

*Are you made of the stuff of champions?*

JOIN US IN JUNE 2012 FOR

# “THE BIG RED BIKE RIDE”

CYCLE IRELAND COAST TO COAST



**Irish Autism Action**  
Raising Standards  
[www.autismireland.ie](http://www.autismireland.ie)



Foundation

**HEARTS & MINDS**  
CHALLENGE

Join **Manchester United Stars** on **The Big Red Bike Ride**, a 592 mile charity cycle over 8 days which covers the whole length of Ireland, starting out at the most southerly point, Mizen Head, to the most northerly point, Malin Head and finishing in Dublin!

An exciting, fun and challenging journey, through some of Irelands most beautiful countryside & coastline. Quite a commitment, but one which will greatly benefit some very worthwhile causes.

*If you are made of the stuff of champions...*

Raise funds for **IRISH AUTISM ACTION, MANCHESTER UNITED FOUNDATION & HEARTS & MINDS...**  
*your help is much needed and very much appreciated.*

**Colin Telford: 07702823700**

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**Website: [www.legendsxi.com](http://www.legendsxi.com)**

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C H A L L E N G E

The **“BIG RED BIKE RIDE”** is a cycling challenge that consists of cycling 592 miles in 8 days. You will start your challenge at Mizen Head the most southern point in Ireland and cycle along the fabulous west coast through Cork, Kerry, Clare, Galway and Donegal to Malin Head the most northern point in Ireland. We will then cycle back through Antrim and Belfast to Dublin. This event has been designed to cater for all abilities whatever your speed, endurance or experience. We take care of everything so you can enjoy cycling 592 miles in 8 days through some of the most beautiful cycling routes in Ireland.

A number of **Manchester United Legends** will be joining you on this challenge along with a number of other celebrity guests including Keith Duffy from Boyzone.

Each day you will be in the saddle for around 6-8 hours, covering an average of 90 miles a day, so padded shorts are a must! We guarantee the routes will keep you wanting more with challenging short sharp inclines, long energy sapping inclines, mixed with rewarding declines and plenty of opportunities to chill out and enjoy a chat. There will be scheduled breaks during each day and each evening we will be sampling the very best of Irish culture, finishing with a final celebratory evening party in Dublin.

By taking part in this challenging experience you will not only get the chance to cycle along some of the most scenic routes in Europe while making some great new friendships, you will also get to meet some of the biggest Legends to have played for Manchester United.

All the funds raised during this event will be used to make a difference to the lives of children with autism in the UK & Ireland.

Simply register for £150 and agree to raise a further minimum of £1500 and you will be part of **“THE BIG RED BIKE RIDE”**



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### WHAT'S INCLUDED WITH YOUR SPONSORSHIP

- Ni coach transfers to hotel
- 2 cycling shirts (Must be worn during the event)
- All hotels including breakfast and evening meal
- Food and energy drinks during each day's cycling available at feeding stations
- Bikes and bags transported by road and ferry
- Marshalls to guide and assist you each day
- Physiotherapists to help you recover at the end of each day's cycling
- Emergency medical team
- All bags will be transported to the next hotel ready for your arrival
- Celebration Party at the end of the event in Dublin
- Advice on training for this event

### WHAT IS NOT INCLUDED

- Bike and equipment
- Cycling Helmet (Helmets must be worn at all times when cycling)
- Travel insurance

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# **“THE BIG RED BIKE RIDE”**

## **DAY 1 Mizen Head to Bantry 9th June 2012**

[\(Click Here to see Detailed Route on MapMyRide\)](#)

All cyclists will be transported to Bantry in the morning and check into the Hotel. We will then get our bikes ready before being transported to Mizen Head when we will then cycle back to our hotel in Bantry. This is a short ride of 27 miles / 43km with one short climb of 3/4 km and an average 4.8% incline.

## **DAY 2 Bantry to Ballybunnion 10th June 2012**

[\(Click Here to see Detailed Route on MapMyRide\)](#)

Day two takes us from Bantry to Ballybunnion 92 miles / 148km passing through Cork into Kerry. You will cycle through Killarney National Park where you will encounter a cat 2 climb of 5.5km with an average gradient of 6.8%. This will be the toughest climb of the whole ride. You will also have some further climbs on day two but they have a much lower average gradient of between 2.7% and 3.2 %.

