



**DAY 1** Harrogate to Austwick  
**DAY 2** Austwick to Leyburn  
**DAY 3** Leyburn to Harrogate

# PEDAL 150 MILES FOR POLIO ROUND THE YORKSHIRE DALES



**Poliomyelitis (polio) is a highly infectious disease caused by a virus. -----There is no cure.**

Polio can only be prevented through immunisation, which has been successful in eradicating the disease in all but four countries - Afghanistan, India, Pakistan and Nigeria - in the last 25 years.

Polio mainly affects children under five years of age, but a vaccine almost always protects a child for life. The cost of immunisation is very little – 50p can immunise a child against polio for life.

**Whatever we raise, children in Afghanistan, India, Pakistan or Nigeria will benefit from your generosity, and you will help them to lead a life free from the crippling effects of polio. You will also help to avoid polio coming back into Countries currently free from Polio.**

Rotary works with the Bill and Melinda Gates Foundation, the World Health Organisation (WHO) and the United Nations Children’s Fund (UNICEF) Towards the eradication of polio. In 1985 Rotary started its PolioPlus programme since when more than 2 billion children have been given oral polio vaccine. Every £1 you give will support the PolioPlus Programme.

**Help Rotary to rid the world of polio**



# PEDAL for POLIO tour of the DALES

For more details & to book contact Peter Wood Tel: 01423 873985 or Email: woodleadhall@ntlworld.com

**ADVENTURE  
CYCLISTS  
WANTED**



Harrogate Wheel Easy Riders

**Three Day Supported Cycle Tour around the Yorkshire Dales - 11th to 13th June 2010**

- Long days in the saddle**
- Challenging climbs**
- Uncertain weather**
- Sleeping under canvas**  
(Not got a tent? Contact us for assistance )
- Great camaraderie**
- Sense of Real Achievement**
- TOTAL ON - ROAD RIDE**

Organised  
by the

**ROTARY CLUB of HARROGATE BRIGANTES**

Log on to [www.harrogatebrigantes.rotary1040.org](http://www.harrogatebrigantes.rotary1040.org)