

**Charlotte Roberts, nurse, 21 June 2020, Father's Day, in  
memory of her dad, Tim**

**Pedal, Pedal, Pedal.**

54 miles!

That's the aim,

To ride through lanes,

Too many to name

Up over the hills and down again,

To do this with ease, we'll have to train.

5 miles, 10 miles,

20 miles, and more,

To reach our target,

And have trips to explore,

The many routes in the countryside,

With our friends we've cycled beside.

To keep fit, and healthy or to lose weight too,

Many reasons- we'll find one for you,

Mine was for charity-

To research, develop and provide clarity,

Raising money for all those,

So, British Heart Foundation is the one that we chose.