



**Sunday
19 September 2010**

THREE CHALLENGING RIDES FOR CYCLISTS

Join us for one of three challenging but beautiful Audax cycle rides starting from Claughton, near Garstang, 8 miles north of Preston

The rides are open to all cyclists. They are NOT races and are ridden in the spirit of an event like the London Marathon but some cycling experience and ability is necessary.

FLEET MOSS 212km (132 miles)

A challenging ride through the beautiful Forest of Bowland, on to Dent in the Yorkshire Dales, then Hawes, with the infamous Fleet Moss climb taking you to Kettlewell, returning to the HQ via the Ribble Valley.

LUNESDALE POPULAIRE 158km (98 miles)

Not as tough but still a challenging ride. Follows the Fleet Moss route to Dent then on to Sedbergh in the Yorkshire Dales, through Kirkby Lonsdale, then returning via Quernmore to the HQ.

PILGRIM'S WAY 112km (70 miles)

A moderately hilly ride, through the beautiful Ribble Valley countryside via Waddington and on to West Marton, returning to the HQ via Chipping.

MORE DETAILS FROM:

rvcrc_fleetmoss2010@hotmail.com

(Tel) 07908 247426

Audax UK. Web site - <http://www.aukweb.net/index.htm>



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