

**8th GREAT HILLESLEY BIKE RIDE - Sunday 14th June 2009 - 10.45am for an 11am start**

Our 8th year brings another fun, energetic and *ex-hill-arating* day out for all, with three routes on offer, and this year we all leave from the War Memorial at 11am (meet from 10.45am onwards) sharing the same start and end routes. The rides all include various pub stops at which you can have drinks, snacks, and lunch. The longest route provides a picturesque change of scenery at its furthest point and comes highly recommended. Mainly quiet country lanes, but there are a couple of busier main roads sections and crossings.

Route 1 - 28+ miles (a couple of bigger hills in the morning, but a generally flattish ride. lots and lots of pub stops. worth the extra mile!)

Route 2 - 22+ miles (same route as long ride, without the flattish loop in the middle. lots and lots of pubs. a nice ride.)

Route 3 - 15+ miles (same starting route. a generally more undulating ride, with three pub stop options.)

After last year's great evening, Andy at The Fleece Inn is now hosting a simple BBQ (unable to book the Hog Roast this year) from 6pm for all GHBRiders, families, friends and anyone else who knows anyone.

Please get your entry forms in to us by **Wed 10th June or sooner** if possible, as I must let some of the pubs know numbers and menu selections. Late entries will be accepted, but pub grub may not be on offer! Route maps will be sent out the day before the ride as usual. Funds this year are going into the GHBR pot for an "extra" on our 10th GHBR in 2011! Thanks for supporting another GHBR!!!

Notes: \* this is not a guided ride, \* a suggested route map will be provided for your entry fee \* no unaccompanied children, and parents should cycle with their children \* there are some steep descents \* please make sure your bikes are roadworthy, and carry a puncture repair kit \* cycle computers are useful as routes use mileages in directions \* carry plenty of drinking water \* **you are totally responsible for yourselves** \*

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8th GREAT HILLESLEY BIKE RIDE - Sun 14th June 2009 - ENTRY FORM

To: Chris and Sandy Hicks, Withymore Cottage, Day House Lane, Hillesley GL12 7QY

Lead Name: \_\_\_\_\_ Tel No: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Chosen Route/No. of cyclists: Route 1 \_\_\_\_\_ Route 2 \_\_\_\_\_ Route 3 \_\_\_\_\_

Entry fee of £ \_\_\_\_\_ attached (£2 /cyclist, £6 /family). Cash/Chqs to S.Hicks please.

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