



Young Bristol
Works for young people

ROAD TO RIVER - BRISTOL CIRCULAR

A fundraising challenge with a *twist!*

Sunday 6th March 2022 **Endurance event**

Fundraising target - £200

Bike: 64km

An individual challenge with the route taking you from our Start/Finish Harbourside base at Pooles Wharf, heading North through the City and out to the rural countryside of South Gloucestershire, before heading East past the energy stop, taking in some great climbs before heading South back in to the outskirts of Bristol and to the River Avon.

Walk/Run: 5km

After a quick refreshment stop at the transition, you will then venture off-road on foot through the woodland and eventually finding yourself next to the river heading back towards the City dodging the muddy puddles. Take in some great countryside views from the inner parts of Bristol while walking/jogging to the final stage.

Canoe: 5km

With the land bit done and dusted, it's time to transition onto the water and into the team element of the challenge. Under the guidance of our qualified instructors, you'll canoe (with a partner) down the Feeder Canal and into Bristol Floating Harbour, taking in the sights from the waterways and eventually making it to the City Centre and back to our Start/Finish point at Pooles Wharf.

How to enter?

Entries are limited. Places will be offered on a first-come, first-serve basis. Please contact Matt on **0117 457 9490 / 07444 905 332** or email md@youngbristol.com for a sign up form.

How to fundraise?

We ask that you aim to raise a minimum of £200 for your participation. You are able to fundraise through the Local Giving online platform. Set up your page, share on social media and share amongst your contacts!

A little more information...

Young Bristol Road to River – Bristol Circular 2022



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What equipment will I need?

Entrants will need to provide their own appropriate bike, helmet, lights, smartphone or GPS. For the canoeing element of the challenge, canoes, buoyancy aids, paddles and any relevant equipment will be provided by Young Bristol. A full kit will be sent to you with your entry pack on sign up.

Age restrictions?

Entrants must be at least 18 years old on the event day to take part.

At transition, how will I get my bike back?

We will have the logistics sorted. We will get your bike back to the start location ready for when you finish.

Can I change at transition?

You will be able to check in a bag for our team to take to transition for you for any equipment / refreshments you may wish to get to on transition. We will also provide changing areas, but there will be no toilets.

How long will it take?

Depending on fitness and ability, we anticipate the event to last between 4 – 7 hours for the Sprint, and between 6 – 9 hours for the Endurance Event.

Can I win?

The simple answer is no. This is a fun challenge focused on raising vital funds and awareness of Young Bristol.