

How to register

Contact Andy:

email: events@tnp.org.uk. **tel:** 0208 773 7414 & **post.**

- I would like to take part in the 'Ride & Raise Challenge 2010', in aid of Nehemiah
- I aim to raise £500 and will keep a record of the sponsorship I raise
- I enclose my registration fee of £35
Cheque payable to 'The Nehemiah Project'
- I am in good health and feel able to complete a 50 mile cycle ride. I understand that any injury sustained by me during the event is my own responsibility and not that of Nehemiah

Name:

Email:

Daytime tel no.:

Evening tel no.:

Mobile no. (to use on the day):

Address:

Postcode:

Signature:

Date:

Please turn over...

A cause worth riding for...

"My worst day now is still better than my best day in my old life and that's down to the Nehemiah and the work done by there team with me..."

DAVID

"I had never known peace or been allowed to find my purpose before my time at the Nehemiah..."

TONY

"After my mum died my family split and everyone went their own way, this left me without a family, at The Nehemiah Project I found one again..."

MARK

"I can say that I love myself now I couldn't before..."

JOHN

In order to continue our life-changing programmes we rely on voluntary donations, please visit:

tnp.org.uk

to support this essential work.

Le Ride & Raise Challenge



Bike Ride

**TOUR de GUILDFORD
to LONDON**

Très beau scenic route finishing with
our famous BBQ party!

Sunday 25th July 2010



Nehemiah

Rebuilding broken lives

Help us change lives...

Nehemiah transforms the lives of those suffering from homelessness, poverty and addiction.

TAKE PART IN THIS WONDERFUL SUMMER DAY OUT, RAISE MONEY AND BE PART OF THIS LIFE CHANGING WORK...

RIDE 50 miles from Guildford to London. The route passes through the North Downs, Hampton Court, Richmond Park and maybe the Eiffel Tower! With plenty of stops along the way to enjoy the beautiful surroundings.

RAISE £500 (only £10 per mile). Start raising sponsorship now and you'll soon hit your target. This money will provide vital care and support to those in need.

BBQ PARTY Enjoy a well earned rest after the ride and join us for our BBQ party. Relax to the sound of our Jazz band and eat as much of our delicious BBQ as you can!!

DETAILS We have just 120 places (going fast) available so REGISTER NOW!

EVENT DATE Sunday 25th July 2010.

ON THE DAY, WILL INCLUDE;

- A Ride & Raise T-Shirt
- Free lunch
- Free transport from London to Guildford (for riders & bikes)
- A delicious summer French style BBQ
- Parisian Jazz band
- Ice cold drinks, snacks and refreshments throughout the ride
- The chance to win incredible prizes!

TEAM LEADERS WANTED

A team can be 2 riders+ and prizes will be awarded to the teams that raise the most! Take on the challenge with a group of friends!

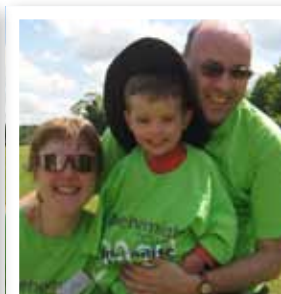
HOW TO TAKE PART Fill in the registration form and return to us along with your entry fee. On receipt of the form we will send you a sponsor form and information pack. For any enquiries call **Andy** on **020 8773 7414** or email **events@tnp.org.uk**.

Pictures of last year's ride!...



This years Bike Ride is running in tandem(!) with the final stage of the Tour de France, so the best 'themed' riders will be awarded prizes.

Lets make this the best bike ride ever!



How to register, cont'

Please tick as appropriate:

I would like to enter as part of a team.
My team leader is:

.....
 I would like to use free transport from
Streatham to Guildford

I will make my own way to Guildford

My T-Shirt size is

Petit / M / L / XL / XX Très grand (please circle)

Signature:

Date:

We also need lots of helpers to act as stewards on the day. If you know anyone who would like to help, please give their name and contact number below:

Name:

Contact number:

Please return to:

Nehemiah, 47 Tooting Bec Gardens, London SW16 1RF