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**How to join the St Albans Charity Cycle Ride
and raise funds on behalf of the Foundation**

1. Visit the St Albans Charity Cycle Ride (SACCR) website: [saccr.co.uk](http://saccr.co.uk/entry.htm)
2. Click the header ‘Enter Event’.
3. Click on ‘Enter Online’ button top right.
4. Follow the instructions to add your details.
- You will be asked to pick your distance to cycle 10, 20 or 30 miles
- Entry fees: Adult £22, Youth (under 16) £5, Senior (over 65) £10.
5. To collect sponsorship on behalf of the Foundation please visit Virgin Money Giving to set up your own [Virgin Money Giving page.](https://uk.virginmoneygiving.com/charity-web/charity/displayEventDetails.action?eventId=32076&charityId=1002192&invocation=evt0050)
- Click on ‘Start Fundraising’ button near the top right.
- Sign in with your email address
- Follow the instructions to set up your personalised page.
6. Please let us know you are joining our team of sponsored cyclists so we can keep you up to date with event news.
7. Let your friends and family know about your challenge. If you are happy to share on social media please use these hashtags: #saccr #cyclingrotary #yellowcycleride #charitycycleride #StAlbans
8. For more information please visit our [website](https://counsellingfoundation.org/cycle-for-counselling-with-saccr-may-2019/) or contact us know if you need any help with signing up: judy.mallinson@counsellingfoundation.org or 01727 868585 Option 7

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