



whatever the weather,
the show goes on!



Supported by
Legal & General

Rise to the challenge ...and make a difference!



Make 2012 a year to remember!

By taking part in one of the Argus Appeal's exciting cycle challenges. Whether it is cycling the glorious South Downs Way through Sussex and Hampshire or along disused railway lines and canal paths directly into the heart of Paris, you can be sure that it will be an experience you will never forget!

Since the onset of our charity bike rides in 2003 we have raised half a million pounds for the Argus Appeal. All administration costs are covered by The Argus and Legal & General, therefore you can be assured that every penny you raise goes directly to charity, unlike so many others.

Whether you are relatively new to cycling or an old hand, we are confident you will have fun and make new friends. It's also a great opportunity to set yourself a fitness target for the summer of 2012.

For more information visit: <http://www.theargus.co.uk/argusappeal/cyclechallenges>



whatever the weather,
the show goes on!



Supported by

The South Downs Way Challenge



May 25th, 26th & 27th 2012

- A unique opportunity to cycle the entire South Downs Way
- Take in the fresh air and stunning views of Hampshire and Sussex hassle free
- Three days cycling of approximately 35 miles
- Fully supported with two daily checkpoints provided
- Two breakfasts and evening meals provided
- Transportation (from Brighton) of luggage, bikes & cyclists to start/finish points
- Basic route maps provided
- Two nights camping at Midhurst and Brighton
- On trail support



Register for just *£80 to reserve your place

* A further £150 (minimum sponsorship) also required six weeks after the event

Or if you can only get out for a day try the

The South Downs Devil

27th May, 2012

Our one day off road cycle classic from
Brighton to Beachy Head

You will have a devil of a job getting up some of these hills!

Fully supported with three checkpoints provided

£20 Registration

or £25 inc breakfast or £35 breakfast/transport home
NO sponsorship requirement



For more information visit: <http://www.theargus.co.uk/argusappeal/cyclechallenges>



The Brighton to Paris Challenge

August 29th - 2nd September 2012



Reserve your place for just *£50

*Total registration £250 Minimum sponsorship £350



Day 1: Wednesday, 29th August 2012

Travel to Dieppe via ferry from Newhaven and arrive late afternoon for an overnight stay in this lovely French seaside resort.

Day 2: Thursday, 30th August 2012

Dieppe to Gournay-en-Bray (50 miles)

L'Avenue Verte is a cyclist's dream - relax and take it easy in the Normandy countryside. This quiet route means you can meander in groups with no motor vehicles to hinder your progress. It is also kind on the legs - no hills!

Picking up the L'Avenue Verte in Dieppe we follow it for 42 miles all the way to Forges-Les-Eaux.

There is time for lunch al fresco at Neufchatel-en-Bray, a small and pleasant Normandy town, with plenty of shops. Our overnight stay is in a comfortable cycle friendly hotel in the sleepy town of Gournay-en-Bray where we can relax and enjoy dinner.

Day 3: Friday, 31st August 2012

Gournay-en-Bray to Chantilly (50 miles)

Today we pick our way through minor country roads in the Picardy region of France and make our way to our hotel in Chantilly, located at the edge of Chantilly Forest. Chantilly is one of the most delightful places in France, set amongst beautiful forest grounds.

The hotel is five minutes from the centre of Chantilly which boasts a chateau, museum and a racecourse and is famous for its horses, lace and cream.

Day 4: Saturday, 1st September 2012

Chantilly to Paris (45 miles)

The home stretch! Paris is a day's ride away.

We encounter more small villages on the quiet back roads skirting the east of the city past Charles De Gaulle Airport to pick up the traffic free Canal de L'Ourq via the sleepy village of Claye-en-Souilly which leads to the heart of Paris. The route takes you through the suburbs of Paris.

Eventually reaching the centre of the most romantic city in the world!

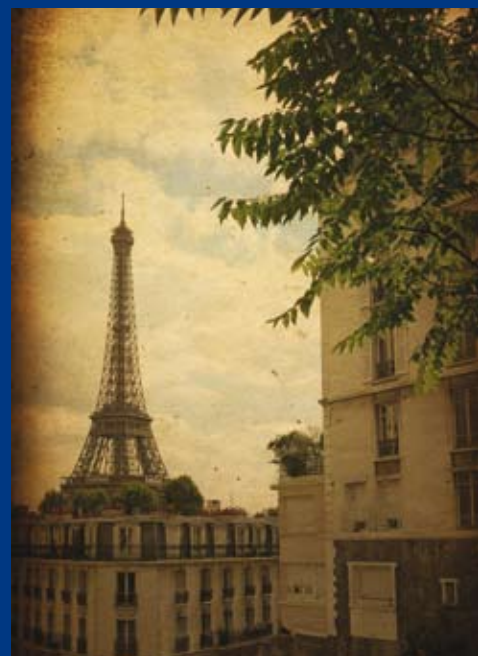
Once we reach our hotel, you will be free to spend the rest of Saturday exploring the sites of Paris on foot. The hotel is next to a main Metro station.

