

Deerness Cycling Charity Ride for MND

**Deerness Valley Cycling Group are taking part in a
charity cycle ride in aid of Motor Neurone Disease
on 3rd May 2015**

**In Memory of
Veronica "Ronnie" James**

Riding from Deerness Valley in Durham climbing up to
Weardale via Lanchester, Park Head to Stanhope and over to
Teesdale via Bollihope Common to Barnard Castle.

Returning via Hamsterly and Wolsingham to Tow Law
and back to Ushaw Moor.

Around 70 miles in TOTAL

Donations online at
<http://uk.virginmoneygiving.com/team/deerness>

We also NEED more cyclists to take part so if u are
interested in taking part in the event,
then check out the Facebook GROUP.

www.facebook.com/groups/deernessvalleycycling/events

