

Subject: Cycling for Science tour 2016

We invite you to cycle with us to Barcelona! Our ride will begin on Saturday, 23 April 2016 from the 2014 ESSKA Congress hosting city, Amsterdam, and end at the 2016 ESSKA congress in Barcelona.

Cycle for science [with us!](#)

The goal is to raise funds for the ESSKA Foundation to support research in the field of orthopaedic sports medicine.

The [tour](#) consists of six stages with each stage covering 90-120 km. Passing through Maastricht, Hillesheim, Luxembourg, Lyon, Grenoble, Nimes, Argeles Sur Mer and Girona, the cycling for science-team will arrive in Barcelona nine days later. The route also includes a part of the cycling classic Liege-Bastogne-Liege and two classic "Tour de France-climbs" — the Alpe d'Huez and the Mont Ventoux.

Four symposia with renowned speakers will be organised as part of the tour focussing on the prevention of osteoarthritis, joint disease and sports injuries and the positive effect of exercise. A charity dinner and auction will be a part of the project.

As orthopaedic surgeons we lead by example! And you are all invited to join! You can also join us for just one part of the tour. Are you in? More information on: www.cycleforscience.com.

Kind regards,

Prof. Dr C. Niek van Dijk
Cycle for Science Project Leader