

FRIENDSONBIKES

October 2022 Newsletter



1445 Hagar Bride Ride

Date: Saturday 15 October

The Ride: This is the long ride of the year! Redcliffs to Rangiora return is 100km: you can ride or scoot or rollerblade for as long as you wish. Come for the whole ride or just join in at any point. Details of opt in/opt out times below. We welcome all to make up numbers and contribute some kms however a reasonable level of fitness and probably a road bike or e-bike is required to do the whole ride!

About: The ride's aim is to collectively cover 1445km - length of the Chinese/Vietnamese border- a known area of human trafficking. Our cycling efforts will raise awareness and funds for [Hagar's work](#) with survivors of trafficking and abuse in Vietnam.

The schedule:

7.45am: Redcliffs School on Beachville Rd for an 8am start

9am: Breakfast/morning coffee stop, Beach House Café, 16 Beach Road, North Beach. Biketober will shout riders their first drink ☺

9.30 am: Depart Beach House Cafe.

10.30am: Regroup/loo stop at Trousselot Park, Kaiapoi, near the pedestrian bridge

12pm: Lunch stop, Artisan Café, 18 High Street, Rangiora

12.30pm: Depart Rangiora

3:00pm Finish and refreshments (provided) Redcliffs School

Dress theme: While not mandatory, we do encourage you to come in wedding attire to raise awareness of our cause

For more information about the 1445 Challenge and donate to Hagar go [here](#) and for (more) Facebook details about our ride go [here](#)



Spinning stories: cycling news and research in the media

Christchurch is the “perfect city” to discover the joy of cycling. Read about some local champions [here](#) and myth-busting [here](#)



[Biketober 2022](#) and the bike passport is bigger and better than ever with lots new rides and events plus repeat performances of some of the old favourites.

Loads of prizes to be won!