

# Tour de Ovacome..

ovarian cancer

*Cycle* for Change.  
*Ride* for Awareness.

This August, ride '21' for the **21 stages of the Tour de France** and the **21 people diagnosed with ovarian cancer** every single day in the UK.

Take on your own sponsored cycling challenge for Ovacome - the UK's ovarian cancer support charity, inspired by the number 21:

- 210 miles total (or in one go!)
- 21 rides with an average speed target or PB attempts on segments
- 1,000 km (621 miles) in August
- Design your own – road, trail, spin bike, whatever suits your style!
- Or take part in an organised event

Whether you're a weekend warrior or a Strava addict, join a national movement of riders helping Ovacome fund **vital support and information services for those facing ovarian cancer** and spreading awareness of the symptoms that could change a life.

By raising funds and awareness, **you could help change a life**. The earlier ovarian cancer is caught, the better the chances of successful treatment.

**Raise £100** and we'll send you an exclusive **Ovacome cycling vest and teal ribbon** for your bike. **Sign up now. Set your challenge. Ride for change.**

Scan the QR code to get started, or visit [ovacome.org.uk/event/tour-de-ovacome](https://ovacome.org.uk/event/tour-de-ovacome)



*Ride for awareness.*

*Ride for early diagnosis.*

*Ride for Ovacome.*