



YOUR LONDON TO BRIGHTON MAY UPDATE!



Hi,

We hope you are doing well and managing to dodge the never ending April showers that have followed us into May!

Below you can find some of our top tips for training, information on the bike transport, and fundraising ideas!

If you need any information in the meantime you can check out your [Participant Area](#) 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](#)

TRAINING TIPS

Keeping consistent with your training is the only way to see the best results. It is key to have a routine that works for you, as it can help you feel more focused and productive in other areas of your life.

We always advise to treat the training for the cycle as a treat, more of an enjoyable activity - some of you may love to cycle 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 (hopefully not for too much longer):

Use the reason why you're doing this challenge to drive you.

You're lucky to have legs that can use a bike so utilise that.

With each ride you will be growing fitter and healthier.

Think forward a few months when you see how far you've come and feel the sense of pride, lots of little steps lead to big wins.

[TRAINING PLAN](#)

GETTING HOME!

Southern Railway tend to ban bikes or only permit a very limited number of pre-booked bikes on the day, so we strongly advise you arrange to be picked up from Brighton or book our bike and coach transport (subject to availability).

Our return coaches will be leaving Brighton regularly from 12:30 onwards. These will operate on a first come, first served basis. 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 very fast. Please book via the link below. This link is personalised to the rider this email is addressed to. Please DO NOT book anyone elses place using this form. If you need the link for other riders please email us at info@londonbrightoncycle.co.uk

[BOOK YOUR TRANSPORT HERE](#)

Get your merch today!



Time to get your orders in for your London to Brighton merchandise!

All orders made before the 9th July will be received in time for event day! Check out the kit on offer and place your order on via the link below.

[ORDER YOUR MERCHANDISE HERE](#)



**MACMILLAN
CANCER SUPPORT**



“At Macmillan, we do whatever it takes to help everyone living with cancer live life as fully as they can. We give people with cancer everything we’ve got. If you’re diagnosed, your worries are our worries. We will move mountains to help you live life as fully as you can.”

Macmillan is needed now more than ever. There’s around 3 million people living with cancer in the UK today, and more than 360,000 are diagnosed every year. Right now, millions of people living with cancer are counting on us for help with paying bills, going through treatment, or with how they’re feeling.

Cancer isn't going anywhere. And neither are we. But we can't do it alone. Because 97% of our work is funded by people like you, we need your support like never before.”

If you still need a charity to support and wondering which one, look no further! [Cycle and fundraise for Macmillan Cancer Support](#) to enable them to continue their hard work!





It is never too early to start fundraising if you are riding for a charity. We have some tips and tricks to help you through your fundraising:

- Set up an online fundraising page, share it with everyone you know and keep it regularly updated so you have an excuse to share it again on a regular basis!
- Ask for donations for Easter instead of eggs, for your birthday instead of presents... you get the idea! Shout it from the rooftops what you are doing and who you are doing it for and ask everyone and anyone to support you!
- If you work for a large company check if there are any match giving opportunities or other ways the company might be able to help such as including your online fundraising page on the company email signatures or facilitating a staff sponsored static cycle or bake sale

Why not have a look through more of our [fundraising tips](#)? They are guaranteed to help!

