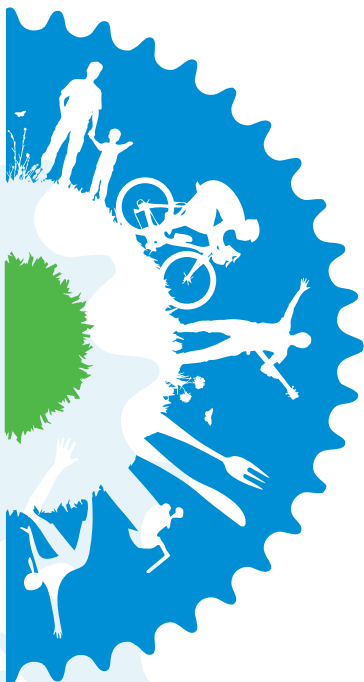


CALLING ALL ROAD CYCLISTS – WHATEVER YOUR ABILITY
...AND YOUR FAMILY & FRIENDS, FOODIES, MUSIC LOVERS AND OTHERS!



THE DORKING SHIFT 29.9.13



The DorkingShift offers a challenge for riders of all abilities as the routes wend through the Surrey hills, which boasts some of the most beautiful countryside in SE England. Easing in with the 30-mile **FunShift**, the challenge ramps up dramatically in the 50-mile **SuperShift** and peaks with the 100-mile **HeroShift** with its 8 categorised climbs and over 8,500 feet of vertical elevation.

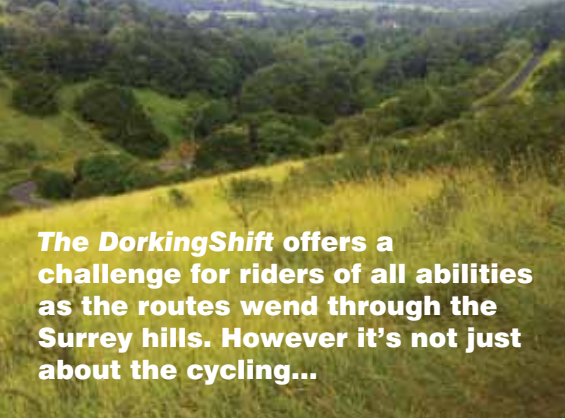
However, it's not just about the cycling on the day: this is a sportive with a unique additional dimension!...

Presented by



In aid of





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THE DORKING SHIFT

29.9.13



...Expert guidance for bike and body prep via an optional, free 3-month webinar training programme will be available in the lead-up to the event, with contributions from leading health, sport science and bike experts. We'll be offering the option of functional tests before and after the event to determine performance and recovery potential, with a limited number of free tests available for 'early bird' bookers. We'll focus on common pitfalls in many training programmes and bring riders the latest cutting-edge information that combines the most recent developments in nutrition and sports science to help you maximise your potential.

Dorking FunShift: A gentle loop south of Dorking, taking in some wonderful countryside. Total elevation gain: 616 metres (2,021 ft). Total distance: 48 km (30 miles).

Dorking SuperShift: This route is a challenge for any level of cyclist. Total elevation gain: 1461 metres (4,794 ft). Total distance: 83 km (51.4 miles).

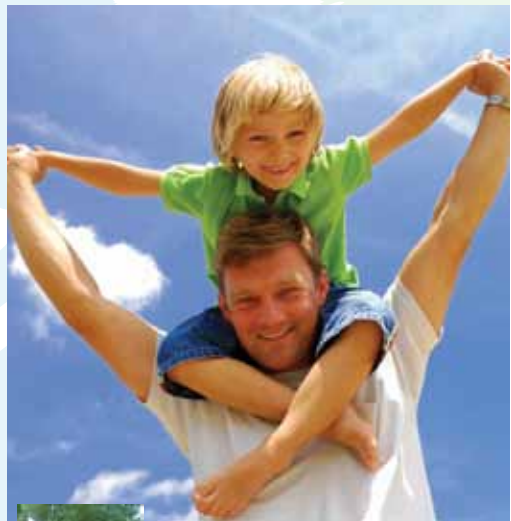
Dorking HeroShift: Only potential heroes need apply! This is not for the faint-hearted and is a candidate for one of the toughest sportives in southern England. Includes 8 categorised climbs. Total elevation gain: 2,592 metres (8,503 ft). Total distance: 167 km (103 miles).

And what's more, you can bring your non-cycling family and friends too! See opposite for more information on the fun-filled day packed with activities to suit all age groups back at base – including a children's *KiddieShift* cycle. Featuring two routes for the under 12's, including the Denbies Mountain Challenge, which will put the more adventurous kids through their paces on a private road on the Denbies Wine Estate!

