

Every Moment Matters Always



London to Brighton

in aid of

emma's

bubble

trust

www.emmasbubbletrust.org

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From the organiser

Thank you for taking part in this year's London to Brighton bike ride. Amazingly we're now in our fifth year and the event has gone from strength to strength during this time.

As in previous years' Brighton rides we'll be meeting at The Royal Marsden Hospital Sutton, Downs Road Entrance at 8.30am on Saturday 15th June 2013. All that we ask is that you raise a minimum of £100 sponsorship for the charity, through either Just Giving or via a sponsorship form.

As many of you already know the ride is in aid of Emma's Bubble Trust, a charity dedicated to raising the awareness and understanding of teenage cancers. The charity was formed after the sudden and tragic loss of Emma Brandon from Hodgkin's Lymphoma a rare form of cancer. The money that we raise will be injected into The Royal Marsden's Teenage & Young Persons Cancer unit, and this year we will specifically help with redecoration of the facility there.

Over the years we've taken part in many bike rides including John O' Groats to Lands End, London to Amsterdam and even London to Paris. Cycling has a unique way of bringing together people of all age ranges and abilities and we really believe that over the years has proven that we can all overcome challenges in our lives, no matter how hard they are!

Many of us participating in this year's event knew Emma really well and we all know what such a feat would have meant to her. For those of you that didn't know Em, let's just say that she would have been amazingly proud of each and every one of you.

Let me close by wishing all of you that participate the very best of luck. I look forward to seeing you on the day.

Every Moment Matters Always

Adam Lynch, Event Organiser

The purpose of this pack

This pack should provide some useful pointers about cycling, so that on the day you'll avoid injury and stay safe on the roads. We should point out that you WILL need to train to take part in this year's event. Cycling nigh on 46 miles is no mean feat and you won't be able to complete the ride unless you're in shape!

On the day of the ride we will need you to sign a waiver form as Emma's Bubble Trust will accept no liability for accident or injury pertaining to the ride.

Your bike + equipment

Please make sure that the bike that you are using is correctly fitted to your body and has been recently serviced. You can do this by taking the bike into a local bike store where they will be able to give your bike the once over and advise you of any work that needs to be done. While we will be able to do some very basic servicing en route, time spent fixing problems is less time sticking to the schedule.

You should feel comfortable on your bike as you'll be sitting on it 46 miles! Make sure your saddle is positioned so that you are on tiptoes when you are seated on it. This will mean that when pedaling your legs will be slightly bent when fully extended and you won't over stretch your knees (which can be very painful).

It's advisable to invest in a good pair of padded bike shorts and some cycling gloves. They really do help in the long run!

Please make sure that you bring a fitted bike helmet. We WILL NOT allow you to take part in the event without one.



Training

This section of the pack is intended to give all riders some basic information about training for such an event.

As previously mentioned it's very important to take steps to train for this ride. Whether you decide to train alone or as part of a group, it's important to spend time on your bike. To help, we've organised training sessions on the dates below to allow us to get to know each other and to provide a framework for you all to train.

Date + Time	Start Location	Distance
Saturday 23 rd March (10am)	Epsom Market (outside the Assembly Rooms)	10 miles
Saturday 13 th April (10am)	Epsom Market (outside the Assembly Rooms)	10 miles
Saturday 27 th April (10am)	Epsom Market (outside the Assembly Rooms)	15 miles
Saturday 4 th May (10am)	Epsom Downs (outside The Derby Arms)	15 miles
Saturday 18 th May (10.30am)	Epsom Downs (outside The Derby Arms)	20 miles
Saturday 25 th May (10.30am)	Epsom Market (outside the Assembly Rooms)	25 miles
Sunday 2 nd June (10.30am)	Epsom Market (outside the Assembly Rooms)	30 miles
Saturday 8 th June (10.30am)	Epsom Market (outside the Assembly Rooms)	30 miles
Sunday 9 th June (10.30am)	Epsom Market (outside the Assembly Rooms)	35 miles

The sessions are intended to start as gently as possible to allow you to get used to riding as a group. Routes will be determined on the day and distances aren't set in stone, but we'll try to stick to the distances as much as possible. We'd also like to ask that if you've never participated in long distance riding before please make the organisers aware, so that they can help where possible.

It's not mandatory to attend these events, but for the newer riders it'll be important to attend so that we can get you up to speed.

The remainder of this chapter should help to cover the basics of training.

Stretching

Before any cycling session please make sure that you have a short warm up stretch of the arms and legs, focusing on the major muscle groups involved in each instance. Although cycling is generally considered a low impact sport, you will still need to warm up before riding. Stretching will help increase blood flow to all areas of your body, which will help ease you into on the ride.

