

# Newsletter

MAY 2009

Capital to Coast



Issue 3

## The big day will soon be here... are you ready?

### Fundraising..... The final countdown

With all the economic pressure at the moment it's tough raising money for charity, particularly if you are a regular fundraiser. Everyone at Capital to Coast knows how hard you are working to achieve or even surpass your £200 goal. You may be suffering from, or are encountering, 'fundraiser fatigue,' however one last push could make all the difference to the wonderful charities that benefit from this great event.

In the last month of fundraising here's what you can still do:

- Carry your sponsorship form with you at all times (you never know who you will bump into). If you need another one, they can be downloaded from the website [www.capitalto coast.org.uk](http://www.capitalto coast.org.uk).
- Email your Super Rider image (which can be downloaded from the website [www.capitalto coast.org.uk/superrider](http://www.capitalto coast.org.uk/superrider)) to family/friends/colleagues. This is a fun sponsorship poster you can personalise by adding your own face in the space provided. Making them smile has got to be worth a fiver!



- Email friends/family with an update of how much you have raised so far and how much more you need to reach your target. Direct them to your Justgiving page if you have one. If not you can set one up on [www.justgiving.com/capitaltoacoast](http://www.justgiving.com/capitaltoacoast).
- Canvass the regulars at your pub/place of worship/club/gym/the school gate or anywhere else you go to socialise.

### **Join the C2C team.....look the part in a branded C2C Cycle shirt**

Have you ordered your C2C Cycle shirt yet? It is excellent value at only £8.00 + £1.95 for postage and packing. It's fun to wear and a great memento of the day. To order your shirt, go to [www.capitaltoacoast.org.uk](http://www.capitaltoacoast.org.uk) or call 020 8420 6944

### **You are fit and raring to go.....but how fit is your bike?**

Make sure you give your bike a thorough overhaul before the big day. After all your training you don't want your bike to let you down at the crucial moment. Make sure it is roadworthy and on top form....just like you.

### **The wheels on the bus go round and round....make sure you don't miss it.**

If you need to take the coach from Mill Hill, London to the start at Esher College and/or back from the finish at Hove to Esher College make sure you have booked your seat. There are only limited places available so make sure you book your place before 19 June. For details go to [www.capitaltoacoast.org.uk](http://www.capitaltoacoast.org.uk) or call 020 8420 6944.

### **The Finish Line.... let's celebrate!**

Who will be at the Finish Line to cheer you on and celebrate your efforts?

Why not bring your own personal fan club to cheer you when you arrive? There will be food, drinks, music (courtesy of Southern FM, soon to be Heart) and even a massage for those tired legs.

Then there's the sun, sea and beach. What more could you ask for?



### **Marshals..... we cannot do it without you.**

If someone you know would be prepared to act as a marshal on the day please contact us on 0208 420 6944. It's great fun and your help would be much appreciated by everyone involved.

**And finally.....Good luck!**



***“The Capital to Coast Cycle Challenge for Charity is a fantastic event....enjoy a wonderful day’s cycling while raising vital funds for charities in London and the South East.”***

Boris Johnson – Mayor of London



***“I’m delighted to support the Capital to Coast Charity Cycle Challenge which raises money for such worthy causes. I wish each and every one of you good luck.”***

Bradley Wiggins – Triple Olympic Gold Medalist

Photo courtesy of the British Cycling Association

[www.britishcycling.org.uk](http://www.britishcycling.org.uk)