



## **We Need Volunteer Marshals on Sunday 28 June 2009**

If you can't help do you know people who can?



**'Capital to Coast', the 60-mile Cycle Challenge for Charity, is in its 14th year and we need volunteer marshals to help out on the day.**

**Marshals are essential to the smooth running of the event and there are various roles available.**

**We need people to run refreshment stops, encourage the riders and be part of the team.**

**We also need Motorcycle Marshals to patrol the route.**

**Do something for a good cause and register now!**

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