Day 5: Sunday, 2nd September 2012

Enjoy the morning and an early lunch in Paris and return home in style via Eurostar (Ashford).

Connecting coach to Brighton arriving home early Sunday evening.

** A shorter ride leaving on Thursday, 30th August is available on request. Please email: brightontoparis@theargus.co.uk for further details.*



For more information visit: <http://www.theargus.co.uk/argusappeal/cyclechallenges>



The Argus Appeal supporting our community

What makes us stand out from the crowd is that every cycle event we put on is a 100% charity event run by our experienced volunteers. This means that every penny you raise in sponsorship goes directly to those who need it most! We support some of the most vulnerable people in Sussex ranging from disadvantaged children, the disabled and the elderly in our community and we could not do this without you and the generous financial support from our sponsors Legal & General who cover the costs of our events and with whom we work very closely.

We have supported numerous organisations as well as sending food vouchers and hampers to over 1200 pensioners and families on low income during the Christmas period. Here is a list of some of the organisations that have recently benefitted from a donation from the Argus Appeal: Deaf Children's Society, Saltdean Festival, St. Anne's Day Centre for the Homeless, Care for Carers (Eastbourne), Southdown Housing Association, West Sussex Primary Care, Child Disability Team (WSCC), Home Works Eastbourne, Petworth Community Garden, Carer for Carers Eastbourne, Chichester Stroke Club, The Clock Tower Sanctuary, City Mission, West Sussex Learning Links, HCPT (Pilgrims Trust), Brighton Unemployed Families, Friends First Brighton, West Sussex County Council Relate, Chestnut Tree Children's Hospice, DELTA, SSAFA, ABC Fund, Peacehaven, West Sussex CC Children's Services, Sequel Trust, East Sussex Foster Care Association, The Martlets Hospice - Hove, Worthing Churches for the Homeless, Sussex ME/CFS Society, Independent Age, Sussex, East Sussex Association for the Blind, Brighton Housing Trust (Community Trust), Albion in the Community, Deans Festival - Woodingdean, South Downs Housing, Patching Lodge - Kemp Town, Chichester Diocesan Family Support, Cricket 4 Change, Care for Carers - Eastbourne, Hollingbury Active Parents for Park Imp, Rics Phab Club - Chichester, Carers Support Service - Chichester, L'Arche Community - Bognor, WSCC Isabelle Goldsmith-Diaz, Citygate (Fare-share), YMCA Hove, Carousel - Blue Camel, Southwick Christian Community Church Hall, Downsview School, The Big Picnic, The Salvation Army, Portslade Community, Age Concern - Selbourne, Sanctuary Housing, Summersdale Afternoon Club, Sussex Multiple Sclerosis Centre, Mears Care Ltd (Patching Lodge), Brighthelm Church & Community, Sanctuary Housing, Southdown Housing Friends Centre, Brighton Unemployed Centre, Handicapped Children's Action Group, Extratime, Signpost.

THANKS.....we could not do this without you and our many volunteers (too numerous to mention). Everyone at the Argus Appeal looks forward to perhaps meeting you on one of our events.

If you would like to find out more about The Argus Appeal or see a video about some of the excellent work we do in our community log onto:

<http://www.theargus.co.uk/argusappeal/>

Special trikes will aid pupils

CHILDREN at a special school will now be able to get about more easily following a donation from The Argus Appeal.

Downs View School in Woodingdean, Brighton, asked the appeal for the £3,000 needed to buy two specialist trikes.

The trikes have a steering control at the back and are adapted to make it easy for people with disabilities and special needs to use them.

Pupils and staff were treated to a visit from Santa who came along to hand the trikes over.

Sandy Austen, chairwoman of the Friends of Downs View, said: "These will be great for the children and they will certainly be putting them to good use.

"We are very grateful to the appeal for making this possible."

For more information & on-line registration log onto:

www.theargus.co.uk/argusappeal/cyclechallenges

email: southdowns@theargus.co.uk

or brightontoparis@theargus.co.uk

Or telephone

Alison on 01273 544401

Can you make a difference?



For more information visit: <http://www.theargus.co.uk/argusappeal/cyclechallenges>