



# My Charity Bike Ride - Vernon Hill

**What am I doing?** I am doing a sponsored cycle ride for Demelza. I will do 120 miles split into 4 lots of 30 miles in 4 weekends.

**Who is it for?** I am doing the cycle ride for Demelza which is a hospice for children. I find it is very sad that some children die and there is nothing anyone can do to stop it. I am fortunate enough to be healthy and whilst I cannot give health I could perhaps help in other way. The only thing we can do is give them the happiest time of their lives and make memories. So, I want to raise enough money for them to make a difference.

**When will I do it?** I will do it after lockdown. My target is to do it by the 1<sup>st</sup> of May.

**How far will I cycle?** I will cycle over 120 miles split into 4 lots of 30 miles in 4 weekends.

**Where will I cycle?** I will do the Viking Trail, which is a loop of Birchington, Margate, Broadstairs and Ramsgate.

What can you do? **SPONSOR ME!**

[www.justgiving.com/fundraising/Vernon-Hill47](http://www.justgiving.com/fundraising/Vernon-Hill47)

You can sponsor me **per mile**, **per lap**, **number of chocolate bars I eat**! **Quantity of Pizza consumed**, **number of calories I burned** or for the whole exercise of just finishing it!

Please send me your email address and you will be able to track my progress!!!!

Thank you, Vernon.