

Welcome to February's London to Brighton edition. We hope you have had a lovely couple of months after the excitement of Christmas and New Years and enjoying the slightly lighter evenings as much as we are!

In this update, we have included our coach transport, fundraising tips and tricks, a 16 week training guide, and how to get your bike prepared for the event.

Please remember to let us know if you are cycling in a group. You can pop us an email but please ensure you include who you wish to be grouped with as this will ensure you are given the same start time.

If you need any information in the meantime you can check out your <u>Participant</u> <u>Area</u> 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!





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 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 this out.

Book your transport here!



Need some tips on fundraising?

We know how important it is to have the right strategies in place when it comes to fundraising. That's why we have compiled a range of ideas from online fundraising pages to quiz nights.

Ready to get started? Click the link below to read through the full list of fundraising tips to help you hit your target!

Your guide to fundraising!

Let's get on our bikes & get training!



Whether you're just starting out or a seasoned cyclist, our training guide is key to help you achieve the most and ensure you're ready to take on the cycle in September. The plan ranges from a variety of different cycle lengths and rest days to ensure you ride smarter and stronger.

If you want to take your training to the next level, take a look at our full guide!

Your training guide!

Preparing your bike

BIKE SUITABILITY

The route is entirely on road so please ensure your bike is suitable for this. Whilst using a mountain bike is possible, they are much heavier and it will be more challenging!

We recommend using a lightweight road bike, or hybrid bike.

It is also advisable to have your bike serviced before the ride to ensure it's in good condition.

It must have independent brakes on both wheels, fixed wheel bikes are not allowed.

If you are considering riding a non-standard type of bike, please <u>send us details</u> via email so that we can confirm it can be used in the event.

BIKE SERVICE

We would highly recommend you service your bike before the ride. Servicing your bike regularly is always a good idea to ensure it is safe and to make your rides enjoyable and problem free!

MECHANICS ON THE ROUTE

We will have friendly mechanics at the water stops and roaming the route in vehicles and on mopeds however they are often very busy. Punctures are a common problem so you will need to carry a spare inner tube and a gas cannister or pump to inflate the tyre. Numerous online tutorials show how to replace an inner tube in a matter of minutes, if you can take care of this fix yourself you will be back on the road in no time, without waiting for a mechanic to arrive.

YOU CAN FIND LOTS MORE INFORMATION ABOUT PREPARING YOUR BIKE OR CHECKING YOUR BIKE IS OK BY LOOKING AT OUR FAQS!



Participant Area

Missed an email? A copy of all emails distributed will be available to view on the <u>Participant Area</u> too so you don't miss a thing!



Are you in a group?

Make sure you let us know if you're in a group that didn't register together. <u>Email</u> <u>us</u> with your name and the name of all group members.



Facebook Join other riders on the official <u>London to</u> <u>Brighton 2025</u> <u>Facebook Group</u> to share your stories, ask questions and even find buddies.

Skyline Events

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

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