

Pedal For Scotland – I'm doing it again

<http://www.eliapplebydonald.co.uk/elionabike/and-it-begins/>

It seems fitting to be writing a post to announce that I'll be taking part again. This year I am riding to raise money for [Alzheimers Scotland](#), a charity that is really close to my heart as my family has been affected and is still being affected by Alzheimers and I have lost too many people I love to this hideous disease.

[Pedal for Scotland](#) is a massive national cycle ride going from Glasgow to Edinburgh that happens in September every year – rain or shine! It works out about 65 miles with some wicked hills but also with some fantastic comradery on the day with the thousands of other cyclists taking part. There is everything from lycra clad speed demons to kiddies on tag along bike seats.

So here's the rub, please sponsor me and help to make the effect of Alzheimers just a little smaller for someone.

You can visit my [Just Giving page](#) to donate or you can donate by text **send the message EJAD74 to 70070 to donate£1,£2,£3,£4,£1000,000** ☐

I promise in return, I'll post lots of blogs about my cycle adventures on the run up to the big day and if I hit my £300 target I'll even have a go at some live tweeting and maybe vlogging from the actual cycle!

It's easy to donate. Your supporters simply text:



They'll also be able to add Gift Aid at no extra cost.

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