

# SPEAR

homelessness to independence

## SPEAR Cycle Challenges

### National Bike to School Week 9-13 June



#### Could you Cycle to school for a week?

Could you get sponsored to cycle to school for a whole week? Get fit while raising funds. Who knows after a week you might change the way you travel to school forever!

#### How far can you go?

How many times could you cycle round your school at lunch? Could you beat your friends? Do you go full tilt at the start or plan a slow and steady pace to win the race? Share the work and have a relay—may the best team win!



#### Why fundraise for SPEAR with bikes?

*Bikes are a key part of our Skills & Development programme for our clients. We run regular bicycle maintenance courses giving clients skills they need to get employment. They also keep the bikes—a great way to get fit and travel cheaply. By getting on your bike you could be helping our clients get on theirs.*

