

Hello riders

How are we all doing now that there's some warmer weather and longer lighter evenings?

This is a bit of a longer email but is important so please persevere to the end ☺

I'm writing this time to ask you to begin thinking about which of our practice rides you will join in. You can, of course, do both.

These will cost you nothing in terms of travel, so all you'll need is to bring your own drink and some money for food or bring something to eat.

At KidsUK we do ask you to come on at least one of the rides as a condition of joining in.

There are a number of reasons for this

- We get meet each other and that's good as we will be riding 'as a group'\* across the country and we'll need each other for moral support and banter!
- Those riders who are relatively new to cycling will get to feel what it's like riding 'in a group'\* and will be able to gauge how they're progressing towards being able to ride long distances and over hills
- Those who already ride regularly will get the feel of riding perhaps a little more slowly overall than they are used to and will be able to help others with tips and hints from their experience
- Each ride is a miniature summary over forty miles of the mix of surfaces and gradients that we will face over the much longer C2C ride.

**On Saturday June 6<sup>th</sup>** we will go to Oakham and follow a route that includes most of the wonderful Rutland Water and surrounding countryside.

**On Saturday July 11<sup>th</sup>** we will go to Ashbourne and cycle up into the Peak District. This route uses the Tissington Trail, Carsington Water trail and High Peak Trail and some quieter roads to connect them. There are some lovely hills, one in particular you will remember.

Both routes are 40 miles. Both routes use a mix of surfaces just like the Coast to Coast route and skinny racing road tyres could well be problematic at a few points – just like the Coast to Coast route. There are places to buy food and drink but also stretches where there is little else but open countryside - just like the Coast to Coast route.

There will not be a support vehicle on the practice rides but I have contingency plans in the unlikely event of someone having problems with completing the route.

On each day we will meet at 8am, somewhere in or around Aldridge. If you have a problem getting your bike to the pick-up, I will sort that out with you. It will not be a problem (Andy Daniels I'll sort out what we can arrange for you {he's from Derby})

There will be transport to take your bike and you to the ride and to bring you back. You should bank on each day being a full day out aiming to be back home for 6pm at the latest.

In a couple of weeks I'll write again to ask for decisions about the ride(s) you're opting to come on. Both will be great days out!

\* Riding in a group: Ideally this will be like a club ride where the whole pack stays within sight front to back. That way I will find it easier to know if anyone develops a problem and no one will get lost. The group can help warn each other of approaching traffic from either direction on country roads. The group can also warn one another about potholes, gravel patches etc. It really helps! However, different people have different hill climbing styles. I like to sit and plug away, others like to stand up and push for the top. So the group will re-gather on hill tops and at junctions. Shooting off ahead can mean taking a wrong turn and can demoralise slower riders. Riders who shoot off and get lost can find themselves having to sort out what to do about that for themselves. No one will get left behind because they are slower. I will make sure I always know where the back of the group is.

So, that's that for now

Keep your wheels turning and your saddle warm!

Keep in touch

Pete

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