## **DAY 3 Ballybunnion to Oranmore 11th June 2012**

[\(Click Here to see Detailed Route on MapMyRide\)](#)

Day three takes us from Ballybunnion to Oranmore cycling 99 miles / 159km through Clare taking in some of the best coastal cycling routes in the world with stunning scenery before continuing on to Galway. You will complete 1 cat 5 climb that is 1km long with an average gradient of 2.9%.

## **DAY 4 Oranmore to Sligo 12th June 2012**

[\(Click Here to see Detailed Route on MapMyRide\)](#)

Day four takes us through Galway to Sligo cycling 83 miles / 143km.

## **DAY 5 Sligo to Letterkenny 13th June 2012**

[\(Click Here to see Detailed Route on MapMyRide\)](#)

Day five takes us from Sligo along the coast through Bundoran to Dunegal to Letterkenny covering 69 miles / 110km.

## **DAY 6 Letterkenny to Derry 14th June 2012**

[\(Click Here to see Detailed Route on MapMyRide\)](#)

Day six takes us from Letterkenny to Malin Head at which point you will have cycled from the most southern point of Ireland to the most northern point. Once you have taken some pictures and celebrated your achievement you will then continue from Malin Head back to Derry in Northern Ireland cycling a total of 80 miles / 129km for the day. You will complete 4 cat 5 climbs between 1.8km & 2.8km long with an average gradient of between 2.5% & 4.5%.

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## [DAY 7 Derry to Carrickmacross 15th June 2012](#)

[\(Click Here to see Detailed Route on MapMyRide\)](#)

Day seven takes us from Derry to Omagh and then back into the Republic Of Ireland through Monaghan and finishes in Carrickmacross covering 89 miles / 143km. You will take in 4 cat 5 climbs ranging from 1km to 4km with average gradients of between 2% and 3%.

## [DAY 8 Carrickmacross to Dublin 16th June 2012](#)

[\(Click Here to see Detailed Route on MapMyRide\)](#)

Day eight your final day takes you from Carrickmacross through Ardee and Slane and on to Dublin where we will finish at St Stephens Green. You will then get checked into your hotel and rest for a while before we party into the early hours to celebrate your achievements.

## [Day 9](#)

Day 9 starts with Ibuprofen / Resolve, breakfast and then we all travel home for a well earned rest.

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# “THE BIG RED BIKE RIDE”

## Fundraising Ideas

Set up your own page on our charity giving site so friends and family can sponsor you on line just go to <http://www.charitygiving.co.uk/fundraising/heartsandminds/>

**Hold a 50-50 raffle.** You sell raffle tickets at any event that you have going on. There is only one prize- Half the takings! Thats right, some lucky person gets half of all the money taken. The other half of course goes towards your fundraising target. The more tickets that are sold - the bigger the jackpot! Build the excitement by showing the current total on a display board. If you can fit your totalizer in with the theme of your event so much the better. Its really important to whip up some enthusiasm for the raffle but keep it good fun.

**Ask your employer if your company can support you.** Some companies will match the amount you raise.

**Set a target amount you want to raise from your work place.** Let your colleagues know your target and offer to go to work in fancy dress for a day if they reach the target. Let them vote on your fancy dress outfit.

**Hold a cake sale** each Friday at work with all profits going towards your fundraising target.

**Ask your local school to hold a no uniform day.** All pupils can pay £1 so they can wear their own clothes for the day instead of their uniform

**Hold a charity fundraising night** at your local pub or club such as a race night or pub quiz.

**The cyclist that raises the most sponsorship money will win a holiday for 2 people for two weeks in the USA!**

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# “THE BIG RED BIKE RIDE”

## Registration Form

|  |
|--|
| NAME:  |
| ADDRESS:   |
| EMAIL:   |
| PHONE:   |
| SHIRT SIZE:  |
| SPECIAL DIETRY REQUIREMENTS:   |
| Please accept my registration for “THE BIG RED BIKE RIDE”. I have enclosed a cheque made payable to Irish Autism Action for £150 for my registration fee (none refundable) and agree to raise a further minimum £1500 in sponsorship to be paid in full by the 1 <sup>st</sup> May 2012. |
| PRINT NAME:  |
| SIGNATURE:   |
| DATE:  |
| Return to:<br><b>Big Red Bike Ride</b><br><b>Legends XI</b><br><b>126 Sicily Park</b><br><b>Belfast</b><br><b>BT10 0AP</b>   |

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