



Derby to Skegness
100 MILES
 Challenge

Saturday
 September
9th

COUCH TO COAST

Let's get on our bikes and cycle from Derby to Skegness this summer. Whether you are an experienced cyclist, new to cycling or returning to the saddle, ride with us & achieve the **100** mile challenge.

-  you just need a road worthy bike
-  encouragement all of the way
-  programme of regular rides
-  training rides start April
-  for all ages & fitness levels
-  led rides on quiet lanes

For more information go to www.derbyctc.org.uk
 To register your interest ctcdab@gmail.com

we are
cycling
 UK



in association with
**CATHEDRAL QUARTER
 HOTEL**
 DERBY