



## SHELTER IN A STORM CHARITY BIKE RIDE

On Sunday 14 July 2013 a team of 12 from all parts of the hotel undertook the challenge of the Manchester to Blackpool bike ride. The purpose was twofold: to test the fitness of the team and more importantly to raise valuable funds for IHG Shelter in a Storm charity and support the Christies foundation who organised the bike ride. Our target was to raise £1,500 to support both charities and ensure the hard work the riders were going to put in was rewarded by hitting our ambitious target.

The ride began at 6:30am with a de brief at the Crowne Plaza Manchester Airport, a quick nutrition check in the shape of a full English breakfast and then we were off. At 7:30 we set off from Old Trafford on our day's commitment. The ride took 5 hours to complete (with a couple of stops thrown in for good measure) and I am pleased to say all riders completed the challenge and minus a few cuts, bruises and aching muscles were in good health.

There was a great sense of achievement amongst the team as we realised we had not only achieved our target of £1,500 but our final fundraising events came to £2,250 which was a significant achievement and made the day all the more worthwhile.

I would like to thank all our sponsors.....Squires Sanders, M&J Seafoods, Nova Interiors, HLR Air Conditioning, Road Safety Support and Interiors Inc.