Want to make YOUR life Shift? Then don't miss this event!

Don't think the DorkingShift is just for cyclists! Far from it, we're putting on a unique event to appeal across the board to all age groups, both individuals and families alike. With this in mind we're hosting a fun-packed range of other activities too.

So if you're health-conscious (or want to be!) or just fancy a great day out, we're sure we'll have something that will take your fancy.



Contact Sophie Middleton at info@thedorkingshift.co.uk or on +44 (0)1306 646583



Getting active doesn't have to break the bank! Here's some of what's planned:

- **Natural movement sessions** enhancing your natural locomotive skills and showing you how to use what nature has on offer to stay fit and healthy
- **Yoga** – for all ages and abilities
- **Pilates classes** – to build your core strength and agility
- **Skipping** – great fun, and a fabulous (and quick!) way to keep fit
- **... and lots more too!**

Visit our website for more details and a growing list of activities for the day, our expert presenters and facilitators, and the wonderful companies exhibiting and sponsoring this unique event.

The DorkingShift a fun-filled day packed with activities to suit all age groups.

This day could seriously change your life. Get involved and your support will help raise significant funds for two deserving causes. *Yes to Life* — a charity that supports people with cancer who want to take a proactive role in their treatment, using integrative approaches to medicine and healthcare; and *Alliance for Natural Health International* — a non-profit campaign and lobby organisation, dedicated to promoting sustainable approaches to healthcare. Tell your family and friends, and bring them along for a fabulous day and evening out they are sure to enjoy.

Don't miss our educational talks and live demos from leading health and fitness experts, plus takeaway tips on how to 'get active' without spending a fortune on gym or other memberships.

And if that's not enough to tempt you, we're sure our wide array of exhibitors offering the yummiest, healthiest food and drink will certainly grab the attention of all you foodies out there!

Check out our live cooking demos and tasting sessions to keep you super fuelled all day. After an action-packed day, we plan on keeping you going well into the evening, where you can kick back, relax and enjoy live music from some of the best musicians in the local area at our *DownShift* event.

All this awesomeness will be taking place at the Friends Life Social Club in Dorking — our cyclosportive starting/finishing point.

And also base camp central for weary cyclists in need of some post-sportive regeneration!

BOOK YOUR TICKETS NOW!

Cyclists can book directly through the **British Cycling website:** <https://www.britishcycling.org.uk/events/details/87735/The-DorkingShift>

or the dedicated DorkingShift website: www.thedorkingshift.co.uk.

Non-cyclists may find it easier to book directly through **The DorkingShift website:** www.thedorkingshift.co.uk.

Contact Sophie Middleton at info@thedorkingshift.co.uk or on +44 (0)1306 646583

TICKET PRICES

FunShift (30 miles)

Admission for one cyclist, plus entry to The DorkingShift day event

£30.00

SuperShift (50 miles)

Admission for one cyclist, plus entry to The DorkingShift day event

£30.00

HeroShift (100 miles)

Admission for one cyclist, plus entry to The DorkingShift day event

£30.00

Cyclists' additional family ticket

Admission for one adult and two children under the age of 12 into The DorkingShift day event

£17.00

Non-cycling family ticket

Admission for two adults and two children under the age of 12 into The DorkingShift day event

£22.00

Additional adult

Admission for one adult for The DorkingShift day event

£8.00

Additional child

Admission for one child under the age of 12 to The DorkingShift day event

£3.00

NB: Tickets for The DorkingShift event include 2 activity vouchers per ticket, one of which can be used for the KiddieShift cycling. Further vouchers can be purchased on the day.

Evening ticket for The DownShift music event

This ticket admits one person to the evening event. Tickets for the evening event are a stand-alone purchase from The DorkingShift ticket packages.

£7.50

A photograph of three cyclists riding away on a paved road lined with trees. The cyclist in the foreground is wearing a black and white jersey and a black helmet. The cyclist in the middle is wearing a purple and white jersey. The cyclist in the background is wearing a black and white jersey with 'GARMIN' visible on the back. The road is flanked by tall trees, and the background shows a green landscape under a clear sky.

KNOW THE INS AND OUTS OF GROUP RIDING ETIQUETTE?

Don't worry, we do.

British Cycling membership can help you get the most out of your ride. Join today and receive:

- Full access to our new online library of cycling tips and techniques from the best in the business
- Discounts on kit and equipment from leading retailers including Wiggle
- Liability insurance and free legal advice for peace of mind whilst out riding

For more information visit
britishcycling.org.uk/membership

