

# On Your Bike 2020

## Sunday, 19 April



Ride our 15, 30 or 45 mile routes that start and finish beside the River Thames at Gravesend and see many of the most beautiful country lanes in Kent.

Get **On Your Bike** for the best organised event in the South East. You will have support from our Check Points, (with light refreshments), RAYNET radio links. and rescue vehicles if needed.

The 15 mile route is just right for a family ride or a beginners' event as it uses a section of the Sustrans national cycle path. All with the support of Gravesend Cyclists Touring Club.

Get your family and friends to join in, or organise a team with four or more entries from work, club, pub, school or just your neighbourhood.

**Ride to help this and other Rotary supported charities**

*Alzheimer's & Dementia*  
S U P P O R T S E R V I C E S

**Join the hundreds who raise thousands for charities.** In your entry pack will be an official sponsorship form. Make getting **On Your Bike** even more rewarding.

The entry form on our web site can be completed electronically, saved and then sent to us by email. The **PayPal** link on the web site will make your donations even easier.

**Register by 10 April, 2020**, and you will receive your rider's pack by post. After this date, you can register on the day up to 10.00 a.m. — recommended donation for aged 16 plus £25.00 with reductions for families.

**All riders entered before 10 April** will go into a draw to win a cycle kit prize donated by **TRI - THE BIKE SHOP**.

Enquiries and information also from them at  
18 Windmill Street, Gravesend.

[www.onyourbike.org.uk](http://www.onyourbike.org.uk) 01474 568853

**All riders entering On Your Bike 2020 must wear safety helmets.**

