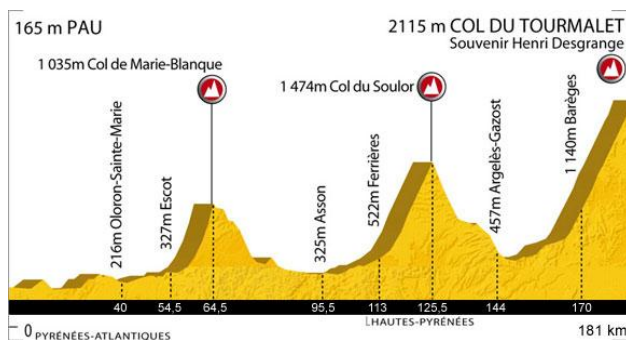


Ben's Wish to Walk

Etape du Tour 2010

On Sunday 18th July I will be tackling *the* Grand Sportive of road cycling by taking on the Tour de France 'Etape du Tour' in aid of Ben's Wish to Walk – a fundraising campaign to raise money for a life changing operation for an Ilkley boy who has Cerebral Palsy (find out more at benswishtowalk.co.uk).

The etape is a mountain stage of the Tour de France and this year's is considered to be one of the hardest stages there is. I'll be riding 181km (112 miles) up and over 3 mountain passes in the Pyrennees, the longest ascent being 22km long and which will take me more than 2 hours of grinding uphill in the July heat to reach the top! My target is to complete the course in under 10 hours.



Am I scared? – Yes! I only took up road cycling last year and so this is a big ask for such a novice. But I've put in the training, I've already done the distance and elevation gain here in the Dales so now it's just (just?) the much longer climbs and potential heat issues I've got to overcome. If raising money for Ben's Wish to Walk weren't motivation enough, there's also avoiding the ultimate humiliation of the 'broom wagon' sweeping me up off the course if I don't go fast enough!

Please sponsor me!

...you can get in touch by email (nigel.ezard@blueyonder.co.uk) to pledge an amount or you can donate directly via Paypal on the [benswishtowalk](http://benswishtowalk.co.uk) website. I'm not doing it by the kilometre or anything fancy like that. I'll either make it or I won't - and if for any reason I don't then I'll have made a huge effort in trying!

Your support would be very much appreciated. Thank You!

Nigel Ezard