



www.headwaysouthbeds.co.uk

HEADWAY

16th annual charity bike ride



Charity No: 1080775
The Brain Injury Association



Sunday 18th June 2006

Ride through some of the most beautiful countryside in Beds and Bucks with a choice of three circular routes all starting and finishing in Leighton Buzzard:

- 50 miles via Brill
- 32 miles via Quainton
- 14 miles via Cublington

Headway is counting on you and other cyclists to help improve the quality of life of people with acquired brain injury in South Bedfordshire and to support their families and carers.

Do you enjoy cycling?

Are you up to the challenge of a fantastic FUN ride?

Have you ever thought of cycling and raising funds to support a worthwhile local charity?

For an entry form download from internet: www.headwaysouthbeds.co.uk/bike.html
Telephone Headway: 01582-876729 or E-mail: headwaybikeride@hotmail.co.uk



Welcome

Ride through some of the most beautiful countryside in Beds and Bucks with a choice of three circular routes – 50, 32 or 14 miles – starting and finishing in Linslade, Leighton Buzzard. A FUN DAY out for the family to enjoy.

Choice of 3 Routes

All routes travel in a circular anti-clockwise direction.

Route 1 via Brill – 50 miles

- Outward route: Passes through the pretty village of Granborough a chance to pause for refreshments.
- At Brill: stop at half distance and check in with the marshals. Ask the family to join you for a pub lunch or picnic by the old windmill.
- Inward route: Travels along the scenic vale of Aylesbury, be warned, there are some steep hills!

Route 2 via Quainton – 32 miles

This route follows the same outward journey as route 1 but divides left towards Quainton

- Outward route: Passes through the pretty village of Granborough a chance to pause for refreshments.
- At Quainton: stop at half distance and check in with the marshals. Ask the family to join you for a pub lunch or a relaxing picnic on the village green. You can visit the nearby windmill or the local Railway Museum, a popular attraction for all ages.
- Inward route: Return via Pitchcott

Route 3 via Cublington – 14 miles

- This shorter route follows the same outward journey as routes 1 and 2 but divides left to the Kingsbridge Picnic Area, about 1 mile after leaving Stewkley.
- At Kingsbridge: stop at half distance and check in with the marshals. Ask the family to join you for a pub lunch or a relaxing picnic
- Inward route: via Cublington

Who Can Enter?

This event is open to everyone over the age of 14 although riders 14, 15 or 16 must be accompanied by an adult. In the interests of safety the number of entrants maybe restricted to 150 riders.

Entry Form

All riders must complete and sign an Entry Form, this includes those who are in a team and those riding on a tandem.

The entry fee goes towards the cost of organising the safety of the ride. Please ask your family, friends and neighbours and work colleagues for their support.

An entry form can be obtained from the following sources:

- download from the internet:
<http://www.headwaysouthbeds.co.uk/bike.html>
- Headway South Beds - Tele: 01582-876729
- E-mail: headwaybikeride@hotmail.co.uk

Rider Pack

Upon receipt of the Entry Form riders will be issued with a Rider Pack containing a Sponsor Form, Rider Number and Route Map.

Sponsor Form and Gift Aid

Please encourage your sponsors to complete the Sponsor Form in full by printing their full name, address and post code.

Please ask sponsors to tick the form if they are in agreement for their sponsorship to be eligible for Gift Aid. This applies where an individual sponsor is a current UK taxpayer and indicates on the Sponsor Form that their contribution can be treated as Gift Aid.

In these circumstances Headway is able to claim tax from HM Revenue & Customs on all donations by individuals providing they pay amount of income or capital gains tax equal to the tax Headway reclaim (currently £0.28 pence for every £1-00 donated).

Proceeds

The proceeds raised from the Headway Bike Ride will contribute greatly towards developing the services to meet the increasing demands for care and support for people with acquired brain injury, their families and carers throughout South Bedfordshire.

In 2005, for example, the magnificent sum of £7,600 was raised from the Headway Bike Ride. The proceeds from this event were allocated to purchase six new computers, costing £3,200 - to re-equip the out-dated computer suite at Headway House. These facilities are used by clients seeking new skills or simply wishing to improve their existing ones. This increases self-confidence and self-worth leading to an improved quality of life.

The remainder of the proceeds was allocated towards a new project initiative, with volunteers, to help people recovering from a brain injury get back into the community.

