

Pushing through boundaries.



EMpowered people®

**2014
Events**

Tour of Anglesey

9th, 10th & 11th May 2014

EMpowered people is a unique charity that offers help and support that will enable all adults with disabilities and from all backgrounds, regardless of gender, race or level of ability, to improve their health and wellbeing through cycling. By providing the correct tools, support and encouragement, will enable them to achieve their personal targets. Change public preconceptions about disability and promote the potential of all persons of restricted abilities.

Tour of Anglesey - 9th to 11th May 2014

EMpowered people Tour of Anglesey, with option of two and three day ride. The Three day event will see the riders leave the North West of England and head through Cheshire before joining the North Wales Coastal road and heading for Cymyran Bay, Anglesey over a distance of 110 miles. The 10th and 11th will see the riders take on a more sedate pace as they ride around some of most spectacular sites the Island has to offer. The two day event will start and finish from Cymyran Bay riding with the other group of riders and travel in a North to East coast direction, the second day will see the riders head south following the West coast before heading into the centre of the island passing through the beautiful Dingle Pass before returning to Cymyran Bay. Total mileage for both days 80 miles. The ride is designed to allow all our riders to achieve their own goals and feel they have accomplished an incredible feat.

All donations will go towards EMpowered people charity and their beneficiaries. EMpowered people is a not for profit organisation

Please make **cheques payable** to EMpowered people or donate through our web site: www.empoweredpeople.co.uk via the sponsorship/donate link.

Forthcoming EVENTS

Greater Manchester City Cycle - Sunday 29th June 2014

Festival of Cycling (Yorkshire part of the Tour de France) - 4th to 6th July 2014

C2C (Coast 2 Coast) Morecambe to Scarborough - 8th to 10th September

Also for 2014 - EMpowered people will be organising taster days for interested parties to come and try our two and three wheeled cycles in a safe area with our support riders on hand, plus various **Sky Rides** around the country - which will cater for all abilities.

For full details please contact us:

Web site: www.empoweredpeople.co.uk/contact

Email: empoweredpeople@btconnect.com

Tel: 07702 784 916

Aerodynamically, the bumble bee shouldn't be able to fly,
but the bumble bee doesn't know it so it goes on flying anyway.

Mary Kay Ash

EMpowered people are a not for profit organisation
Registered Charity Number 1153703