



Inspired Living is a UK Charity Committee raising funds and awareness for cancer charities, with the following aims:

1. To inspire ordinary men & women to adopt healthier lifestyles to reduce their risk of contracting cancer.
2. To raise up to £1 million for cancer charities.

“We want to show that ordinary people can do extraordinary things”



Registered Charity Number: 1123304

The story so far

Over the past 6 years we have organised a number of cycling activities, both short distance mass rides and long duration rides around various parts of Europe. In the process we have raised over £300,000 for Cancer charities

2009 - Inspired Living was established

2010 - 33 cyclists (and support crew) from Winchester to Gibraltar coordinated with a 'mass ride' where over 200 riders cycle from Winchester to Portsmouth

2011 – 14 cyclists (and support crew) Italy 'Top to Toe'

2012 – 31 cyclists (and support crew) from Andover to Venice

2014 – 50 Cyclists (and support crew) from Melksham to Monte-Carlo

2016 – 50 Cyclists (and support crew) from Winchester to Rome

Find out more

There's lots more information on our web site

www.inspiredliving.org.uk

Why are we doing this?

1. Cycling is a metaphor for life – we are all on a journey
2. Fighting the adversity of cancer with positivity
3. To promote the compelling health messages - diet, exercise and lifestyle factors
4. Improved nutrition and an increase in activity reduces the risk of cancer and stroke.

Barcelona 2019

37 Riders will depart on Thursday 5th September cycling through France and Spain for the next 9 days, arriving in Barcelona on the afternoon of Saturday 14th September, a distance of over 750 miles / 1,200 km.

The ride will be fully supported allowing the riders to travel light with their luggage transported in our support vehicles.

Every day the support team will set up rest stops after approximately 30 and 60 miles where riders will be provided with food and drink.

The riders will be covering their own costs of the challenge, or are being funded by their employer, enabling individual sponsorship to be donated to Cancer Research UK and the Countess Mountbatten Hospice.