



DAWN RAID 2017

- SOUTH -

Join us on our hugely popular Dawn Raid cycling event. Whether you're a cycling enthusiast or a relaxed rider, this exciting one-day challenge has something for all abilities. You will also have the opportunity to not only ride alongside fellow fundraisers but also members of the wounded, injured and sick military community.

Previously described by supporters as being "inspiring" and "awesome", Dawn Raid offers you a unique opportunity to be a part of the Help for Heroes family.

Starting at the iconic Horse Guards Parade in London, you will cycle out of the capital at dawn, taking in some of the best sites that London has to offer. You will then travel through the idyllic Surrey area, filled with outstanding natural beauty, and test yourself on the world-famous Box Hill.

The route takes you through the home of the British Army in Aldershot where the 50-mile ride will start. From there, you will cycle into RAF Odiham where you'll get the opportunity to test your sprint speed down the runway, before heading out on to the final stage to the family day in Portsmouth.

Don't forget, if you can't make the start in London you can still take part by organising your own route and joining the family finale in Portsmouth.

Dawn Raid is not only an opportunity to remember the incredible sacrifices made by all those who fought so heroically, but also to ride alongside the Heroes who you are supporting. It's a chance for you to be part of something truly inspirational in 2017.

REGISTRATION

Date: 18 June 2017

Cycling distance:	100 miles	50 miles	DIY
Registration fee:	£52	£45	£19
Suggested minimum fundraising target:	£150	£120	£1 per mile

EVENT OVERVIEW

Sunday 18 June 00.00 – Meet at Horse Guards Parade, London, before setting off.

Sunday 18 June 03.00 – Be led out by our beneficiaries and start on the road to Portsmouth.

Sunday 18 June 04.30 – Begin the climb made famous by the London 2012 Olympics, and everyone's favourite, Box Hill. This is the site of your first water stop.

Sunday 18 June 07.00 – Arrive at the home of the British Army in Aldershot and the site of your second water stop.

Start of the 50 mile ride.

Sunday 18 June 08.30 – Cycle down the runway at RAF Odiham.

Sunday 18 June 11.00 – Arrive at the finish.

Sunday 18 June – Attend the finale at Portsmouth with your friends and family to celebrate with everyone involved. All rides to finish in Portsmouth.

Please note: The itinerary is subject to change and a good level of fitness is required to take part.

FOR MORE INFO, PLEASE CONTACT THE EVENTS TEAM

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Andy Cook Cycling