

The Isaac Nash Trust
Higher, Better, Further, Faster



THE ISAAC NASH TRUST - RIDE FROM HIGHBURTON TO ABERFFRAW

ABOUT

ISAAC WAS OUR REMARKABLE AND INSPIRING BOY OF JUST 12. ON THE 29TH AUGUST 2014, HE WAS TAKEN BY THE SEA IN NORTH WALES.

THE IMPACT ON HIS HOME COMMUNITY IN YORKSHIRE AND ANGLESEY, HAS BEEN DEVASTATING. IT HAS HOWEVER SPARKED POSITIVE ACTION AND FUNDRAISING THROUGH THE ISAAC NASH TRUST, FOR BOTH THE RNLI AND TO BUILD A LOCAL SCOOTER/SKATE PARK FOR CHILDREN OF ALL AGES TO ENJOY IN ISAAC'S HOME VILLAGE OF HIGHBURTON.

WHAT IS THIS BIKE RIDE THEN...??

On Friday the 8th & Saturday 9th May 2015, a group of intrepid cyclists will be setting off on a ride from Highburton to Aberffraw, Anglesey. Over 140 miles from start to finish..... Have you got what it takes to undertake this challenge??? If you think you have, then sign up NOW! It's not going to be easy, BUT it should be one incredible journey... Help raise valuable funds for T.I.N.T.!

HIGHER >FURTHER>BETTER > FASTER

THE ISAAC NASH TRUST

RIDE FROM HIGHBURTON TO ABERFFRAW, ANGLESEY – 8TH / 9TH MAY 2015

Please complete **all** aspects of this form and return to us before 28th February 2015. There is no entry fee for this event however we do ask that those who take part aim to raise a minimum of £250 in sponsorship. Your registration not only reserves your place on the ride, it also covers, a unique ride jersey, feed station snacks and refreshments.

Full Name

Address

Date of Birth

Phone Number

Email Address

Please select the following options by ticking the appropriate box

Challenge

1 Day (approx 140 miles) 9th May

2 Day(approx 2 x 70 miles) 8/9 May

Cycling Ability

Intermediate

Advanced

Shirt Sizes

XS

S

M

L

XL

2XL

3XL

SIGN & DATE

Please return this form to Mr Will Basnett, 27 Pond Lane, Lepton, Huddersfield. HD8 0LW before 31/1/15

The exact route of the event will be confirmed soon and will be emailed directly to the address you have provided on this application form. Please check that your email address is correct.

Appropriate stopover points will be decided for the two day event. All accommodation arrangements will be the responsibility of those who are taking part, to organise.

Both rides finish in the village of Aberffraw on the Saturday evening. Aberffraw and nearby Rhosneiger offer a range of accommodation and we recommend that you book in advance to avoid disappointment at the end of your challenging ride. Suggestions for accommodation will be emailed along with the route information.

We have a large number of vehicles offering support to this event and transportation of bikes and riders back to Huddersfield can be arranged on request.

Tips for people not used to riding long distances:

1. Get as many miles in as possible, not just for your legs but for your bum, arms, shoulders and neck to get used to it!
2. Buy some decent cycling shorts with padding- ALDI are doing some great deals at the moment.
3. Use a light weight bike that is well serviced.
4. Practice 'out in the field' repairs, eg punctures, chain breaking. Make sure brake blocks are sufficient for the whole journey, wheels are true and tyres inspected for defects and replaced if necessary- check for advice what tools to take and spare tubes, pump etc
5. Cream up well before you set off (for point of contact with saddle!)
6. Good helmet and gloves/mitts
7. Check weather conditions before setting off and take appropriate clothing.

If you have any questions regarding this event then please contact

Will Basnett 07960 081425

willbasnett@hotmail.co.uk

Thank you in anticipation for your support