After finishing a ride have a short warm down and again via a full stretch. Stretching after a ride has been proven to aid in subsequent muscle recovery.



Diet and eating

During training please make sure that you drink lots of fluids. Being fully hydrated will help with recovery and also help to keep your energy levels up. Before riding it's advisable to drink water. During riding you should drink isotonic drinks, which help to replace salts, which are lost during exercise. If you're taking part in a very long ride, you should also end a session with a protein shake as this will aid muscle repair.

While training you should make sure that you eat a balanced diet. The night before a ride you should have a full meal to make sure that you've got enough energy for the next day.

The week before the main ride you should make sure that you "carbo-load". Carbohydrates slowly release energy into your body, which will be needed for the 46-mile ride. To carbo-load you will need to maximise your carbohydrate intake. Follow this plan for the best results:

- For breakfast have cereals, but don't have sugary cereals (good cereals include Weetabix, Muesli and Granola).
- For lunch have a sandwich. Bread is a very good source of carbohydrate.
- For dinner eat lots of pasta (avoid creamy sauces as these are fatty). Any sort of pasta is good, but brown pastas are the healthiest. Try to have a salad with your meal too.
- Baked potatoes are also high in carbohydrates, so these are also good. Avoid having too much cheese, as this is also fatty.
- Eat plenty of fruit and veg as a snack throughout the day. Bananas are especially good at slow releasing energy into your bloodstream.
- If you fancy a sweet snack have something like a Granola bar, flapjack or something that slow releases energy. On the day of the ride DO NOT EAT CHOCOLATE as the sugar quick releases energy, gives you a quick burst, but doesn't last.
- During the week if you do fancy a quick fix of chocolate, have a Jaffa Cake. They're very low in fat and do tend to help with cravings.

On the road

You should get out on the road as often as you can. Even 30 minutes on a static bike in the gym, or a spinning session will help with training. However as with all training it's best to get comfortable on your actual bike. We advise that you start small with the miles and build up to meaningful miles the closer you get to the date.

Road training should encompass as many different road styles and conditions as possible. The roads that we'll be cycling on are a real mix of busy roads and country lanes. You should also make sure that you train on flat straights and hills. There are three main hills on the ride, including the infamous Ditchling Beacon, just before Brighton.

The weekend before the main ride, you should be covering upwards of 30 miles. Being comfortable at cycling such distances will make it much easier when it comes to the main ride.

From experience we suggest that you take the Thursday and Friday off of riding before Saturday 15th June. This will allow your muscles to have relaxed and will mean that you're able to start the ride feeling fresh.



Sponsorship

This year we're requesting that you raise a minimum of £100 to take part in the event. The vast majority of the money that you raise will go toward funding our various projects at the Royal Marsden as referenced above, although a small amount will be used to cover support van costs (hire, fuel).

To raise money you have one of two options:

1. Create a page on JustGiving by clicking <http://goo.gl/kriX8> or visiting <http://www.justgiving.com/emmasbubbletrust> and clicking on the Make Page button
2. Using the sponsorship form attached to the end of this pack

Our preference is for you to use Just Giving. It's easy to setup and allows us to also claim Gift Aid, which is an additional 20% of anything that your supporters donate!

*Please note that all of the organisers volunteer their time free of charge for the organisation of the event.



Where to be and what to bring

It's always better to be over prepared for a big ride such as this one, so please try to bring along as much of it as you can. We will have a van following us and there will also be plenty of stops, but please don't rely on these stops to pick up things.

You must be at The Royal Marsden Hospital (Downs Road entrance) at 8.30am on Saturday 15th June 2013.

- Bike
- Bike pump, correct for the valves on your bike (we will have a few with us)
- Spare inner tubes for your tyres (just in case you get a puncture)
- Puncture repair kit if you have one
- A helmet (if you don't bring one you won't be allowed to participate)
- Water bottles x 2. Isotonic (lucozade, powerade etc) drink in one and water in the other
- Sun cream (just in case its really hot on the day)
- Sunglasses
- Lightweight rain jacket (some sort of Cag in a Bag type thing)
- Small snacks (energy bars are good, no chocolate)
- Money (for lunch etc.)
- Warm clothing for the end of the ride

We will have a van providing back up water at each of the stops along the route, but please bring along as much of your own drink as possible, which you can store in the van if need be.

NB. If you have asthma or any other medical conditions, please make sure that you bring along your medication.



The route

Please bring a copy of the route just in case you do get lost. If you do think you have got lost and are in a group please alert the support van that will try to get you back on track. The numbers to call will be Adam on 07841 761160 or Paul Lynch on 07960 405709.

The route itself navigates the majority of the main London to Brighton bike ride. In total it covers approximately 46 miles. There are a number of hills, culminating in one big hill right at the very end. Please have a look at the details below on the route. Also included is a small map.

