

For other events across Devon during Bike Week
19th - 27th June 2010, please visit:
www.bikeweek.org.uk



Ashfords
Solicitors

Cycle Sunday

Sunday 20th June 2010

10am - 5pm

Flowerpot Playing Fields, near Millers Crossing, Exeter

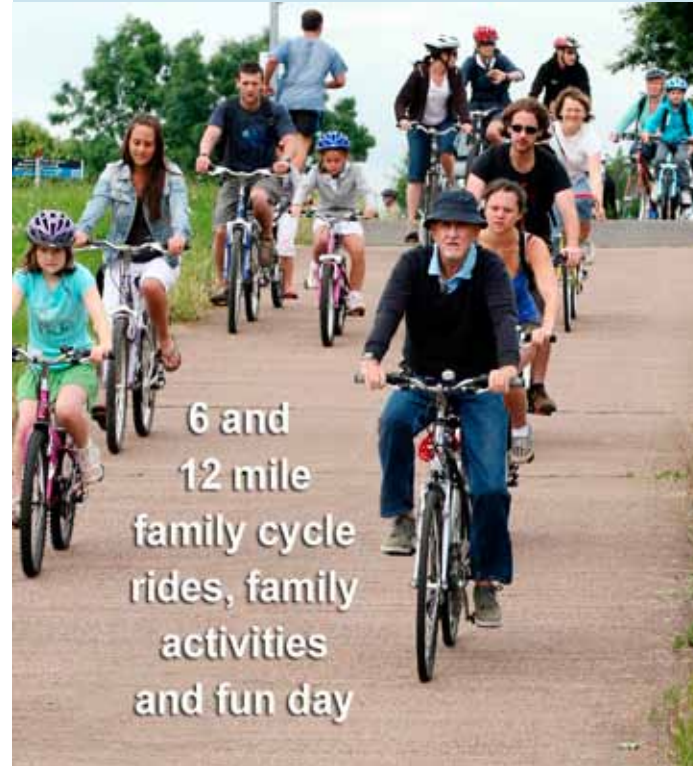


Heart's charity, Have a Heart, uses the power of radio to improve the lives of less-advantaged children and young adults living in our community. Have a Heart raise funds to support local projects that really do make a difference to the lives of children who live with illness, face adversity or are deprived of the childhood they deserve. All of the money raised locally from our fundraising activities stays local!

If you can help Have a Heart, simply register and get pedalling!

FREEDOM 
of your city *Cycle Exeter*

Co-ordinated by Devon County Council and Exeter City Council, as part of Cycle Exeter and Bike Week.



