



BIKE

HOPE

LOVE

RIDE A BIKE - GIVE HOPE - SPREAD LOVE

FINAL REPORT:

Well the Virtual Ride is done. By the end of August, in 12 individual rides, I completed 396.4 miles in support of the mission project.

I rode circular routes starting from Wimborne, plus routes around the New Forest, Hampshire, West Sussex and the Isle of Wight. My longest single ride was 68.39 miles around the Isle of Wight including the ride to the ferry and back. In total I have burned off 22,759 calories which has been ample justification for some of the lunches, ice creams and cake I have consumed on my journeys

Many of my rides were solo but the best rides were the ones where I had cycling companions and I should like to thank all those who rode with me for their company and support.

Most importantly, I would like to thank all those who have supported the mission with their donations. We may or may not directly see the blessings that will come from this mission project, but they will be there, and you will have played a vital part in them.

In the friendly competition that was running for the teams of riders taking part, I amassed a total of 700 points, which has helped the team for which I rode take the lead in the race for the steak supper. The final team results will be known at the end of September and the steak supper is planned for next May, by when it is hoped that the restrictions on large gatherings will have been eased. I'll let you know what a virtual steak tastes like because, even if we win, I don't see me travelling to Ohio for a steak, however good it is.

There is still time to support the mission financially, please visit www.bikehopelove.org where full details of the ride and mission project can be

found. Donations can be made by clicking on this link: [square link](#) or copy and paste the following into your Internet Browser:

<https://checkout.square.site/pay/a10a9b16e4bc47b18b9a74d667f64548>

Any contributions will still be gratefully received.

If you're on Facebook you can visit the Bike Hope Love Facebook page and see my posts on the Community page for my ride details and pictures.

Thank you again for your support.

Richard Crispin