



LONDON TO BRIGHTON CYCLE



Hi Brody

Welcome to all our new riders in the last few weeks, we really hope everyone is looking forward to the challenge!

Below you can find some of our top tips for training, information on the bike transport, and fundraising ideas! For anything else please check your [Participant Area](#) which has copies of all past emails to in case you missed any.

Places are filling up quickly so if you have any friends or family who are keen to ride but haven't booked their place just yet, please encourage them to do so soon to avoid missing out!

Happy cycling and please don't hesitate to get in contact if you have any questions at any time.

Chloe, Sally & the London to Brighton Team

[Take Me To My Participant Area](#)

TRAINING TIPS

It's never too early to get your training underway. You'll enjoy the experience so much more if you have clocked up the miles before the big day. Make use of the lighter evenings and get out and about when you can. Time in the gym is great but nothing compares to actually being out on the bike you'll be riding on the 15th September. It will also help you get to know your bike and what kit works for you if you aren't a regular cyclist already.

We have a 16 week training plan that you can follow on the link below.

TRAINING PLAN

GETTING HOME!

Southern Railway tend to ban bikes or only permit a very limited number of pre-booked bikes on the day, so we strongly advise you arrange to be picked up from Brighton or book our bike and coach transport (subject to availability).

Our return coaches will be leaving Brighton regularly from 12:30 onwards. These will operate on a first come, first served basis. 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 before September. Please book via the link below. This link is personalised to the rider this email is addressed to. Please DO NOT book anyone elses place using this form. If you need the link for other riders please email us at info@londonbrightoncycle.co.uk

We also have parking available at the start in Clapham. If you would like to book a vehicle at a cost of £30 for the day please email info@londonbrightoncycle.co.uk and we'll send you a link to book.

BOOK YOUR TRANSPORT HERE

MACMILLAN CANCER SUPPORT



“At Macmillan, we do whatever it takes to help everyone living with cancer live life as fully as they can. We give people with cancer everything we’ve got. If you’re diagnosed, your worries are our worries. We will move mountains to help you live life as fully as you can.”

Macmillan is needed now more than ever. There’s around 3 million people living with cancer in the UK today, and more than 360,000 are diagnosed every year. Right now, millions of people living with cancer are counting on us for help with paying bills, going through treatment, or with how they’re feeling.

Cancer isn't going anywhere. And neither are we. But we can't do it alone. Because 97% of our work is funded by people like you, we need your support like never before."

If you still need a charity to support and wondering which one, look no further! [Cycle and fundraise for Macmillan Cancer Support](#) to enable them to continue their hard work!



It is never too early to start fundraising if you are riding for a charity. We have some tips and tricks to help you through your fundraising:

- Set up an online fundraising page, share it with everyone you know and keep it regularly with your training progress so you have an excuse to share it again on a regular basis!
- Ask for donations for your birthday instead of presents, or a donation for Father Day instead of a pressie... you get the idea! Shout it from the rooftops what you are doing and who you are doing it for and ask everyone and anyone to support you!
- If you work for a large company check if there are any match giving opportunities or other ways the company might be able to help such as including your online fundraising page on the company email signatures or facilitating a staff sponsored static cycle or bake sale

Why not have a look through more of our [fundraising tips](#)? They are guaranteed to help!



Skyline Events

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