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JOIN TRANSAID'S ANNIVERSARY CYCLE RIDES

International development charity Transaid is celebrating its 15th anniversary this year by challenging members of the transport industry to get on their bikes and take part in one of two charity cycle rides.

Starting on September 13th in London, volunteers from the industry will be heading off on a three-day cycle to Amsterdam. The riders will cover approximately 335km as they swap the hustle and bustle of the UK's capital for the canal lined cobbles of the Netherland's largest city.

For those feeling even more adventurous, a second challenge in November will allow riders to visit Transaid's project in Uganda and take in the stunning scenery of Africa as they cycle 430km over five days, visiting a rhino sanctuary on route and ending the challenge at the spectacular Murchison Falls National Park.

Gary Forster, Chief Executive of Transaid, says: "These two events are fantastic opportunities for anyone to challenge themselves, see some wonderful parts of the world and support our charity.

"Transaid has worked incredibly hard over the past 15 years to improve people's quality of life in developing countries and these exciting cycling events are part of our anniversary celebrations.

"You don't have to be an Olympian to take part, but if you've ever fancied trying something a bit different now's the perfect time to get on your bike and help raise money for such a worthwhile cause."

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Anyone wishing to take part in the London to Amsterdam ride (13-16 September) or the Uganda Challenge (2-10 November) can request a registration form by emailing Florence@transaid.org or calling on 020 7387 8136.

A sign-up fee of £105 is required and a minimum donation of £1,600 must be raised in sponsorship for the European ride; and £299 registration fee and £3,300 sponsorship for the African challenge. Transaid's team of dedicated experts are on hand to offer helpful hints and support on fundraising and training for both events from the moment participants sign up.

Spaces are limited for both events so anyone interested is urged to sign up quickly to avoid missing out.

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Note to Editor:

Transaid (www.transaid.org) is an international development agency that aims to improve people's quality of life in the developing world by making transport more available and affordable. It was founded by Save TheChildren and the Chartered Institute of Logistics and Transport (UK) and works by sharing skills and knowledge with local people to enable them to put in place and manage efficient transport systems.

Transaid's core work includes creating transport management systems for the public sector and assisting with the provision of professional driving qualification development and the training of driver trainers. It also assists with teaching preventive vehicle maintenance management and introducing local, low cost transport solutions including its innovative bicycle ambulance. Transaid also helps promote HIV, AIDS and road safety awareness and shares its specialist knowledge with the humanitarian aid sector.

Transaid enjoys strong backing from the transport and logistics industry and the active involvement of its patron, HRH The Princess Royal.

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