- Downs Road (Royal Marsden start)
- Left onto Sutton Lane B2218
- Left onto Park Road (lovely downhill stretch)
- Right onto Outwood Lane
- Left onto Hazelwood Lane
- Right onto High Road
- Left onto Markedge Lane
- **(First stop at Fannys Farm Shop)**

- Right onto Gatton Bottom
- Left onto Rocky Lane
- Left onto London Road South (A bit tricky)
- 1st Right onto New Battlebridge Lane
- Continue left under bridge onto Battlebridge Lane
- Right onto Nutfield Road
- Follow road left onto Nutfield Marsh Road
- Road turns into Church Hill (first real tough hill)
- Road turns into Coopers Hill Road
- **(Stop Dog and Duck Car Park on left hand side)**

- Road turns into Prince Of Wales Road

- Road turns into Dayseys Hill



- Road turns Right into Rookery Hill
- Right into Chapel Road
- Road turns into Redehal Road
- Left onto Effingham Road B2037
- 3rd Right onto West Park Road B2028
- Road turns into Turners Hill Road B2028
- Road turns into North Street B2028
- Road turns into Selsfield Road B2028
- **(Brief stop at The Crown pub at the top of Turners Hill)**
- Road turns into High Street B2028
- Road turns into Lindfield Road B2028
- Road turns into Ardingly Road B2028
- Road turns into Selsfield Road B2028
- **(Stop at The Gardeners Arms on the left for LUNCH)**
- Follow Selsfield Road B2028
- Road turns into Buxshalls Hill B2028
- Road turns into High Street B2028
- Road turns into Black Hill B2028
- Road turns into West Common B2028
- At junction take Left onto Oathall Road B2112
- Road turns into Hazelgrove Road B2112
- **(Stop at Carpet Right, on roundabout)**
- Road turns into Sussex Road B2112
- Road turns into Wivelsfield Road B2112
- Road turns into Fox Hill B2112



- Road turns into Lunce's Hill B2112
- Road turns into Commons Lane B2112
- Road turns into North End B2112 (Stop Garden Center)
- Road turns into High Street B2112
- Road turns into South Street B2112
- Left onto Beacon Road
- **(Stop and right hand side car park just before Ditchling Beacon)**

- Road turns into Ditchling Road
- **(Stop at Car Park at top of Ditchling Beacon)**

- Left onto Coldean Lane
- Right onto Lewes Road A270
- Road turns into Richmond Place A23
- Road turns into Grand Parade A23
- Pavillion Parade
- **(Finish at Brighton Pier...keep out of bike lane)**

You can also find a Map of the full London to Brighton route by visiting the <http://goo.gl/QCNhW>.



On the road

The route that we are taking is a relatively safe route down to Brighton. We will mainly be on country lanes, with only parts of the route having cycle paths. So please make sure that you are always alert and pay attention to these next few points.

- Make sure that your tyres are pumped fully before we leave.
- Check your brakes are working correctly.
- Make sure that your helmet fits properly and isn't cracked.
- Always stick to the left hand side of the road.
- Try to stick together as a group as much as possible.
- Avoid potholes at all cost and if you spot a pothole when someone is close behind you, please let them also know that its there.
- If you get a puncture and are able to fix it, let a teammate know and find somewhere safe to change the tyre. If you are unable to do so inform one of the organisers and they will try to help you by alerting the support van.
- If you crash or injure yourself let an organiser know and they will try to help you as well as they can. If it is a major injury the support van will be there to help.

Itinerary for the day

This is going to have to be a very loose itinerary as there is no way of predicting the overall speed of the group as a whole. There are a few predicted stops along Here's the plan though.

8.30am	Meet at the Royal Marsden Hospital (Downs Road entrance)
8.30 – 9am	Bike check, sign disclaimers and group stretch
9am	Aim to leave
12.30-1pm	Lunch at The Gardeners Arms (you'll need to bring money)
5pm	Aim to be in Brighton at the finish line (Brighton Pier).
5 – 6.30pm	Drinks at Brighton Rock

Getting home

You will have to plan your own journey home. We will have capacity in the support van to take back a number of bikes provided you're able to pick them up from Ashtead. If you are stuck for getting home you will be able to take the train from Brighton station, which we will be able to direct you to.

Trains depart Brighton station every 30 minutes towards London and are about £22 single without a rail card. It probably isn't wise to pre-book tickets as we are unsure what time we will be arriving in Brighton.



Contact numbers

Important contact numbers for along the route should you come into any trouble;

Adam Lynch 07841 761160
(Organiser)

Mark Brandon 07787 131613
(Participant)

Paul Lynch 07860 405709
(Support van driver)



