



SECRET WORLD WILDLIFE RESCUE

FUNDRAISING BIKE RIDES

Find out what bike rides we have plus how to get the most out of your ride!



Willows and Romans Sunday 15th April 2012 15m and 50m

Secret World, start time 10.00am

This specially tailored bike ride exploring the beauty spots of the Somerset Levels starts and finishes at Secret World outside Burnham-on-Sea. Mainly on the flat, it's suitably challenging for a fundraiser without being too arduous! We offer two distances so you can either opt for the full circuit (4-5.5 hours depending upon your fitness level) or, if you want to get the kids involved, go for the shorter option (about 2 hours). A big thank you to Bridgwater Cycling Club for organising the event for us.

Bristol's Biggest Bike Ride Provisionally 3rd June – 28th June 2012 From 9 – 38m routes

A chance for Bristol cyclists to enjoy a traffic free route from the city into the surrounding countryside with a range of routes to suit all abilities and interests. A popular event last year, this promises to be a fun event for Bristol-based fundraisers. *Organisers:* Bristol City Council. *Rider Packs and routes available:* Start of June.

TO REGISTER FOR EITHER EVENT PLEASE RETURN THE FORM AT THE BACK OF THE CALL OF THE WILD FUNDRAISING LEAFLET ALONG WITH YOUR £10 REGISTRATION FEE AND WE'LL SEND YOU ALL THE INFORMATION YOU NEED.

PHONE: 07712 856516

Email: save@secretworld.org

Secret World
New Road
Highbridge
Somerset
TA9 3PZ



Have a fun time on the shorter ride with the kids or go for the full 50 miles!

Getting Ready

Getting fundraising support:

- Use our sponsorship sheet, think about everyone you know and don't be afraid to ask! You're not asking for yourself! You're asking for wildlife!

Check your bike is in good order:

- http://resources.lifecycleuk.org.uk/bicycle_safety_checklist.php for advice on what to check

Getting yourself ready:

- For 50m plus events start training several months before the event. If you haven't cycled for a while 4 months is a good lead time & a training guide is attached.

For Your Comfort and Safety:

- Clothing that will wick away sweat and minimise wind resistance
- Padded shorts and/or a gel-filled seat to help prevent saddle soreness
- Helmet (absolutely required)

For Your Nutrition and Hydration:

- Filled water bottle
- Packed lunch if needed
- Any snacks you would like

For Your Bicycle:

- Any replacement inner tubes or other bits if you have them – we'll carry them in a support vehicle

Audax Rides

An Audax ride is run under the rules of the Audax Long Distance Cycling Association. The rides are of various lengths, touring type events, not races and all have a minimum and maximum time to pass through various checkpoints and to finish (if you want to do it properly – but it's not compulsory!). A route sheet is provided but no on road support or signposting. The onus is on the rider to find his or her way with minimum detail. See www.aukweb.net for more information.



Dunkery Dash

11 March 2012, 62m

North Petherton Community Centre, 9 am

This ever popular, early season bike ride climb goes to fabulous Dunkery Beacon on Exmoor, via the Quantock and Brendon Hills and back again. *Fitness Level:* For moderately fit riders able to make ascents. *Organisers:* Bridgwater Cycling Club. *Refreshments:* Food and hot drinks at Dunkery Control, snacks at the start and finish. Average speed: 15-30kph. Audax Altitude Award Rating: 1.5. Routes available in due course.



Every £135 you raise could help save another injured or orphaned animal like the endangered hedgehog – as pictured with Michaela Strachan at Secret World – or help fund a new Wildlife Teaching Hospital and children's Wildlife Education Centre

Three Towers and Middle Earth 5th August 2012, 95m

North Petherton Community Centre, 8.30 am

A longer ride but a bit flatter! A beautiful tour from the Somerset Levels and across the stunning Wessex landscape where you will visit Burrow Mump, Glastonbury Tor and Alfred's Tower in Stourhead. *Organisers:* Bridgwater Cycling Club. *Refreshments:* At the start and finish. Average speed: 15-30kph. Audax Altitude Award Rating: 0. Routes available in due course.

To register just complete the form at the back of the Call of the Wild events leaflet and return to Secret World with your £10 fee. This includes the event entry fee and temporary membership with Audax to cover insurance. Audax will then send you your pack with route details.

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WWW.SECRETWORLD.ORG

Charity Number: 1097119



Secret World rescues over 4,000 animals a year and is the region's only 24 hour wildlife rescue service. Every penny you raise will help us to continue helping these animals and fund develop plans to help twice as many animals and teach children to love and respect nature. *Thank you,*

Pauline Kidner
Founder