



# 24 hour Pedal Power Awareness Raising Event (24 hour Bike Ride)



## MS Research and Relief Fund

*"Supporting ALL people affected by Multiple Sclerosis"*



DON'T WORRY!!... you can ride for as much or little as you want inside or out, doesn't have to be the same person.

**9.00 am Saturday 12<sup>th</sup> to 9.00 am 13th October 2013**

**Benmar House, Morpeth, NE61 2HX**

5 Rides;

- Any skill level ride approximately a 3 mile loop
- More seasoned riders approximately 7 mile loop.
- There is a 14 mile loop too for the fittest amongst us !!!!
- Family rides run through out the day

- Indoor bikes will be available all day for those who do not feel comfortable outside. For safety reasons, riding will occur indoors after

If you are interested in taking part or you would like family or friends to be involved please contact myself or Sue on 01670 505829

**The aim is to raise awareness of the fantastic work of MSRRF and to promote fundraising for the building of the state of the art Hydro Pool, which will be built and opened in time to celebrate the Charity's 50th Anniversary.**

