



ACCA is pleased to announce our first ever Charity Bike Ride to help children in need in the Algarve. All the proceeds from the ride will go towards local children and we are hoping to raise at least €5000. But we need your help.

It's quite simple. You ride 50kms and you raise a minimum of €50 sponsorship (that's a mere €1 a km). It will be taking place on:

Sunday 2nd May – leaving from Quinta Shopping at 1.30pm

It is open to everyone over the age of 16. All you need is a bike, a helmet (although both can be hired for the day), a reasonable level of fitness and quite a bit of determination.

The route will be a circular one with pit stops along the way. It won't be too hilly or too rough but you should feel like you have earned a drink (or two) by the time you get back!

Advice and training is available from Activity Algarve (professional organisers of group bike rides across the Algarve). A special training schedule is open to all participants starting 6 weeks prior to the ride and it is advisable to do at least some training so that you don't find it too much of a shock on the day.

Pre-registration is required and will cost €20 (this goes towards the target €50 sponsorship though) and ensures you a place on the ride, a full information pack with advice on training, a T-shirt and a drink and snack on completion.

For further information, sponsorship forms and to book your place, visit www.accakids.com/news Alternatively email sam@accakids.com or call her on 914665870.

Next Stop Tour de France!

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