



Charity No. 1069476

# Brands Hatch to Monaco



Helping to save children from serious injury

## Ride to the Race

930 miles in 10 days

May 2004

CAN YOU DO IT?



HELP PREVENT HEAD INJURIES TO YOUNG CYCLISTS

In May 2004, up to 30 cyclists will ride from the famous Brands Hatch racetrack to Italy, to raise money for the Bicycle Helmet Initiative Trust (BHIT). At the same time they will enjoy the challenge of a lifetime, and have lots of fun in the process. One of the longest rides in the charity calendar, this event will stretch even dedicated riders, so if you want to take part, do not take the training lightly.

You will ride an average of 93 miles a day, much of it through the quiet back roads of France, but the first challenge will start with the climb up the old Dover road to Capel le Fern on your very first day. The reward is a long descent into the port and then a ferry crossing to your first night stop in Calais.

Day Two takes you from Calais to Abbeville, a gentle stroll of just 78 miles, down the tranquil route alongside les lacs d'amour before reaching the ancient battlefield of Crécy. From there it's through peaceful woodland and rolling hills on to the second night stop.

Our next day stretches us to our first 100 mile run, taking us round to the east of Paris. Here we will pass the scene of one of the James Bond films 'Die Another Day', filmed at the beautiful Chateau at Chantilly, before rounding off the day in the ancient cathedral city of Senlis.



On Day Four we take it a little easier, with less than 80 miles separating us from our next staging post at Fontainebleau. Those who can move along a little will have time at the end of the day to visit the impressive palace where Napoleon surrendered to the combined allied forces of England, Prussia and Russia in 1814 before going into exile on the island of Elba. He should have known when to quit.

After an evening in this delightful town, it's on to the longest day of the ride, at least in terms of distance. Today we will ride over 120 miles, heading due south to pick up the Loire at Gien.



After crossing to the west of the river we will track it and the canal as far as Nevers, where we can eat either at the hotel or cross over into the old town for dinner.

Day Six is another 100 mile day, but one which should prove relatively easy as it is virtually without hills and again we follow the Loire and the associated canal as far as Roanne, our gateway to the Massif Central. This hilly terrain will probably provide us with our greatest challenge of the whole ride, beginning with a climb on Day Seven to where the Loire cuts into the hills creating a wonderful vista which is best viewed from the saddle, and savoured as you cycle above it before descending right down to its very banks.



Next comes the assault on the Massif itself, with climbs to lovely hilltop villages along little used roads, and from there we reach the final descent to the town of Condrieu, famous for its wine. Our final run is down what little we have to use of the N7 to the town of St Rambert d'Albon for the next night stop, with the prospect of some assistance from a Mistral tail wind for the next day or so as you make your way to Cavaillon, 100 miles away. In the distance you will be able to make out the famous Mont Ventoux, where people still pay homage to Tom 'put me back on my bike' Simpson, as you part company with the mighty Rhone river, one of Europe's longest. However, you will find your way a little flatter than he and many a Tour de France rider since.

It is in Cavaillon that we will spend the next night before heading on to Le Luc, the last staging post before our journey's end in Ventimiglia, just over the border in Italy, and this is as far south as we go. The next day you will have the opportunity (at extra cost) to board the train to Monaco, a short journey away, where you can be a spectator at the Monaco Grand Prix.

The climax to the ride is the Grand Prix and the event that follows, because on the Monday after the ride, you will be presented with your medal and certificate of completion by none other than David Coulthard. Don't be disappointed, apply now.

