



YOUR LONDON TO BRIGHTON APRIL UPDATE!

Hi Tim

I know it may not feel like it with the April weather we have had, but soon we will get that sun and it will be the perfect opportunity to get on your bike and train for the iconic cycle.

Below you can find out about training, parking, if your bike is 'race ready' and information on the bike transport!

If you need any information in the meantime you can check out your [Participant Area](#) which we will be uploading copies of all past emails to in case you missed any. You'll also find a welcome pack, a training plan, fundraising tips and more!

Best of luck and if you have any questions make sure you get in contact!

The Skyline Events Team

[Take Me To My Participant Area](#)



TRAINING TIPS

As the longer evenings roll in, this is the perfect time to get on top of your training. If you want to see the best results, keeping consistent is what is going to do that for you. Working out a routine which works well for you is key to helping you feel more focused and productive in other areas of your life.

Don't look at training for the event as a task, instead, look at it as something YOU get to do! Something that is going to improve your fitness, race results,

and mood! It is a treat that you get to get on a bike and train for such events, it should be looked at as an enjoyable activity. But for some of you may love to cycle but for others the motivation is harder to find. If this is you here are some things to remind/tell yourself when it may be a little grey and chilly outside (hopefully not for too much longer):

Use the reason why you're doing this challenge to drive you.

With each ride you will be growing fitter and healthier.

Think forward a few months when you see how far you've come and feel the sense of pride, lots of little steps lead to big wins.

TRAINING PLAN



GETTING HOME!

We strongly advise you arrange to be picked up from Brighton or book onto our bike and coach transport (subject to availability). Southern Railway in the past have either banned bikes or only permit a very limited number of bikes on the day so we suggest finding an alternative way to head north if you need to.

We offer a service that transports you and your bike from Brighton back to the start line in Clapham. The return coaches will depart Brighton regularly from 11:30 onwards. Bikes will be transported to Clapham Common in secure bike vans and will meet you there upon your arrival.

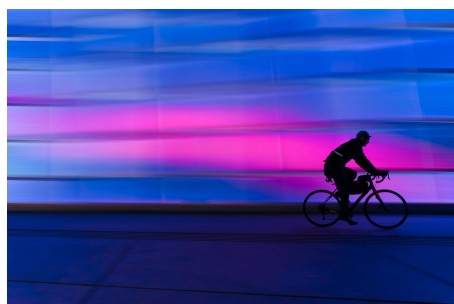
There is only a limited amount of spaces and once they're gone, they're gone!
We expect these to sell out so book as soon as possible to avoid missing out.

To book please use the red link below. This link is personalised to the rider this email is addressed to. Please DO NOT book anyone else onto the Transport service using this link. If you need the link for other riders please email us at info@londonbrightoncycle.co.uk

and we can send you the link.

[BOOK YOUR TRANSPORT HERE](#)

Is your bike 'race ready'?



British Cycling have put together their best tips and tricks into one video to help you out.

Click the link below to check out if your bike is race ready!

[Race Ready!](#)



PARKING!

Why not take away the hassle of finding a parking spot in central London and secure a spot 100m from the start line for the whole day!

(Remember you can't take bikes on a lot of TFL services so if you are planning on coming via public transport please check the [TFL website](#) for where bikes are permitted)

Parking is available right by the start line in Clapham! You can arrive any time from 05.30 and we just ask that cars are moved from the site by 20.00 at the latest before the site is locked. There are no height restrictions to the site so we can accommodate larger vehicles such as minibuses. If you looking to park anything larger please drop us a email before you book so we can check there is space info@londonbrightoncycle.co.uk

The cost is £30 per car, so if you'll be arriving with friends you only need to make one booking in the name of one rider.

[BOOK HERE](#)

A QUICK REMINDER!

If you are wishing to cycle as a group or want to check you are already in a group. Please ensure you pop us an [email](#) so we can get this sorted especially if you wish to have the same arrival time!



Skyline Events

Our mailing address is:
Skyline Events
86-90 Paul Street
London, EC2A 4NE
United Kingdom

© 2024 Skyline Events, All rights reserved.