www.devon.gov.uk/cyclesunday

in aid of



Exeter City Council
FREEDOM 
of your city *Cycle Exeter*

Devon
County Council 

TRAVELWISE


Exeter City Council

Sidwellcycles

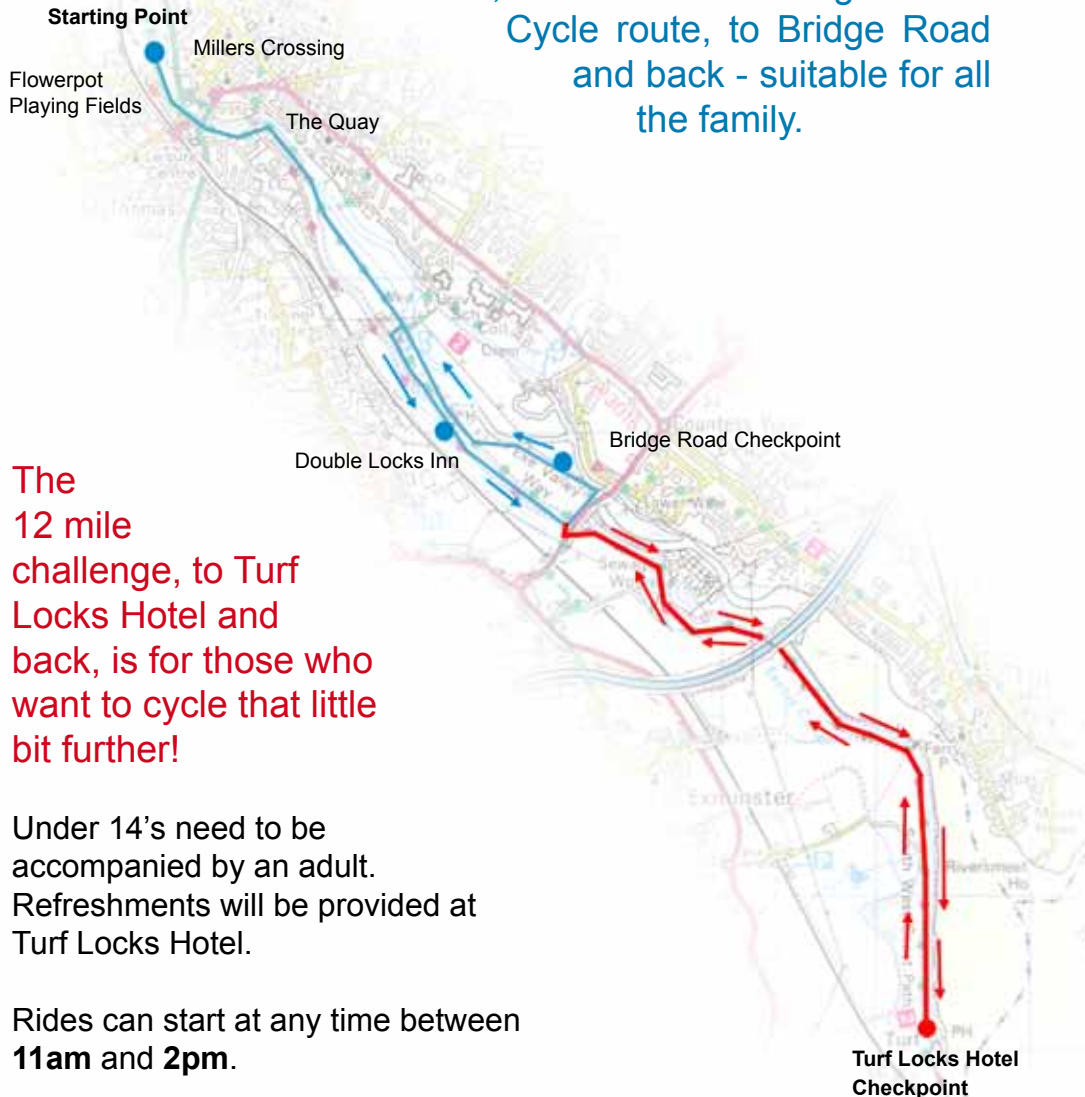
www.cycleexeter.org.uk

Devon
County Council 
TRAVELWISE

Cycle Sunday Challenges

Help raise money for the Have a Heart charity by taking part in our 6 or 12 mile cycle challenges.

The 6 mile challenge is a pleasant, flat, traffic-free ride along the Exe Cycle route, to Bridge Road and back - suitable for all the family.



The 12 mile challenge, to Turf Locks Hotel and back, is for those who want to cycle that little bit further!

Under 14's need to be accompanied by an adult. Refreshments will be provided at Turf Locks Hotel.

Rides can start at any time between **11am** and **2pm**.

How to register

- online at www.heart.co.uk/exeter, for further information and a link to the registration form;
- telephone **01392 354270** to request a registration form; or
- on the day - registration from **10am - 2pm** (at the Flowerpot Playing Fields, near Millers Crossing, Exeter).

Entry fee is **£3** for adults and **£1** for children (under the age of 16).

Included in the cost is a refreshment voucher for either a Darts Farm goodie bag, or a bbq at Turf Locks Hotel (if doing the 12 mile challenge).

All money raised from registration fees and sponsorship will go to Have a Heart.

Programme of Events

available throughout the day

From 10am

- mountain bike trials and BMX demonstrations;
- stalls and Dr Bike checks;
- cycle security tagging;
- cycling circus events;
- unicyclist demonstrations;
- Exeter Wildlife Watch activities;
- cycling information and route advice;
- Play Rangers;
- Have a Heart and Heart AI Fresco; and
- refreshments.

11am

The official opening and start of cycle rides to:

- Bridge Road and back (approx. 6 miles); **or**
- Turf Locks Hotel and back (approx. 12 miles).

2pm

Registration for cycle rides closes.

5pm

Close.

