

WOUNDED SOLDIERS “ BATTLE BACK” ON COAST TO COAST MOUNTAIN BIKE CHALLENGE

From the 4th to the 8th of July 2011 a team of seven soldiers will be tackling the arduous ‘Coast to Coast’ off-road Mountain Bike route. “Exercise Tiger Cycle” will cover 220 miles from St Bees on the West Coast of Cumbria to Whitby in North Yorkshire, a route billed as the UK ’s most challenging bike tour. The team includes 5 members of the Royal Army Physical Training Corps accompanied by 2 injured soldiers from the “Battle Back” initiative, a Tri-Service organisation offering wounded service personnel the opportunity to participate in Adventurous Training as part of their recovery.

The event will be the first time that members of Battle Back have taken part in a Mountain Bike Expedition over difficult and undulating terrain in the UK. In addition to providing the participants with a gruelling personal and team challenge, there is the opportunity to attain nationally recognised qualifications from Mountain Bike UK. This will assist in the creation of a pool of Mountain Bike Coaches with “adaptive” skills to support Battle Back in future cycling events.

Exercise Tiger Cycle will start at St Bees Beach at 1000 on Monday the 4th July 2011. Members of the media wishing to cover their departure should arrive by no later than 0930. For further information and to arrange interviews/coverage along the route please contact *Sergeant Jules Bloomer on (07549167426)*

Battle Back aims to improve and formalise the use of Adventurous Training and Sport in the aftercare of wounded Service Personnel in order to aid their rehabilitation and return to an active life. For further information about the initiative please visit:

<http://www.mod.uk/DefenceInternet/AboutDefence/WhatWeDo/TrainingandExercises/BattleBack/>

The Royal Army Physical Training Corps (RAPTC) is responsible for physical fitness and physical education. Its members are all Physical Training Instructors (PTIs). Based at the Army School of Physical Training (ASPT) in Aldershot , its instructors are attached to every battalion and regiment in the British Army. In 2010, the then APTC celebrated its 150th Anniversary and was granted the title Royal Army Physical Training Corps by Her Majesty the Queen.

Exercise Tiger Cycle Route:

