



ROTARY CARADON CHESTNUT CYCLE CHALLENGE

Inaugurated in 2014 by the Rotary Clubs of Liskeard & Looe and Looe Valley, in support of the Chestnut Appeal and to mark the inauguration of the Caradon Trail established by the Caradon Hill Area Heritage Project, the Challenge will this year be a part of the Rotary International in Britain and Ireland (RIBI) scheme -



on June 21st, when Rotary throughout the UK will organise cycle events in support of prostate cancer research and treatment.



The Chestnut Appeal

is based in Derriford Hospital, and details of its activities can be found at:

www.chestnutappeal.org.uk

The 2015 Challenge

There are three routes this year - a short ride of 38km with a British Cycle Grading of 30

A 45km intermediate ride with BCG of 40 and a long 87km ride, BCG 135.

The grading probably underestimates the challenge of the notoriously steep hills of east Cornwall. The entry fee of £25, £15 for age 15 years or under, is the same for whichever route is chosen, and they each provide a suitable challenge for riders of all abilities.

Participants will check out at the start and on their return (to collect their certificate!) There will be safety and water stops and riders who are doing so well that they wish to change their entry to a longer ride can do so by notifying a steward along the way.

Participants' instructions will contain a map of these locations. GPX routes are available for all the rides. Direction signs will be colour coded at points where the three routes diverge, as will the riders to enable easy identification by the stewards.

How to accept the CHALLENGE

for pre-event
registration
or more
information
contact David

01752 792736

or

chestnut.events@nhs

