

# TAFF TRAIL

## Challenge

Saturday 7th May 2011

Brecon to Cardiff by Bike • 55 or 28 miles

*Raising £10,000 to support the work of Glenwood Homeless Project,  
The Speakeasy Advice Centre and The Gate Arts and Community Centre.*



# The Taff Trail Challenge

## Why do it?

Because it's fun! Because you will make new friends! Because you will cycle through some of the most stunning countryside! But above all because we want to raise money for three great charities: The Speakeasy Advice Centre, The Gate Arts and Community Centre and The Homeless work.

## The Trail

You can choose to do either the:

- full route (55 miles): Brecon to Merthyr Tydfil
  - half route (28 miles): Merthyr Tydfil to Cardiff Bay
- Depending on levels of fitness the full route will take between five and eight hours.*

You can enter by yourself and we will allocate you to a team or you can enter a whole team! Teams can be no bigger than eight. We want to encourage each person to try and raise £100 of sponsorship. If you raise more, great!

## To Register

To register and get your sponsorship forms and more information please fill in the slip below and return it with the registration fee of £15 to Glenwood Church, Circle Way West, Cardiff, CF23 6UW. (This will cover cost of a tee shirt, drinks and food stops and the administration of the event).

✂.....

I want to do the Taff Trail Challenge and enclose a £15 cheque (to "Glenwood Church").

I will be doing the 55 mile challenge

*It is your responsibility to*

I will be doing the 28 mile challenge

*obtain insurance if you wish*

How often do you cycle on a scale of 1-10? (1 is hardly any, 10 is most days).....

What is your level of fitness on a scale of 1- 10? (1 is poor, 10 very fit) .....

*This information will help us to place your team or your own starting position on the day*

Name .....

Address.....

E-mail.....

Mobile .....

## The Charities...

### **Glenwood Homeless Work**

serves the homeless of the city providing food and clothes and working with other partners to deliver wide ranging care from Tavs Hall, just off City Road. [www.glenwoodchurch.org](http://www.glenwoodchurch.org)

**The Gate** is a community arts centre in the heart of Roath. It enriches the lives of people in the area through art and supports long-term unemployed people as well as disadvantaged children and youth.

[www.thegate.org.uk](http://www.thegate.org.uk)

**The Speakeasy** supports the poor and disadvantaged in deprived areas of South East Wales by providing free legal advice and representation for people struggling with debt and benefits. We aim to release people from financial hardship, improve the quality of their lives, bring benefits to their communities and make a lasting difference.

[www.speakeasyadvice.co.uk](http://www.speakeasyadvice.co.uk)