National Bike Week

The Headway Bike Ride is registered with National Bike Week. This Festival takes place from 17th – 25th June 2006 – see web for details:
www.bikeweek.org.uk



Practical Details

The start time: 10:00am sharp:

- Remember to bring your cycle helmet and Sponsor Form with you.
- Assemble in the car park at Cedars School, Mentmore Road, Linslade, Beds LU7 2AE
- All riders should be ready to go at 09:55am.
- Small groups of about 10 riders will move off at short intervals at 10:00am.

Half-Distance:

- On arrival at Brill, Quanton and Cublington report to the Check-In Marshals and have your Sponsor Form stamped before setting off on the inward journey.

The Finish: Cedars School (car park)

- All riders will be guaranteed a warm welcome at the finish.
- Report to the Check-in Marshals and have your Sponsor Form stamped.
- You have successfully completed the Headway Bike Ride. Well done!

British Red Cross

Headway very much appreciates the support of the British Red Cross, Leighton Buzzard Branch. Their mobile contact numbers will be available at the start.

Roving Marshals

To ensure the welfare and safety of riders, Roving Marshals will be patrolling the routes.

Road Marshals

Road marshals will be positioned at nominated intersections.

Refreshment Stops

Refreshments will be available at the following locations:

ROUTE 1	ROUTE 2	ROUTE 3
Granborough	Granborough	Cublington
Brill	Quanton	Finish
Winchendon	Oving	
Oving	Finish	
Finish		

Health and Fitness

Cycling can be strenuous and riders and riders must be in good health. Any rider who has a medical condition that could be affected by exercise must obtain their doctor's approval. On the inward Brill route, for example, there are a number of hills, some quite steep!

All riders must be reasonably fit. If you are not a regular cyclist it is recommended you go for a bike ride two or three times a week for several weeks in advance of the Headway Bike Ride, gradually increasing the distance you ride.

Safety

All riders must ensure they wear an approved helmet.

Cycling on the highway is a potentially dangerous activity and although the organisers of the Headway Bike Ride will do all in their power to make this event safe, all riders take part at their own risk.

All riders must ensure that their bike is in a roadworthy condition, must observe the Highway Code, obey the 'Golden Rules of the Road' – these will be set out in the Rider Pack.

Note: Headway does not accept responsibility for any injury sustained or property damaged in the course of the Ride in the absence of negligence or breach of statutory duty on their part.

Insurance

The organisation of this event is fully insured. This does not, however, cover individual accidents on the route which must be separately insured and is the responsibility of the rider.

While Headway go to great lengths to ensure that the Ride is organised to enable participants to be as safe as possible at all times, riders take part entirely at their own risk.

Riders are therefore strongly advised to comply with the safety guidelines and to obtain personal accident insurance cover as well as adequate material/loss/damage insurance cover in respect of your bicycle and personal property and any loss or injury you may cause to a third party.

About Headway South Beds

Headway South Beds, was formed in 1989. It is affiliated to the National Brain Injuries Association and funded by Luton Social Services, Luton P.C.T. and The Tudor Trust. It is a non-profit organisation that offers professional support to over a hundred families throughout South Bedfordshire covering awareness of brain injury, information, advocacy, crisis intervention and benefit advice.

Headway House in Luton, offers a wide range of services – these include social, educational and occupational activities, alternative therapies and recreational trips.

Further information is available on Headway's new web site: www.headwaysouthbeds.co.uk or contact Headway direct at: Headway South Beds, Headway House, 41, Cardiff Road, Luton, Beds. LU1 1PP Tel: 01582-876729, Email: headwaysouthbeds@aol.com

