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Hi

We hope this finds you well!

The sun is shining and the countdown to the iconic London to Brighton ride is officially on—and we couldn't be more excited!

This update is packed with everything you need to stay on track, including:

How to ensure your bike is ride ready

How to book our transport service back to the start after the ride

Training tips - now's the time to kick start your training!

Need anything else in the meantime? Head over to your **Participant Area**—we've got you covered with previous email updates, a welcome pack, training plans, fundraising tools, and more.

Wishing you a fantastic bank holiday weekend! As always, if you have any questions, don't hesitate to get in **touch**—we're here to help!

The London to Brighton Team 🚴 ☀️





Is your bike race-ready?

Check our checklist and ensure you're all set!

Ensure your bike is prepared with this comprehensive checklist:

Tires: Check for wear and ensure proper inflation.

Brakes: Inspect pads and cables for responsiveness.

Chain: Clean and lubricate for smooth shifting.

Gears: Test shifting across all cogs and chainrings.

Frame: Look for any cracks or damage.

Handlebars & Saddle: Ensure tightness and comfort.

Lights & Reflectors: Verify functionality for visibility.

Helmet: Check for fit and any signs of damage.

Most importantly seek advice from a trained mechanic if in doubt. [Bikebook](#) has a brilliant service where you can search for your nearest mechanic, visit their site [here](#)



How do I get 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 red link below. This link is personalised to the rider this email is addressed to. Your booking reference will already be entered on the link. 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

Get your place on the coach today!



Need some tips for your training?

As the evenings grow longer and the light lasts a little later, now's the ideal time to get back into your training rhythm. If you're aiming for great results, consistency is what will get you there. Finding a routine that fits your lifestyle not only boosts your performance but also helps you stay focused, energised, and productive in other parts of your life too.

Rather than seeing training as a chore, flip the script—this is something you *get* to do! It's an opportunity to improve your fitness, elevate your race results, and boost your mood. Being able to hop on a bike and train for an event is a privilege, and it can be a really rewarding and enjoyable experience.

That said, we know motivation can dip—especially when it's grey, chilly, or you're juggling a lot. If you're finding it tough to get going, here are a few reminders to keep you on track:

Reconnect with your 'why'. Let the reason behind your challenge be your fuel. **Each ride is progress.** Every time you get out there, you're building fitness and resilience.

Visualise the payoff. Picture yourself in a few months, reflecting on how far you've come. All those small steps? They lead to big wins.

Click the link below to find out some more tips!

[Training guide!](#)



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