

Where are you riding this weekend ?

*Ride a different road.*

## Helimed Rideout coastal run

Take a ride along the coast of Wales in aid of Wales  
Air Ambulance.

12th July 2008

Llandudno to Swansea ride. £7 per rider £3 per pillion. Finish  
line buffet and evening at the Swansea Marriot hotel.

To join send a £1 SAE and cheque for the joining fee to:

PO Box 43, Machynlleth, SY20 8XD.

[www.helimedrideout.co.uk](http://www.helimedrideout.co.uk)



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