



Date: 5 December 2021
 Venue: Dorney Lake, Windsor
 Cost: £25

Date: 20 Nov to 5 Dec
 Venue: Your home/garden/local park... wherever you want it to be!
 Cost: £19.06

Date: 20 Nov - 5 Dec
 Venue: At the Centre/on Zoom
 Cost: £19.06

You can join one, two or even all three.

Winter Wonderwheels: In person

Date: 5 December 2021

Venue: Dorney Lake, Windsor

Cost: £25

This festive extravaganza is just the challenge to keep you super motivated through the colder months. Superheroes are invited to cycle, walk, run, wheel, push, or anything in between around Dorney's spectacular lake. We have 1km, 5km and 10km challenges, so there's something for everyone.

You can fly solo or bring your sidekicks for a choice of three scenic lakeside distances. Anything goes! All we ask is that all solo entrants and at least one member of each team considers themselves to have any kind of disability to enter.

Sidekicks can enter for free but only those who have paid the entry fee will receive a medal!



At Home Winter Wonderwheels: From your home

**Date: 20 November to 5
December**

**Venue: Your
home/garden/local park...
wherever you want it to
be!**

Cost: £19.06

This super flexible, two-week long challenge lets you join the fun wherever and however you wish! The perfect motivation to keep you active through the colder months. And why not give yourself a double treat and sign up for the regular Winter Wonderwheels at Dorney Lake too!

Perfect for the whole
family...even the furry members!



At Home with the Centre Winter Wonderwheels

Date: 20 November to 5 December

Venue: At the Centre/on Zoom

Cost: £19.06

We will be running special sessions at the Berkshire MS Therapy Centre via Zoom and there is an opportunity to use our gym.

The Zoom programme will be made available by Tuesday 9 November.

We are still operating strict social distance protocols for the Centre so it will not be quite like the Go challenges we are used to pre-pandemic but our bikes will be available (these will need to be pre-booked).

In the gym: If you currently attend physiotherapy in person talk to your physiotherapist about incorporating your superhero mission into your session.

If not, call our physiotherapy team or email ms@bmstc.org to find a time when you could use the bikes or walking bars/treadmill. Unfortunately, we can't allow your "sidekicks" to come in but they are welcome to complete their challenge in the field next to the Centre through.



To take part in this event, please sign up for the At Home Winter Wonderwheels

