

# LEGS OF STEEL



## Saturday 26th September Box Hill, Surrey



The **Surrey Legs of Steel 2009: Dave Aitchison Challenge Ride** is a challenging cyclosportive in the Surrey Hills starting and finishing at Box Hill. The ride will take place on Saturday 26th September 2009, with riders rolling out between 8am and 9am. There will be two routes on offer - 81k & 46k - with plenty of hills to stretch your legs on!

The long route at 81k has 1600m of climbing and will take riders up eight major climbs: Ranmore Hill, Leith Hill, Holmbury Hill, Winterfold Hill (an awesome 21% climb!), St Martha's Hill, Coombe Bottom Hill, Dunley Hill and finish with the ZigZag at Box Hill.

The short route at 46k is no easy option with 1020m of climbing - it's just shorter! Riders taking the short route will experience five major climbs: Ranmore Hill, Leith Hill, Holmbury Hill, White Down Hill (an 18% climb!) and again finishing with the ZigZag at Box Hill.

The event, now in its third year, is held to commemorate Dave Aitchison, a rising star in British triathlon and Ful-On Tri club member who died suddenly in January 2007 aged 29. All profits from the event go towards the **Dave Aitchison SportsAid Fund** (Charity No: 1111612) set up in Dave's name by his family and the club to assist talented young triathletes in the Triathlon London region. For more details about the fund and to make a donation, please visit: [www.justgiving.com/daveaitchisonfund](http://www.justgiving.com/daveaitchisonfund)

Refreshments such as teas, coffees, snacks and cakes are available for purchase at the Box Hill National Trust Café, along with any last minute bike spares from Prologue Bikes. All participants will receive a medal. Entry costs £25.



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