

## OUR HEADLINE CHARITIES



**Alzheimer's Research UK** is the UK's leading dementia research charity, dedicated to causes, diagnosis, prevention, treatment and cure. Backed by our passionate scientists and supporters, we're challenging the way people think about dementia, uniting the big thinkers in the field and funding

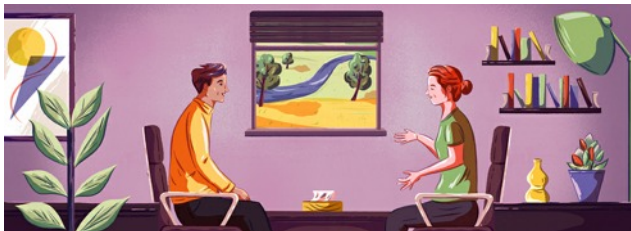
the innovative science that will deliver a cure. Our mission is to bring about the first life-changing dementia treatment by 2025.

**SECONDARY1ST** want to put secondary breast cancer first. Front of mind. Top of the list. This is a disease that has spread to the rest of the body. It affects men and women everywhere. Secondary1st is proud to fund vital research that is seeking a cure for secondary breast cancer. Finding a cure



means a diagnosis is no longer the end. It means people will have more days doing what matters most. It means daughters, mothers, fathers and sons get to keep on living a life they love. Our objectives are funding research and raising awareness. It's time to put secondary 1st.

**The Counselling Foundation** is a leading charity that has provided counselling and counselling training for the better mental health of our communities in Hertfordshire and Bedfordshire for over forty years. Our charitable mission enables people on low incomes to have access to affordable, long term counselling which is not widely available elsewhere in the two counties. Our counselling training service promotes personal development and growth whilst supporting communities through the provision of further qualified counsellors providing a talking therapy.



# Rotary

## ST ALBANS CHARITY CYCLE RIDE

Sunday  
19 May



[saccr.co.uk](http://saccr.co.uk)







# SACCCR 2019

**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!

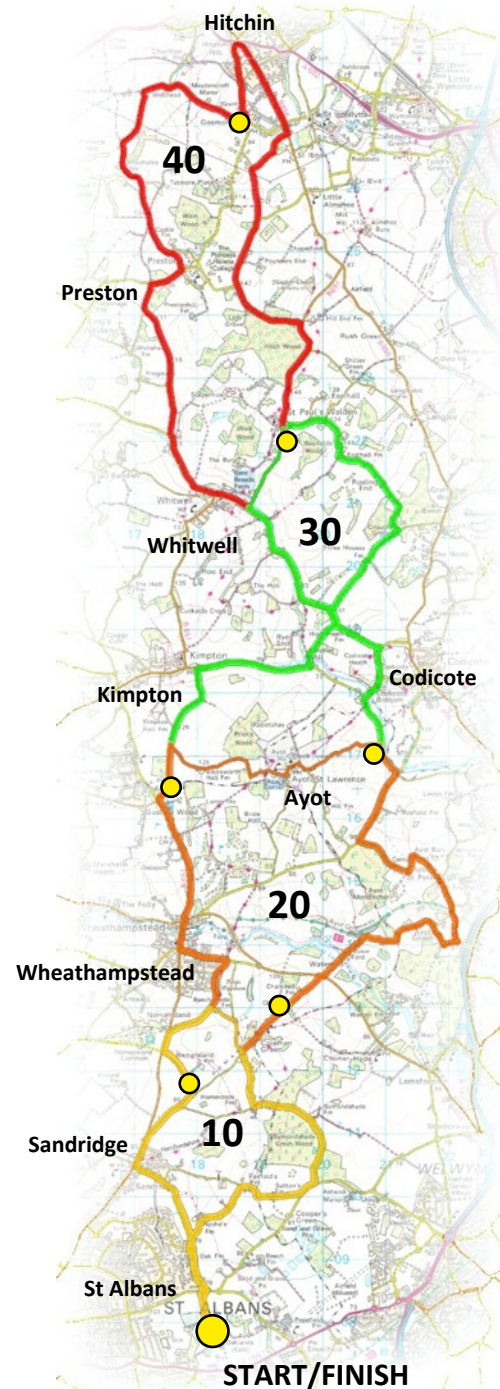
-  The fully-signposted and marshalled routes all start and end at Oaklands College, and are mainly on quiet country lanes.
-  Drinks and refreshments are available at regular checkpoints and all riders who pre-register will receive a free T shirt.
-  The event finishes back at Oaklands College, where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

SACCR 2019 is organised by the three Rotary Clubs of St Albans to raise money for the clubs' chosen charities, including Alzheimer's Society, SECONDARY1ST, and The Counselling Foundation. Alternatively, if you and your friends would prefer to raise money for your own favourite charity, you can do so by entering as a 'Charity Team'.

The event is not a race, but there is serious competition to see who can raise the most money for our charities!

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](http://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