

## Cycle Coast to Coast for Dentaïd

Oral health charity Dentaïd is organising a Coast to Coast bike ride, which is taking place on 5 – 7 September 2008. The route follows the famous 140 miles across the north of the UK starting in Whitehaven and ending in Tynemouth. The Coast to Coast bike ride is one of the most popular and well known cycle routes in the UK. Dentaïd, in partnership with Denplan, is offering cyclists the chance to ride the whole route or take part in 1 or 2 days cycling.

Day 1: Whitehaven to Penrith (approx 40 miles)

Day 2: Penrith to Stanhope (approx 39 miles)

Day 3: Stanhope to Tynemouth (approx 35 miles)

The Coast to Coast cycle route runs through the northern Lake District, climbs up to the north Pennines area where cyclists will experience remote sweeping countryside. They will then travel down into once industrial heartland with sculptures reflecting times gone by.

The majority of the ride will be on minor roads or dedicated cycle paths. Dentaïd will follow the official cycle route and a support team will be with the cyclists every step of the way. To participate, we are asking that supporters raise a minimum sponsorship of £250 (plus a £50 deposit). We also ask that they pay for any expenses during the trip such as accommodation, food etc...

This ride is not only an opportunity for individuals to get fit; it is the chance to make a real difference to the lives of people in disadvantaged communities across the world. With the money raised from this ride, Dentaïd will be able to continue empowering and supporting millions of people who, without the help of our supporters, would continue to suffer the agonising pain of tooth decay and disease with no hope of relief.

If you would like further information please visit [www.dentaïd.org](http://www.dentaïd.org) or contact Jenni for an application pack at [jenni@dentaïd.org](mailto:jenni@dentaïd.org) or tel: 01794 324249.