

Heart of England Bike Ride 16/7/2017

Short route - <https://www.strava.com/routes/9378403>

Medium Route - <https://www.strava.com/routes/9378794>

Long route - <https://www.strava.com/routes/9378898>

60 mile challenge - <https://www.strava.com/routes/9379099>

Remember if you are accepting the challenge of all 3 rides we ask you to start with the long one, then medium and then short route