

Hi people

So, we're nearly a team of twelve. Just ONE space left.

If you know anyone who is thinking of it, please ask them to contact me before sending in a booking form. I will have to check that we can still take the extra one at The Mains Farm (I'm pretty sure will will) and I will also know if anyone else has put in a 'bid' for the place. There are a number of people wavering.....

The runners and riders list is:

Riders names removed from this version

I know that some of you are regular riders and so my emails are not news to all of you! Please do use the facebook group to offer tips, ask questions and share expertise:

<https://www.facebook.com/groups/326833814181843/>

My offering of wisdom this week is all about clothing.

1. Padded cycling shorts are really helpful. They absorb some shock, quite a bit of sweat and are designed to minimise chafing! They should be worn next to the skin. Wearing kecks, undies, skiddies..... under padded cycle shorts is a disaster. They will get damp with sweat, ruck up and rub, creating sores.
2. Three pairs of padded shorts will do nicely. It's essential to wear a laundry fresh pair each day. Hoping to wash and dry shorts overnight is optimistic in the extreme. Good quality, low cost, padded shorts are available at good cycle shops. I get mine from Dave's Cycles or from Decathlon.
3. Saddle soreness can occur even with the best padded shorts. You can reduce the problem by getting used to spending hours in the saddle. Make sure you don't change your saddle too near the date of the ride.
4. I use [Udderly Smooth](#). Really! Other products do a very similar job. It does help and you can have fun discussing whether it's applied to the shorts or to the rider ;-). Always apply your own.
5. In the event of real saddle sores use [Sudocrem](#). You can buy tiny pots from Boots, Lloyds etc very cheaply. Get one and carry it just in case (I do). Get your own, never share a pot!
6. Cycle shirts are also a good idea. They are made from a wicking material that draws sweat away from your skin and lets it evaporate quickly (so long as it's not raining). They also have handy pockets for bananas, a waterproof, gels, etc. Cycle shirts can be bought quite cheaply if you look around (no need to spend megabucks). Even Aldi sells them from time to time. You can wash them out in the evening and they'll be dry enough by morning (usually).
7. Layers help at this time of year out on your springtime practice rides. Rather than one thick sweatshirt try layers of thin running vest, lycra teeshirt and a cycle shirt.
8. You will probably need a waterproof. We're cycling through the Lake District where it rains! You can get an inexpensive cycling waterproof for around a tenner if you look around. They are lightweight and fit quite tightly. This helps avoid too much wind drag in a downpour. They have an extended tail to stop rain running off and into your shorts. The support vehicle can take it when not needed (but you may have to ride a few miles without if we get caught out in a shower and yours is in the vehicle).
9. Helmet. Remember, it's an insurance condition and IMHO common sense. Please get used to riding in one if you don't already.

The previous emails I sent are not available as pdfs on my website: <http://www.petekelsall.com/kidsuk-c2c-2015.html>

Here's my usual reminder of key dates

6th June Rutland Water Practice Ride
30th June first v£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

Stay in touch. Do ask any questions. There's no such thing as a stupid question (OK, so there is, but you know what I mean).

Next week, fundraising tips.

Happy cycling