

# Heroic effort on static bikes

by Steve Dancey

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UPAVON-based soldier CSgt John Williams is organising a six-hour non-stop static bike ride later this month to raise funds for Tidworth-based charity Help for Heroes.

The *Andover Advertiser* is the exclusive media partner for the event in which six teams each made up of civilian and military personnel will battle it out on 24 September in the gymnasium at Trechard Lines on static bikes, with the winning team collecting the prestigious Help for Heroes WebRacing™ Trophy.

"I have been serving in the British Army for the last 22 years and I know just how devastating it can be to both forces' personnel and their families when serious and often debilitating injuries are sustained in the line of duty," said John.

"There has never been a more important time to show our support for those who risk their lives."

"I felt it was important to organise my own event in Upavon to give local people an opportunity to get involved



in this very worthy charity."

The participants will be using state-of-the-art bikes to complete the race.

The equipment uses cutting edge technology to allow the user to view a computerised version of themselves on a virtual race track.

As this image will be shown on a big screen in the gymnasium, onlookers will be able to watch the action as it unfolds, witnessing the participants' progress in real time.

Duncan Lawson from Instyle Fitness, home of WebRacing™ said: "The technology is designed to keep the user's mind off how hard they are working as they are drawn in by the lifelike scenery and the sight of their opponents on the track.

"Being hooked up to the virtual world makes the workout so much more enjoyable and motivational."

If you would like to sponsor the Trechard Lines Help for Heroes team then go to [justgiving.com/webracing](http://justgiving.com/webracing).



**CSgt John Williams prepares for the charity static bike ride.**