

OUR HEADLINE CHARITIES



Care and support
through terminal illness

Marie Curie help everyone affected by a diagnosis to achieve the best quality of life, and support them to keep their independence and dignity for as long as possible. This includes treating or managing pain and other symptoms with medicines, therapies and other specialist approaches. It also means giving emotional support to people living with a terminal illness and their families when they need it most. Last year Marie Curie cared for over 40000 people across the UK.

Myeloma UK Myeloma is a cancer arising from plasma cells, a type of white blood cell which is made in the bone marrow. Unlike many cancers, myeloma does not exist as a lump or tumour, but affects multiple places in the body. Myeloma UK is helping myeloma patients live longer and with a better quality of life, by accelerating the discovery, development and access to new treatments, while helping patients and their families cope with everything a diagnosis of myeloma brings.



Muscular Dystrophy UK is the charity for the 70,000 people living with muscle-wasting conditions in the UK. We bring together people affected by more than 60 rare and very rare progressive muscle-weakening and wasting conditions. Since 1959, we've been supporting families living with

muscle-wasting conditions. We provide vital information, advice, resources and support for people with these conditions, their families and the professionals who work with them.

Muscular Dystrophy UK

Fighting muscle-wasting conditions



Rotary

ST ALBANS CHARITY CYCLE RIDE

Sunday
13 May



saccr.co.uk



SACCCR

2018

KDW / financial planning

0300
3852260

Every year 100's of cyclists enjoy this fun ride through beautiful Hertfordshire countryside.

With a choice of increasingly challenging routes (10, 20, 30 and 40 miles), the event is suitable for everyone from families to cycling fanatics!

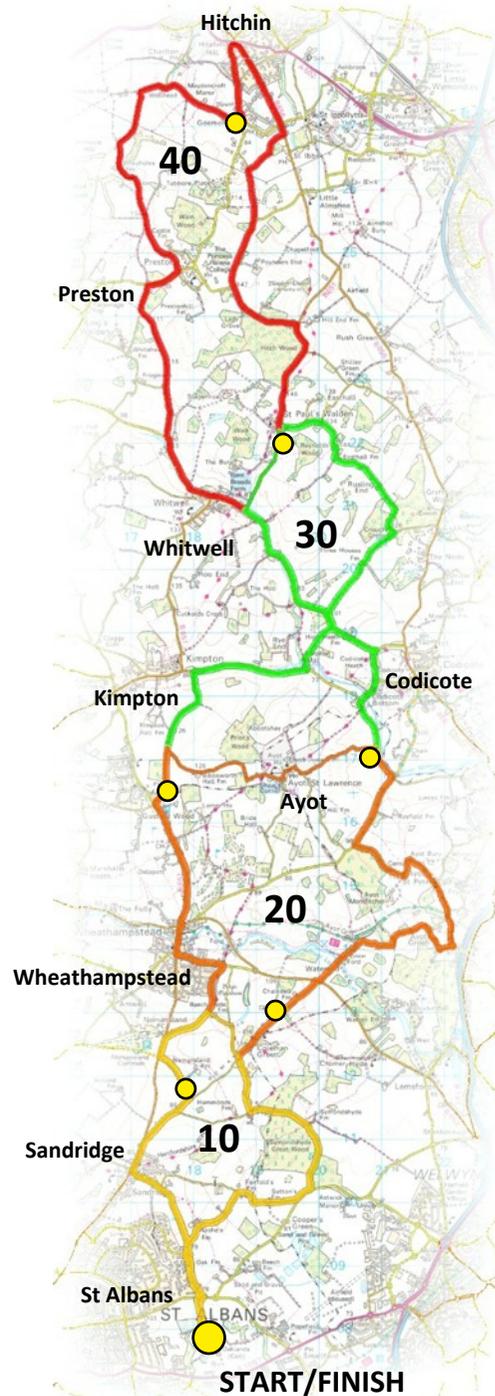
-  The fully-signposted and marshalled routes all start and end at Oaklands College, and are mainly on quiet country lanes.
-  Drinks and refreshments are available at regular checkpoints and all riders who pre-register will receive a free T shirt.
-  Everyone completing a course will be given a medal and certificate.

SACCR 2018 is organised by the three Rotary Clubs of St Albans to raise money for the clubs' chosen charities, including Marie Curie, Myeloma UK, and Muscular Dystrophy.

The event is not a race, but there is serious competition to see who can raise the most money for our charities. Trophies will be awarded to the participants who raise the most sponsorship in the following categories: Under 16, Adult, Over 65, Family Teams, Private Teams, Company Teams, Youth Teams and Pub/Club Teams.

Also, everyone who raises at least £25 in sponsorship or donations for Rotary charities will receive an entry in the **FREE DRAW** for one of our great prizes. Sponsorship forms can be downloaded from our website. You can also collect sponsorship online - follow the 'JustGiving' link on our website.

Why not get together with friends and colleagues to enter as a team. Enter online at www.saccr.co.uk, where you can find out more.



The Start

The ride starts at Oaklands College Campus, Hatfield Road, St Albans.

Riders start between 08:45 and 09:45. You will be given your individual start time when you enter.

The start is very busy - we strongly recommend that you check at least 30 minutes before your start time.

Check-in closes promptly at 10:30

On the Course

Cruise through some of Hertfordshire's prettiest villages and most beautiful countryside, but watch out for a few challenging hills!

All of our riders are fully supported with a breakdown service and radio links to St. John Ambulance.

The Finish

To celebrate your achievement, relax and soak up the friendly atmosphere back at Oaklands College, where well-earned refreshments (burgers, hot & cold drinks, cakes and ice creams) will be available.

Routes will close at 2:30pm