



Ride date: 25 June 2026

Venue: Lincoln Rugby Club, Nettleham

Website: <http://www.lincsc2c2c.co.uk>

Registration link: <https://www.riderhq.com/events/p/tuse2bv6/f/c2c2c26>

We have heard that there will definitely be weather on Thursday 25 June, but we are just not quite sure what type it will be.

Depending on your weather app du jour, it will be somewhere between 22° & 30°C and the wind will be from some or other compass point, often opposite directions according to different apps.

Either way, it is summer and looks as though we will be in for a warm ride this year and NOW is the time to make sure you are suitably prepared.

Google your heart out on tips for riding in the heat but the basics are:

- Carry enough water
- Actually remember to drink said water regularly
- Remember to eat, often.
- Wear sunscreen / reapply regularly as you sweat it off.
- Sunglasses 🕶️
- Don't push too hard — get off and walk if you need to. No shame in that and it looks better than falling off in a gibberish heap and crying.





So far so common sense, but the problem with common sense is its apparent scarcity on a hot day.

Personally, I'd ensure I carry two water bottles. Now is the time to fit an extra bottle cage if you need it.

(Provided you have the bosses / mounts in your frame, it is a two minute job that only requires an Allen key. Or pop into your LBS (a mandatory way of saying local bike shop in bikespeak) and ask them nicely to supply and fit for you.



Frame bosses

Everyone has their own preference for what they put in their bottles, but when cycling in hot weather I'll sometimes freeze a water bottle the night before so it stays cooler longer.

As your teacher told you (geography / physics / meth lab) water expands when it freezes so only 1/2 or 3/4 fill the bottle before putting it in the freezer, preferably with the spout a little higher than the bottle. Top up in the morning with cold water. Lemon and an umbrella optional.

Oh, and do remember to take it out of the freezer before you leave the house. Been there / done that.

Electrolyte tablets can also be handy when very hot. Eg High 5 / SiS etc. available with / without calories.

We will have plenty of water available at feed stations, but aim to have finished your bottle by the time you arrive at the next feed station. Set a timer on your watch / phone / manservant to remind you to drink every 30 minutes. As irritating people say, when you are thirsty / hungry it's too late, so eat and drink regularly and practice getting your water bottle in / out of the cage whilst cycling without knocking fellow riders into the verge. If nothing else, it will stop you being lectured later by said annoying person with 20:20 hindsight.

It's too easy to not feel like eating much on a hot day, but see above. Small and often as Snow White never said. Maybe.

The most important thing is though, even if you follow the advice above and / or feel unwell: STOP. There are plenty of other riders around who will give assistance and we also have a first aid team available.

The support numbers are on the village list / cut-out-and-keep rubbish souvenir / GPS alternative for the cartophobic.

Routes and the village list are also available to download on our website at <https://www.lincsc2c2c.co.uk/theroute> for the tech addicts.

Talking of routes, there are lots of roadworks happening over the next couple of weeks and we are keeping an eye on them / trying to interpret the runes to see what may affect our ride, or not. There *may* be last minute updates after we have put the arrows out which will be communicated the day before the ride and also at the start line.

Of course, it may end up snowing by 25/06 given the accuracy of forecasting the weather more than 2 days ahead. If so, ignore most of the above, put on a brave face and get on with it 🤖 !

Stay Cool

C2C2C Baywatch Team