

COMMANDOS'

TOUR DE FRANCE A Royal Marines Fund Raising Event

'Commando Spirit' will be required by a group of Royal Marines supporting their fellow comrades by undertaking a challenge well suited to their elite Corps. Raising money for the C Group and other Royal Marines' Charities.



24 July - 15 August 2010

THE CHALLENGE

- Cycling the 2,218 miles of the 2007 Tour de France route.
- Distance of London to Cairo in 3 weeks.
- Equal to running 2 marathons per day.
- Burning 10,000 calories daily.
- 1 in 5 professional cyclists do not finish the route.

THE ROUTE



DONATE VIA THE WEBSITE or to Donate £3 - text 'marines' to 70007

Texts cost £3.00 plus one message at your standard network rate. THE C GROUP will receive a minimum of £2.64 from each message sent.

THE **C GROUP** Supporting the rehabilitation of injured Royal Marines.



www.commandostourdefrance.co.uk

