

Wes Häl!

The sun has got its shorts out and T Shirt on, but to remind you it is still England, there's a cool NNE to stop you lingering too long to check your phone / GPS / chain.

The wee beavers of C2C2C are huddling intensely as we fill in endless reams of forms and checklists, encouraging the jelly babies to prepare for their annual sacrifice, jacks are getting flapped, and we go scrumping for bananas. The search is still on for a pig with a right sized hole through the centre to fit the spit, but there's still a few weeks left.

The Entries

So, what's to say? The ride is full and in record time this year. We still get a steady stream of "The entry form says you are full, but..." emails. There are a very limited number of places still available through one of our charity partners at Lincs & Notts Air Ambulance, but you'll also need to add on some extra money for sponsorship. Note to self, book early next year...

<https://www.ambucopter.org.uk/events/cycle-the-c2c2c/>

There are NO entries on the day, as we have stringent 'stuff' we have to adhere to in order to run an event of this size.



The ride



The route is available to view on RWGPS

<https://ridewithgps.com/routes/42156060> but do take note – we have had to make several amends due to current and planned road closures around Hemingby and we are keeping an eye on that and other parts of the route. If you are planning to download the route, please make sure to check / refresh a couple of days before the event in case of changes, or if your GPS disagrees with the arrows, you can take your pick but be prepared to do a U Turn or hike-a-bike over a hedge.

We have a new Appendix this year which is just before the final feed station. It is still 200km and this year we have also focussed on the elevation to get it to over 5,000 feet ('Just over 1600 metres' didn't sound as good, but it's a mile of vertical climb) <https://ridewithgps.com/routes/42138426>

The Food

It's all about the food as usual. Scran stops are available at Hemingby, Saltfleet and Walesby in the same spots as usual but we have rejigged the route between the food stops for variety whilst you digest. Think Giretto more than Giro, but better food.

As an extra calorie boost this year, the rugby club will be putting on a catering van for breakfasts, which are available to purchase on the day. Silver service and advance table bookings are not possible, nor will the bar be open at 07:30 a.m.



The aim of the ride is to finish between 4pm and 6pm and therefore please plan your departure time accordingly, as the finish line food will only be served between these times.

The Ethos

Yes, we bang on about this every year, but you keep coming back so something must be right: THIS IS NOT A RACE. We're here to do a continuous cycle between feed stations, catch up with a few old friends, have a couple of drinks and a good craic. Beating your mate over the finish line is OK, trying to beat 600 other riders is not, so save your chain gangs and aero-tucks for your fantasy cycling league and drink deep of the bonhomie well at the feed stations and remember to enjoy yourself

Be super-nice to the volunteers, who are turning up just to make your day better and they don't get paid (in case you didn't understand the word volunteer). Smile, say thank you and take your flapjack.

Don't be a tosser – please carry and leave any rubbish at the feed station bins and leave the countryside better than you found it.



The training

Still 5 weeks left to get some miles in - it makes all the difference to the morning after. There are countless training plans out there on t'interweb and OohTube, but the key is just to get out and ride as often as possible before the day itself. If the last bike you rode was a Chopper in the 1970's, three hail Mary's and a solid prayer might be your best strategy, but still get in a few rides 'twixt now and the end of June.

We are happy that you ride what you want, but it is easier if you have slick-ish tyres and are not carrying a week's worth of provisions and a tool kit to get a Land Rover out of a jungle. You might feel a bit of a berk in cycling shorts, but if you haven't been converted, now is a good time to try. You get used to the laughter eventually and you'll be in good company on 29 June.

That's it for now: pump up your tyres, go oil your chain and get out and ride.

The C2C23 Consiglieri