

We are ten! Only TWO places left to fill. We can't take more than 12 people due to accommodation and transport. So if you know anyone still thinking.....

This email goes out to.....

*riders' names removed from this version*

The weather is warming up and the days are getting longer so it's getting easier to find time to ride a few more miles.

If you're not a regular rider, the thought of having to ride 140 miles in three days can be daunting, especially when the first day is 63 miles from Whitehaven to Kirkoswald.

[We've got five months to prepare. So don't panic. Here's some simple ideas to help you begin.](#)

1. [Get your bike checked over.](#) There are good bike shops around and at least one mobile bike service. It's important to know that things like the chain, cables, bearings, bottom bracket are all in good condition and not likely to break. If you need a recommendation for a reliable bike shop / service person, ask other riders or I can give a list of the ones I know.
2. [Be comfortable on the bike.](#) If your saddle is too high or too low you will hurt your legs (and other bits). Handlebars can be raised, set forward or back to minimise pain in the back, neck and shoulders. Ask a regular rider or a bike shop for advice.
3. [What sort of bike is OK for this ride?](#) Pretty much anything (OK not BMX, chopper, cruiser, unicycle, penny farthing...).
4. [Good tyres are important](#) because there are some stony surfaces. Nothing really 'off road' but cycle trails that are not tarmac. Skinny racing tyres will have problems. Knobby MTB tyres are OK but create wind drag. You can get 'semi slick' mountain bike tyres. Otherwise a pair of general road tyres should be OK. If you want to avoid punctures as much as possible there are some options for stronger tyres or liquids to put in inner tubes. But they all cost more.
5. [Gears are good!](#) There are lots of steep climbs, so a wide range of working gears will help.
6. [Do you need a saddle bag or carrier?](#) Well, you do need to carry 2 spare inner tubes that fit your bike, a pump and two tyre levers. But they could go in a pocket. You may want to have space to carry a waterproof when you're not wearing it. You may want to carry energy bars/gels. We will have a support vehicle and will meet it often. It will carry your packed lunch and extra water and anything else you want to put in it.
7. [Helmet.](#) Get used to wearing one if you don't already. It is an insurance requirement. If you need to get one, make sure it fits and it's not second hand. If your existing helmet is old and has been biffed, you are probably going to need to replace it - check the [manufacturer's guidelines](#).

I'll drop an email no more frequently than weekly intervals. I'll pass on some fundraising hints, stuff about clothing, food, hydration, the route & accommodation and more. If you have questions in the meantime do ask them.

Do remember these key dates:

6th June Rutland Water Practice Ride  
30th June first £250 sponsorship needs to be in  
11th July Derbyshire Practice Ride  
13th August Travel up to Mains Farm  
14th August Ride Whitehaven to Kirkoswald  
15th August Ride Kirkoswald to Rookhope  
16th August Ride Rookhope to Tynemouth  
17th August Return home  
30th August final sponsorship due

Thanks, folks