



BIKE HOPE LOVE

RIDE A BIKE - GIVE HOPE - SPREAD LOVE

UPDATE:

So far in August I have ridden 257.17 miles in support of this mission project. With another week or so to go, I fully expect to ride more than 300 miles before the end of the month.

I have ridden circular routes starting from Wimborne and routes around the New Forest, Hampshire and West Sussex. My longest single ride has been 52.72 miles. I have had the pleasure of sharing some of the rides with my younger son Michael and my daughter Sarah. Pauline has also ridden with me on our newly acquired tandem.

Appeal: If anyone would like to ride with me, which will help boost my points total and my team's chances of winning the contest (see main article for details), please contact me via my email: richardcrispin@yahoo.co.uk Minimum distance will be 20 miles.

If anyone is willing 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 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 for your support.