

BREAKING THE BARRIER



2018 EVENTS

- ▶ **Surfing** at Saunton: Saturday 2nd June
One-to-one and family sessions
- ▶ **Family Cycle** at the Torbay Velopark: Saturday 16th June
Includes GO-RIDE time trials on bikes, trikes and tandem
- ▶ **Surfing** at Bigbury: Sunday 24th June
One-to-one and family surf sessions
- ▶ **Cycling Sportive** at Exeter Racecourse:
Saturday 8th September
L1: Discover Cycling L2: Time Trials
L3: Adventure Ride



FREE! BOOK NOW
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THE BREAKING THE BARRIER CYCLE CHALLENGE

Come and train with Paralympian Athlete David Hill and specialist coaches from Freetrike Disability Cycling and British Cycling for 10-weeks across the Summer to prepare for and compete in the MOOR TO SEA SPORTIVE on Saturday 8th September 2018.



We are looking for 8 learning disabled young people age 14 and over and 3 enrichment students from local schools to join the Cycle Challenge.

Thanks to Just Events and British Cycling, the team will be enabled to compete at the level best for them:

- ▶ **Haldon Race Day Time Trials:**
2mile race around the racecourse perimeter
 - ▶ **Adventure Ride Time Trials:**
5mile chaperoned off road race in Haldon Forest
 - ▶ **Inspire Route:** 35m on road cycle:
Exeter racecourse – Dawlish - Newton Abbot - Exeter racecourse
- Together the team will raise sponsorship for a new Inclusive Monthly Family Cycle session at the TorbayVelopark going live 6th October 2018.
- ▶ You don't need to be able to ride a two-wheel bike - there will be the option to use trikes, recumbents and tandems
 - ▶ You will have the opportunity to complete Bikability training at levels 1 and 2 as part of this experience.

For your chance to join the team please complete an Expression of Interest form on our website between 1st May and 1st June 2018:
www.lifeworks-uk.org/breaking-the-barrier-apply



TOZERS
Solicitors LLP



LEX LEISURE

Please note the Breaking the Barrier Cycle Challenge and all Breaking the Barrier events are subject to funding.