



The 112 - 2010

Standing Together are again organising a charity bike ride to take place on the 8th May 2010. We are attempting to repeat the intention to cover 112 miles in one day - that is one mile for every woman who dies per year as a result of domestic violence. This was a great success in 2009 and we are looking to make it bigger and better in 2010. The aim of the event is to:

- Highlight the issue of domestic violence
- Ensure people understand the damage caused by domestic violence
- Raise funds to combat domestic violence through a coordinated response to this crime

Participants can enter in one of four ways:

The 112 – The Challenge

This is for the very adventurous cyclist who really wants to push him or herself. The expectation is that the rider will complete the whole course in a day having passed through waypoints at various points around the route. Hopefully some form of “peloton” will form to aid progress. The route takes you from Windsor through some of the Thames Valley and takes in, via generally quiet roads, some lovely villages and scenery in Bucks and Oxfordshire.

The 112 – The Team

This is where a group of cyclists want to do the whole route together but cannot manage to ride the full distance individually. It will require riders to take it in turns covering the route whilst their other team members follow in a car, with others talking over when exhaustion strikes. Logistically this will probably work best with 4/5 riders with a car capable of carrying the spare bikes.

The 112 – The Relay

This is where 4/5 riders all agree to ride a proportion of the 112 miles. The waypoints referred to above would be starting and finishing points and would be spaced about 22 miles apart. Once each rider had completed their element of the route their role for the day would be complete.

The 112 – The Roundabout

This is a more local approach! A group of cyclists can band together to ride around Windsor Great Park in small teams in groups or relays and cover the whole distance without leaving the security of the park.

Health and Safety – each rider or team is responsible for their own safety; participants must use an appropriate and reliable bike and should be correctly attired. Participants would be expected to ensure they have sufficient refreshments although we will attempt to secure drinks/snacks for those involved.

Routes – We have routes and maps for these routes. They will be made available to participants on the day.

Numbers for the full distance must be limited to 50 so if you are interested and do not want to miss this opportunity to help make a real difference please read and complete the form overleaf. Places will be snapped up quickly

Anthony Wills, Chief Executive

Booking Form

112 Bike Ride

Saturday 8th May 2010

YOUR DETAILS

1st Rider / Team Captain

Name	Title
Address	
Postcode	
Email	
Telephone	Fax
Names of team riders:	

Challenge you wish to take part in:

- The Challenge
- The Team
- The Relay
- The Roundabout

PAYMENT DETAILS

There is an initial registration fee of £10 per rider:

Cheque Enclosed £ _____

Payable to Standing Together Against Domestic Violence. Please ensure your name is written on the back of the cheque.

Cash enclosed £ _____

Payment by BACS

Bank: CafCash Sort Code: 405240. Account Number 00009441. Account Name: Standing Together Against Domestic Violence. Please ensure the payment is clearly referenced.

MINIMUM SPONSORSHIP

In addition we ask you to endeavour to raise a minimum of £100 in sponsorship money for Standing Together.

Please sign to confirm that you agree to the above:

Sign: _____

Print name: _____

To Register: Please submit your completed form to:

POST: The 112, Standing Together Against Domestic Violence, Room 44d, The Polish Centre, 238-246 King Street, London W6 0RF

FAX: 020 8748 5921

EMAIL: admin@standingtogether.org.uk

ENQUIRIES: 020 8748 5717