

Embargoed until Monday 19 July 9:00

Buckinghamshire's Biggest Charity Bike Ride

Returns for 2021

It is now only 2 months to go until hundreds of cyclists return to Stoke Mandeville Stadium to take part in the **2021 MKFM Tour de Vale**. On **Sunday September 19** organisers WheelPower (the national charity for wheelchair sport) will be welcoming riders of all ages and abilities back to the Birthplace of the Paralympic Movement for a real celebration of cycling.

With restrictions lifted and lots of people having taken up cycling during lockdown, now is the time to get back on the saddle and turn pedal power into vital funds for the charity WheelPower. After an incredibly tough year every penny that can be raised by those taking part will be so gratefully received and will support the charity to restart national programmes that have been unable to take place during the pandemic.

Recent evidence from the Activity Alliance showed that twice as many disabled people felt that coronavirus greatly reduced their ability to do sport or physical activity compared to non-disabled people. Charities like WheelPower are key to recovery after the pandemic, highlighting the importance of accessible activity and a return to play for the disabled people they support across the UK.

The 2021 MKFM Tour de Vale will once again start and finish on the famous track at Stoke Mandeville Stadium. There are three fantastic routes to choose from, 25km, 70km and 115km catering for cyclists of all ages and abilities. The 25km route for example is ideal for families with all under 16's and handcyclists go free.

We understand that some riders are a little wary to sign up this year but you can rest assured that all health and safety precautions will be taken by WheelPower and the Tour de Vale team to comply with current government guidance. Away from the stadium all riders will find regular water stops, marshals, first aid points and support vehicles throughout the day to make sure that the event takes place in a safe, friendly and fun environment for everyone to enjoy from beginning to end.

To find out more about this year's event and to sign up for the 2021 MKFM Tour de Vale please visit www.tourdevale.com



Volunteering at the 2021 Tour de Vale - If cycling isn't for you, you may like to volunteer to marshal on the day along the routes? Just a couple of hours, full instructions, high vis jacket and packed lunch will be supplied! Please contact info@tourdevale.com or call 01296 395995



FREE bike check Sunday 12 September - WheelPower and Mountain Mania are holding a FREE bike health check in preparation for the MKFM Tour de Vale. This is only for cyclists who have entered the ride and will be held at Stoke Mandeville Stadium. Booking is essential email info@tourdevale.com or call 01296 395995



Note to Editors:

Please feel free to use the images attached alongside this press release.

About WheelPower

WheelPower have been providing opportunities for people with physical impairments to take part in sport for over 70 years. Based in Stoke Mandeville, the home of the Paralympic movement, WheelPower is at the heart of wheelchair sport.

From first-timers to Paralympic medalists, we support and promote participation at all levels. We have seen how playing sport can enrich lives, offering tremendous physical and psychological benefits, whatever your age or ability.

During the current crisis WheelPower has continued to offer new opportunities for disabled people to get active and stay active through a range of events and resources that include our popular 'Exercise at Home' fitness films and our live online classes. WheelPower also provides equipment that enables disabled people to get active and support for a range of wheelchair sports associations.

About the Tour de Vale

Organised by WheelPower, the Tour de Vale Charity Bike Ride has raised funds which have transformed the lives of thousands of disabled children and newly injured adults over the last 17 years.

In 2019 the Tour de Vale attracted over 1400 riders of all ages, abilities and fitness levels, creating an event that's inclusive, family friendly and community driven. The riders have three scenic routes to choose from, which all start and end at Stoke Mandeville Stadium, and take them across the beautiful Buckinghamshire and Oxfordshire countryside. 2019 also saw the events largest fundraising total to date, as the grand total topped £56,000.

Please keep up to date with announcements by visiting www.tourdevale.com and through our social media channels. When posting about the event please always use the hashtag #TourdeVale.

Website:

www.wheelpower.org.uk

Social media:

WheelPower can be found on all channels so please do tag us into your posts using the following: [@wheelchairsport](https://www.facebook.com/wheelchairsport) (Facebook) [@wheelpower](https://twitter.com/wheelpower) (twitter) [@wheelpower_official](https://www.instagram.com/wheelpower_official) (Instagram)

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