

FREE

THE

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## 24hr Sponsored Spin for SA Charity

Where: Pedal Studio, 4 Token Yard, Putney High Street

When: 24 February 2011 to 26 February 2011

Take Part: There's still time to put a team together

**DURING** the dark cold nights, members of *The South African* newspaper team have been using The Pedal Studio in Putney to keep fit. Spinning is our kind of exercise, as it's a completely poser-free and a simple process: arrive – ride – go. The costs are very reasonable and since it's pay as you go, there are no semi-criminal rolling-contracts to tolerate. The instructors monitor your heart rate throughout and coach you to the music; they push you, but it's seriously good fun. The way you feel after one session has to be experienced (try a couple of shots of endorphin and dash of self-righteousness!)

### 24 Hour Spinathon on the 24th

On 24 February, 10 teams of spinners will be lead by Spinning Qualified Instructors, and ride continuously for 24 hours for fun and in aid of Ndoro Children's Charity. (Teams include visiting Spinning Instructor Jetty from Holland and her crew of 14 riders in 'Team Orange')

There is still time to get involved, and you can ride for as little, or as much as you want and do it at your own pace. You can have as many as eight cyclists on a team, each riding for three hours. Or you can be a team of one, riding up to 24 hours (and may the force be with you!)

### How to put your team together

With your team registration, you will be assigned a stationary bike. It's up to you to recruit and schedule team members to keep

the pedals turning for 24 hours. Please help The South African Team reach our goal of £1000 for the bike! - <http://www.justgiving.com/slowtraintonowhere>

### Where the funds go

Funds from the 24-hour-spin will be supporting two Ndoro Children's Charities projects. 50% of the funds raised will go to The Freeway Football project in South Africa which is bringing sport, education and commercial support to the communities along the N2 high way in Cape Town.

The rest of the money will go towards the Zororo Leadership Academy, an orphanage and school that Ndoro CC is building in Hwedza District, Zimbabwe.

Contact [amy@ndorocc.org.uk](mailto:amy@ndorocc.org.uk) for more info, or visit [www.ndorocc.org.uk](http://www.ndorocc.org.uk)  
The Pedal Studio Details - [www.pedalstudio.co.uk](http://www.pedalstudio.co.uk)

