

COMBATSTRESS
FOR VETERANS' MENTAL HEALTH



**classic
challenge**



ISTOCKPHOTO

D-Day Cycle 88 Challenge

Day 1: Sunday 5th June

Participants make their own way to London with their luggage and bike to pick up the coach transfer down to Dover. We then take the Eurotunnel over to Calais. (Or own way to the accommodation if not taking event transport). On arrival in France we travel to our overnight accommodation to fuel up with a nutritious dinner. We then have the challenge briefing about the day ahead.

Day 2: Monday 6th June

D-Day Challenge 88 Day



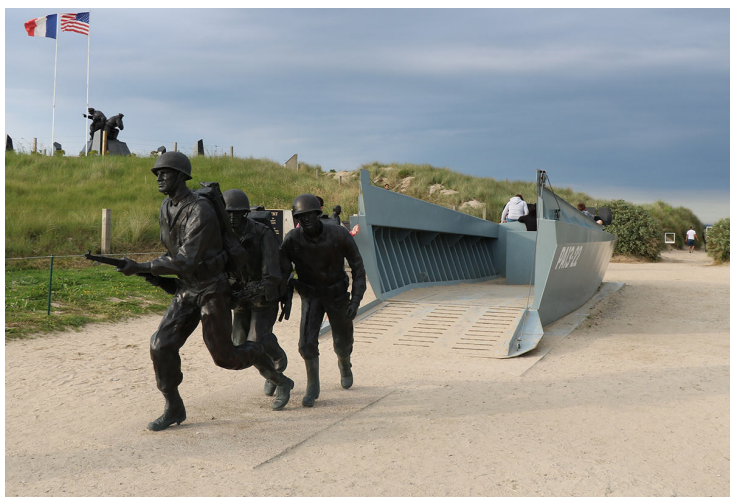
88 Mile Challenge: Early wake-up to board the coach @ 05:30 to be at the start for 06:00*. Bike access is not permitted at the memorial so we shall visit it on foot before the ride begins.

We start the challenge from Pointe du Hoc, where Colonel Rudder led an elite group of 200 rangers up the chalk cliffs using ropes and ladders. After dispatching the German sentries at the top of the cliff, their mission was to find and destroy large battery guns; this action was crucial as these large guns were capable of firing shells several miles out to sea and would therefore have claimed many men's lives who would be arriving at Utah beach the following morning. After destroying the guns, but alerting a large German infantry force, Colonel Rudder and his men fought bravely with their backs to the sea and suffered large casualties, not only at the hands of the German infantry force but also due to friendly fire coming from naval ships at sea. Colonel Rudder and 30 of his men survived the mission.

From Pointe du Hoc, we then ride South following quieter roads with some fabulous views near the coast, there are no major climbs in this section and the road surface is good. The first break stop is at La Cambe which is 19.6 miles into the route. La Cambe has a German military war grave cemetery, it is the largest German war cemetery in Normandy and contains over 21,200 German military personnel.

We continue riding along smaller back roads as the route gets gradually hillier with some short, steep sections. We ride past Omaha Beach which was vital in the D-Day planning to secure a stronghold between Port-en-Bessin and the Vire River, linking with the British landings at Gold to the East and Utah to the West. We then continue past the American Cemetery which is a vast site on the coast. Our break here is at 43.3 miles and is shared with the Run/Walk challenge. It was here that immediately after the D-Day landing on the 7th and 8th June The Battle of Port-en-Bessin also known as Operation Aubery took place.

We then continue East just back from the coast passing through the village of Longues-sur-Mer passing the Longues-sur-Mer battery a World War II German artillery battery which was captured on the 7th June. We pass through the town of Arromanches and you will get fantastic views of the emotive scene of what is left of the Mulberry harbours. These were huge sections of floating concrete roads dragged across from Britain and fastened together at Arromanches forming a temporary harbour for ships to unload their cargo in support of the soldiers who had recently landed.



Our final section of the day is easy riding but has the challenge of more urban riding as we approach the more populated area of coast towards Pegasus Bridge. There is much to see though as we pass Juno Beach, the Canadian landing point and one of the British landing points at Sword Beach. We also pass the Piper Bill & Lord Lovat statues, which commemorates Bill Millin, the personal piper of Lord Lovat Fraser whose Cammendo Brigade landed on Sword Beach on D-Day, Piper Bill Millin marched up and down the beach during the landings piping the forces on to the shores; unarmed apart from the ceremonial dagger in his stocking, he played unflinchingly as men fell all around him. We pass the Hermanville British Cemetery and the Hillman Strongpoint, a German bunker complex and command post before looping back inland before we reach the Coast for our final approach along the Orne canal. Pegasus Bridge looms up ahead, its structure an icon of the first few hours of the D-Day invasion.

