



# RIDE FOR RUGBY

RAISING FUNDS FOR THE GUERNSEY RUGBY ACADEMY

## RUGBY BIKEATHON

Saturday 29 March

Cycle in teams for 45 minutes

11.00 to 18.00, Kings Immersive Studio

### What is a Bikeathon?

Teams of a minimum of 4 riders (maximum 7) cycle on a static bike for 45 minutes. Each team will be allocated 2 bikes, and team members cycle in pairs, on a rota to ensure adequate rest periods. Each member of the team will only ride for a short, but intense period, regularly rotating throughout the 45 minute slot.

### Who can take part?

Anyone aged 14+ is permitted to participate, U18 participants will require parental consent. For every team with two U18 cyclists there must be at least one adult cyclist.

### How to enter?

Please complete the entry form [here](#) or visit [guernseyrugbyacademy.com/ride-for-rugby](http://guernseyrugbyacademy.com/ride-for-rugby). You will be able to list your preferred time slots and will be contacted with a confirmed slot, further details and full instructions. Places are limited and time slots will be allocated on a first come, first served basis.

### Fundraising

The Guernsey Rugby Academy consists of approximately 350 young players from 5 to 18 years old. The Academy operates under an inclusive ethos in all age groups for both boys and girls, working towards developing every player to their individual potential.

The Academy is solely run by volunteers in the form of coaches, team managers and other helpers, and is a registered Charity. We are grateful to receive corporate sponsorship, which allows for the Academy to ensure players are offered every opportunity to travel, play rugby and be coached to a high level. In order to offer further opportunities for players to travel, reach their full potential and to grow the Academy, we are committed to fund raising to support sponsorship received.

We are asking all participants in the Ride for Rugby to gain sponsors to raise funds for the Academy.

Each Team will be allocated their own online fund-raising link on [giving.gg](http://giving.gg).



Visit [guernseyrugbyacademy.com/ride-for-rugby](http://guernseyrugbyacademy.com/ride-for-rugby) to enter