

# Sign up for the MND Scotland charity cycle

**The Two Bridges Six Provinces annual charity cycle is organised by the Freemasons of Edinburgh to raise funds for Motor Neurone Disease Scotland (MND Scotland) and they say you don't need to be a mason to take part!**

You don't need to be a veteran cyclist either – as there are three set-off times for varying abilities. It's a good starter if you've never taken part in a charity cycle before, and is promised by the organisers to be well run. There are motorbike road marshalls and support vehicles, and anyone between 12 and 17 years-old must bring a participating adult.

The route is 38 miles long starting in South Queensferry and travelling on cycle route 76 or main roads which are less busy on Sundays, along the southern edge of the Firth of Forth through Grangemouth and then over the Kincardine Bridge, coming back along the Fife Coastal Route, and returning over the Forth Road Bridge to the finishing line.

Unlike some “charity” events, there is no entry fee – all they ask is that you raise as much as you can for MND Scotland. The organisers don't get involved in the money side of things, your contributions go direct to the charity via VirginMoneyGiving, which enables them to add 25% tax to your total.

Discover more at  
<https://www.facebook.com/TwoBridgesSixProvinces/>

Entries close a fortnight before the run on 21 July 2019 and you can sign up here <http://tinyurl.com/2B6P2019register>

