

ACEF Charity Bike Ride 9th July 2011

On a perfect cycling day in July, 75 riders set out from Akamba to challenge themselves on one of the three courses around beautiful Warwickshire.

Nearly 20 riders headed off first on the most challenging 50 mile route down through



Lapworth, Alcester and Henley. Some knew this was a distance they could achieve, a training ride for some; but for others this was a real challenge that they needed psyching up for!

Next went the 28 mile group many of whom joined the ride last year and were moving up to this longer distance. Amongst them



were teenagers and families supporting one another and stretching themselves. This group headed off for wonderful Lowsenford where stopping for lunch, they felt refreshed and ready for the next 12 miles – little did they know that the second half is more challenging. Bravado soon waned as they tackled the hill on the way out of Lowsenford but soon returned on the wonderful stretch down into Henley. By the time this group had reached The Bell at Tanworth in Arden they deserved another good break and all those lovely energy bars cooked by a supporter were munched up hungrily! The final stretch home has all the fun of the ford where some riders zoomed through raising waves of water around them!



The 12 mile route attracts a number of families and we had even the smallest ones chauffer driven through to plucky 6 year olds riding the whole route under their own steam. A bun or two was bought at Wedges Bakery and picnics came out in the grounds of Packwood House making this a

really fun day out for all the family.



Everyone finished their chosen distance and some went further than they ever thought possible. Not only was a fun and challenging day had by all, but everyone raised **a huge amount of money - £3700!** Every penny counts and goes directly to the 900 children in Brainhouse Academy in Kenya. Life is even tougher in Kenya this year as we know from the scenes on the news - but the school cares for the children from the grass roots, helping them to grow into adults with sustainable futures, breaking out of the terrible cycle of poverty and danger from famine and AIDS.



If you would like to know more about the ride or sign up to be part of the event in 2012 contact Alison Halford on alisonhalford@gmail.com.