



# Top tips for cycling

Ahead of your challenge, we've created some tips to help you achieve your 300 miles journey safely.

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## Break it down

The challenge distance is 300 miles – the equivalent of cycling from London to Amsterdam! Get prepared by breaking it down into manageable chunks, by day or week. This works out to 10 miles per day, if you were to split it evenly throughout the month. And remember, if you need to carry on into October that's fine – the most important thing is challenging yourself, being part of an amazing fundraising team, and raising awareness for mental health.

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## Build up your distances gradually

Get in some practice cycles ahead of the challenge to understand how long it will take you. If you're not a regular cyclist, this will also help to prevent injury. Remember, this is your challenge so take it at your pace.

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## Keep your bike in good nick!

We'd highly recommend checking your bike is road worthy ahead of starting the challenge. You can take it to any local bike shop but we'd suggest checking tyre pressure, brakes and gears.

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## Safety first

Take care when cycling on roads. Always wear a helmet, even for a quick pop to the shops. Reflective clothing is essential if going out at night and ensure you have headlights on your bike.

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## Plan your distances and routes

It's important you plan ahead of each ride. Knowing routes and distances is essential for your safety and also fundraising. There are plenty of apps that can track your activity which you can then share on your fundraising page to keep family and friends updated.

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## Pack right

We all know what the British weather is like, so please pack appropriately:

- Keep hydrated by bringing plenty of water
- Weather appropriate clothing
- Sun cream
- Keep up your energy with snacks such as bananas or energy bars
- Phone for emergencies