

[View in browser](#)



## LONDON TO BRIGHTON 2023!



Hi {{ contact.NAME }}

Even though it feels like a distant memory now we hope you had an excellent break at Christmas and wish you the happiest of New Year's.

Some of you have just signed up to this epic ride and for some of you it's been a long time coming. Some of you are veterans to this cycle and some of you are

excitable newbies. Everyone has a personal reason for taking on this challenge but one thing we all have in common is that on Sunday 10th September 2023 we're going to be together for a day filled with companionship, laughs and achievements!

We'll be in regular contact over the next 8 months but if you need any information in the meantime you can check out your [Participant Area](#) which contains a welcome pack, training plan, fundraising tips and more!

In a change to previous years you should now have had the option to request your start time, please note they'll be confirmed after the 31st July 2023. In the meantime if you are part of a group who didn't register together please drop us an email with the names of all riders so we can ensure you are all grouped together.

[Take Me To My Participant Area](#)

### What's Included?

Just a reminder of what's included with your ticket:

- Water and snack stops along the route to refill your water bottles and grab something to eat
  - Toilets at the start, finish and all water/snack stops
- Mechanical support at rest stops and along the route accessible by phone
  - Medical assistance if required
- Fully signed route and map to follow on your own GPS device
  - Packed lunch to refuel at the end of the ride
- Pre-event support including training plan, fundraising tips and support from our in-house events team on [info@londonbrightoncycle.co.uk](mailto:info@londonbrightoncycle.co.uk)
  - Medal to mark your achievement
- Photos shot by the official event photographer will be available to purchase once you complete the ride

**We can't wait to see you there!**

**The Skyline Events Team**



# HOW TO MAXIMISE YOUR FUNDRAISING!

Fundraising can be hard, especially during these times. That's why we have created a fundraising guide and included some tips below for you to have a read through:

Make sure you post a lot on social media about what you're doing and why you're doing it (the why is very important!).

If you have a birthday coming up, instead of presents, ask for donations to your fundraising page?

Host a quiz/party. Its great excuse to bring family and friends together again and to raise funds at the same time.

If you have children why not approach the school to see if they will do a none uniform day on your behalf in return for you giving an assembly about your chosen charity / reasons for riding,

There are several ways you can kick start your fundraising and the most important thing is to let everyone and their mother know about the great cause you are fundraising for - you're doing something amazing! With plenty of creativity, energy and determination you will easily be able to reach your fundraising target.

For our tried and tested fundraising ideas take a look at our guide by clicking the button below.

[Fundraising Top Tips](#)



# Time to train!

## TOP TIPS TO GET YOU ON YOUR BIKE IN THE COLDER MONTHS

We know you've heard "New Year, New Me" used a lot recently BUT there is a reason for this! Take advantage of the mentality of the new year bringing a fresh start to kickstart your training.

Keep up the routine to get the best results. Consistency is key and a routine can help you feel more focused and productive in other areas of your life.

We always recommend getting out on your bike but if the weather is too wet/icy/cold then a spin class is a good alternative or a online home workout will keep you active on the winter months when miles on the bike are tricky.

Treat all training as an enjoyable activity - some of you may love to keep fit but for others the motivation is harder to find. If this is you here are some things to remind/tell yourself when it may be a little grey and chilly outside:

- Use the reason why you're doing this challenge to drive you.
- With each ride/workout session you will be growing fitter and healthier.
- Think forward a few months when you will see how far you've come and feel the sense of pride, lots of little steps lead to big wins.
- Before we know it the lighter nights will be with us and training in the sunshine will be here just when we need it!

[Training Plan](#)





### Participant Area

Missed an email? A copy of all emails distributed will be available to view on the [Participant Area](#) 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. [Email us](#) with your name and the name of all group members.



### Facebook

Join other riders on the official [London to Brighton 2023 Facebook Group](#) to share your stories, ask questions and even find buddies.

## Follow us on social media

Hear about more events, chat to like-minded people, find a training buddy and enjoy first hand accounts of the experiences we offer. Join in today.