It was here where Horsa gliders, part of the three airborne divisions deployed during the night of June 5th, landed 50 metres away from the canal bridge. The gliders broke up on impact as they hit the field and soldiers scrambled out through the broken sides. Led by Lieutenant Brotheridge, the small platoon of commandos charged across the bridge. Their mission was to take it intact in order to aid the main landing force which would be arriving in the morning at Sword Beach. But by the time Brotheridge's platoon reached Pegasus Bridge, the German guards had got themselves organised enough to open fire.



Brotheridge was the first casualty of D-Day after being mortally wounded from a shot through the neck. The bridge was quickly over-run with reinforcements in the form of charging Willis Jeeps fitted with Browning machine guns. It is here at Pegasus Bridge that the Challenge 88 Bike Ride concludes. On arrival at the finish line you will be greeted with a celebratory drink and some well earned food.

Our overnight accommodation is a short walk/ride from the finish line.



Day 3: Tuesday 7th June

Morning departure back to London via Calais crossing.

Estimated time back to London Victoria 17:00 - 18:00.



*timings may change – exact times will be given on event

EVENT TIMINGS



Sunday 5th June

- 06:15** Registration @ Victoria Train Station, Vauxhall Bridge Road,
If you are unable to locate the team please call 07739 412749
- 06:45** Coach departs London
- 10:15** Ferry Crossing
- 11:30** Drive down to Caen
- 16:30** Arrival at overnight accommodation
Camping Hautes Coutures
Avenue de la Côte de Nacre,
17970 Bénouville,
France, Basse- Normandie
- 19:00** Event Briefing
- 20:00** Dinner



Monday 6th June - D-Day Challenge Day

- 05:00** Wake Up 88 Mile
- 05:30** 88 Mile transfer departs
- 06:00** Arrival at start point and 88 mile event begins
- 16:00- 18:00** Event finish



Tuesday 7th June

- 08:00** Breakfast & check out of accommodation
- 09:00** Coach departs
- 15:20** Ferry crossing
- 18:00** Estimated arrival back into Victoria



**Event timings for departure day may alter **

EVENT SUPPORT

You will be supported throughout the challenge by your bike guide Henk. You will be riding as one group and sticking together for the full event.

There will be break stops throughout the day.



BS 1: 19.5 miles

BS 2: 43. miles

BS 3: 54.5 miles

BS 4: 63.9 miles



At the break stops there will always be water to re-fill your bottles before you head off. There will also be a selection of sweet and salty snacks to make sure you get the appropriate nutrition levels back into your system. Not all break stops will stock the exact same food as we like to vary. If you are used to energy gels/powders and have trained with this then you will need to provide your own.



There will be a medic roaming response vehicle on the route.



There will also be experienced event staffing manning the break stops along the course in conjunction with the charity reps.



KIT LIST

Suggested Clothing for 88 Mile Cycle

- Padded cycling shorts
- Fingerless cycling gloves - ideally with gel pads
- Cycle jersey or sports tops
- Socks
- Scarf - to cover back of neck to avoid sun burn
- Spare trainers/sandals for general walking around
- Hi Viz (waterproof) jacket
- Casual wear for evening



Equipment

- Recently serviced bike
- 1-2 water bottles for bike - an alternative is a "camel pack" which is worn on the back
- Helmet - essential
- Bike lights - essential
- Puncture repair kit and spare inner tubes
- Sunglasses
- Cash in £s and Euros
- Bum bag - for carrying small items while cycling, eg camera, sun cream, tissues etc
- Small 'day' bag which can be used for extra items and transported on support vehicle
- Towels - not provided at campsite
- Carrier bags/bin bags - useful for dirty washing or wet clothing
- Insurance policy/passport (and photocopies, kept separate from originals)

Small personal medical kit

- Antiseptic cream, plasters, knee support, bandage, painkillers, sting relief,
- Diareze, Dioralyte, isotonic powders (if used during pre-departure training), Vaseline or Sudacrem
- Shower gel, toothbrush, toothpaste, deodorant
- Lip salve and sunblock (minimum factor 30), tissues, wet wipes and anti-bacterial hand gel
- Contact lenses wearers should bring spare lenses, and prescription sunglasses

This list is not exhaustive and also some items may not be required during the trip.