



## **PRESS RELEASE**

### **FOR IMMEDIATE RELEASE**

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### **WEST HOUSTON RUGBY CLUB 'CENTURIONS' BIKE TEAM TO RIDE A CHALLENGING 100-MILE RIDE ON SATURDAY OCT 21<sup>st</sup>**

#### **Bike team aims to raise \$15,000 to fund inaugural year equipment purchase**

Houston, Texas, Sept 28<sup>th</sup> 2017 – A six-man team from Houston's fastest growing rugby club – West Houston Rugby Club – will ride out from Katy on Saturday Oct 21<sup>st</sup> to complete a 100-mile 'Centurion Ride' to raise funds for the Club.

Funds raised will be used to purchase new quality equipment and to cover initial running costs for the 2017-2018 season.

Riders will depart Katy at 6 am and will return at around 4 pm to **The Wildcatter Saloon, 26913 Katy Fwy, Katy 77494** after their 100-mile ride for some well-earned refreshments!

Five of the riders taking part are West Houston Rugby Club coaches. Also participating is Mark Williamson, President of MDL (Maritime Developments Ltd.), one of the Club's principal sponsors. In between helping local families recover from the floods wreaked by Harvey, riders have been in training for the past 12 weeks - starting on 30-mile road treks, building their stamina up for longer rides of 50-60 miles, ready for the big 100-mile target on

Oct 21st. The team are now just a matter of weeks from the ride and have been training with a local cycling club who have introduced the benefits of group riding and energy management.

Over the 100 mile route, the team plans to stop 5 times at intervals of approximately 15 miles. Each rest stop will be supported by the West Houston Rugby Club volunteers who will set up water stations and feeding points along the route. The team will also have a SAG (Support and Gear) car that supports them throughout the 100 miles, with spare tires, tubes, chains, mechanical tools and a medical emergency kit needed for any eventuality.

**Nigel Saunders, Youth and High School President, said:** “With any new start-up come upfront costs. Our goal is to offer our members the best training and playing experience we can deliver and to provide the best in terms of kit and equipment. At the same time, we want to demonstrate to our Youth and High School players the importance of physical fitness”.

“The idea came to me to set a physical challenge where we could capture the generosity of those wanting to see a successful start to the club and who did not necessarily fall into the category of sponsor. Our coaches are real men - and to ride 100 miles in a day is a challenge for anyone let alone a group of dedicated middle aged coaches between the years of 44 and 52!” said Saunders.

**Tom O’ Malley, Director of Youth Rugby, said:** “Cycling 100 miles in one day requires a lot of stamina and endurance, training and preparation. The team of experienced coaches know what is needed to win games, but being a ‘centurion’ is about being able to deliver consistency over the full day.”

**Come and join the party afterwards when the riders return to The Wildcatter Saloon at around 4 pm on Saturday Oct 21st!**

West Houston Rugby Club is a not-for-profit 501(c)(3) Registered Business in Texas.

Should you or your company be interested in sponsoring a rider, please contact [info@westhoustonrugby.com](mailto:info@westhoustonrugby.com) or call Brooke Rubens, Club Secretary, on 713-906-3697.