

## ON YOUR BIKE FOR THE ENVIRONMENT

April 30 , 2010 - for immediate release:

You still have time to start training for the second annual Jewish environmental bike ride from London to Southend.

The 50-mile ride, on Sunday July 4, will give you the chance to complete a physical challenge while helping to build the Jewish community's first environmental cycling network.

The event will also raise money for Tzedek projects based in China and some of the JCC's social action projects, such as our refugee mentoring scheme and sustainable living allotment project.

"The London to Southend bike ride is a great way to get people on their bikes and out in the English country-side having fun whilst at the same time raising money for two excellent causes," says Hannah Weisfeld, Social Action and Campaigns co-ordinator for the JCC.

"Our vision is that the bike ride will help to form a community that is part of a Jewish environmental movement here in the UK."

You do not need to be a cycling professional to take part but you need to be competent at riding on roads, over 16 and fit for cycling 50 miles in one day.

All your questions about the ride will be answered at a pre-ride information evening on June 8, where you can find out more about the project the money raised will support, as well as practical information about the route and how the day will work.

Date: Sunday 4th July

Time: 8am

Venue: Queen's Gate, Victoria Park, Victoria Park Road, E9

Price: Entrance Fee - £20. Minimum sponsorship - £100

To book: Online at [jcclondon.org.uk](http://jcclondon.org.uk) or call the JCC office on 020 7431 9866

Pre Bike Q&A

Date: Wednesday 9th June

Time: 8pm

Venue: Garden Gate Pub, South End Green, NW3

Price: Free

To book: Online at [jcclondon.org.uk](http://jcclondon.org.uk) or call the JCC office on 020 7431 9866

ends