Headway says THANK YOU

Volunteers

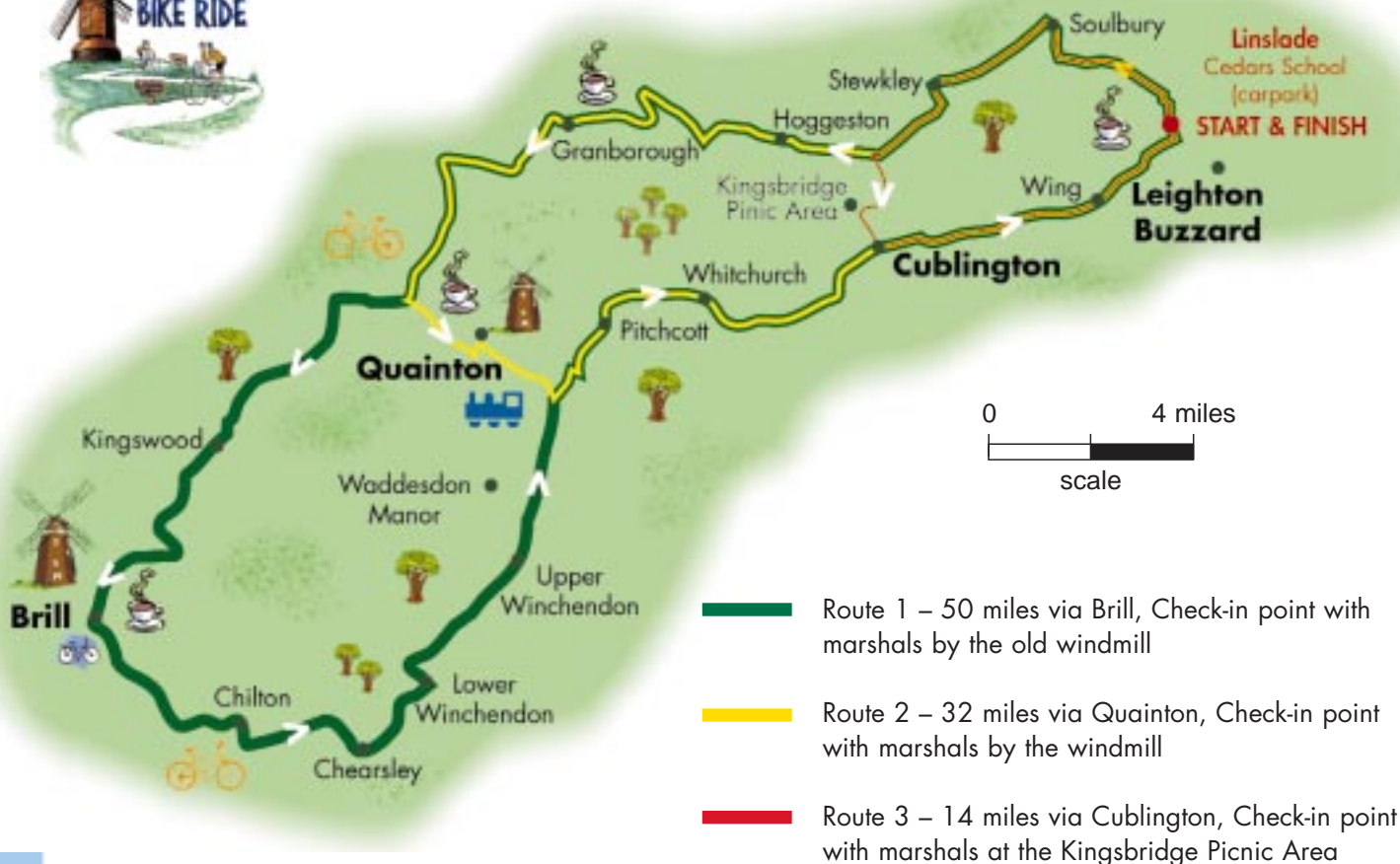
This event would not be successful without the generous support of so many willing people. In particular we wish to extend our gratitude to all the volunteers who give generously of their time. The support of the Leighton Buzzard Branch of the British Red Cross is also invaluable and greatly appreciated.

Sponsors

Thanks are also extended to our sponsors, Osborne Morris & Morgan, Waitrose, Leighton-Buzzard Observer, Jewsons, Vernons Car & Van Hire, Design Alchemy and the Bizz Badge Company. In addition, we wish to acknowledge the assistance given by Cedars School.

Helping to improve the quality of life of people with acquired brain injury throughout South Bedfordshire.

Headway Bike Ride 2006



Golden rules of the Road

- **WEAR A CYCLE HELMET.** Most serious injuries from cycling are caused by falling on your head. The wearing of an approved cycle helmet is **COMPULSORY** for this event.
- Obey the Highway Code.
- Make sure you are well equipped to repair punctures or mend broken chains. Our back-up support team does not stretch to include a mobile mechanic
- Check your bike is in good order before you go, especially the brakes!
- Wear high visibility clothing. Suitable for the whole day. Check weather forecast before leaving home.
- Keep your distance from the bike in front, do not go mad down hills, look out for potholes and bumps. Use hand signals and, except in an emergency, **NEVER STOP SUDDENLY**
- Respect the countryside, **DO NOT** drop litter or trample on grass verges.
- Do not ride more than 2 abreast, do not attempt to overtake unless you are absolutely sure it is safe, and never cross white lines in the middle of the road.
- Always be considerate to other road users – especially other cyclists and those riding a horse on the road
- If your bike breaks down, get off the road, and inform one of the marshals. If a person is badly injured, do not move them, ensure someone stops with them until first aid arrives.
- If you feel ill during the bike ride, do not continue. To do so could endanger your own health or cause an accident.

Always remember – **SAFETY FIRST!**

Enjoy your cycling!