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Summer *fun* with the Lions

Sunday 7th July

featuring

Heart of England Bike Ride Heart of England Walk

with medieval entertainment provided by Swords of Chivalry

Advance discounted registration for Bike Ride closes 25th June. On the day registration available.

Heart of England Bike Ride

20km, 30km or 50km in aid of British Heart Foundation

Registration fee £10 adult £5 child (on the day £15 adult 7.50 child)

Advance registration closes 25th June

Enjoy this popular family bike ride through the glorious Warwickshire countryside on Sunday 7th July in support of the British Heart Foundation (BHF). This successful event is in its 8th year, although the 2nd year in support of the BHF's Mending Broken Hearts Appeal.

There's a choice of 3 routes starting and finishing at the stunning Baddesley Clinton National Trust property (Solihull/Warwickshire Border). Last year this event attracted over 400 cyclists and raised over £8500 for the charity. We hope that with your support we can make it an even bigger success in 2013.

Funds raised from this event will support the BHF Mending Broken Hearts Appeal. The aim of this appeal is to fund a programme of ground breaking research to see if we can learn how to teach the heart to 'heal itself by repairing or replacing damaged or dead heart tissue with new, healthy functioning heart tissue to prevent and more successfully treat heart failure.

Encourage all your friends, family and colleagues to come along for what promises to be a great day.
(20% of proceeds retained for local Lions causes)



Heart of England Walk

4 miles, 8 miles or 11 miles

in aid of

Vision Care
Northleigh House
The Brain Tumour Charity

For those that prefer two legs to two wheels, this popular walk along the beautiful scenic country footpaths around Baddesley Clinton will be the one for you. With choices of 4, 8 or 11 miles there is something to suit all fitness levels. Entry is free but a donation of £5 per person is suggested. Just come along and register on the day or go to our [website](#) and download a registration form.
30% of proceeds retained for local Lions causes

Extra entertainment! Sword fights from the Lords and Ladies of *Swords of Chivalry*, **Olde English stalls, games** and **pig roast** in the historic grounds of Baddesley Clinton. Children's **Design-a-shield competition**. Children's **Royal Quest quiz** on 4 mile walk. Check the [website](#) for details

Entry to the house is free for participants.



Feeling lazy? Come along with all the family to support the walkers and riders and enjoy the entertainment for yourselves. You can still play an important part in our fundraising.

For further details on the event, our nominated charities, or to register go to www.knowleanddorridgelions.com/summer