

9<sup>th</sup> April 2019

Dear Parents/Carers

**Bedale's Community Coast to Coast Cycling Challenge for Children's Cancer**

Having now completed the first practice ride for this year's Coast to Coast Challenge, may I take this opportunity to congratulate the many riders on what was a very enjoyable and successful ride. Remember that the practice rides are deliberately fixed on either side of the Easter holidays to allow all riders to get up to the required levels of cycle-fitness for the challenge.

The total cost of the Coast to Coast ride will be £120. This cost will include the transportation of a rider and bike, all food (apart from 30<sup>th</sup> May - lunch - please bring packed lunch for this day with plenty of drinks), camping fees, cycling t-shirt and insurance. Please make balance payment via ParentPay by Wednesday 1<sup>st</sup> May 2019 (£90 if you have already paid the £30 deposit). We are also hoping to raise money for Candle Lighters - a children's cancer charity that supports families. Please see the attached sponsor form.

I do intend to hold a short meeting at school prior to the Coast to Coast ride on Thursday 9<sup>th</sup> May at 5.00pm. If you have any questions in the meantime, please do not hesitate to contact me by telephone on 01677 422419 or by email ([sellersm@bedalehighschool.org.uk](mailto:sellersm@bedalehighschool.org.uk)).

<b>Some dates for your diary</b>	
Wednesday 1 <sup>st</sup> May	Full payment
Friday 3 <sup>rd</sup> May	35-mile practice ride starting at Bedale High School at 9.30am - estimated finish time 3.30pm
Thursday 9 <sup>th</sup> May	5.00pm at Bedale High School - talk to parents, riders and helpers
Thursday 30 <sup>th</sup> May	Leave Bedale High School at 6.00am for Arnside to begin the C2C - Kettlewell Camping, Kettlewell
Friday 31 <sup>st</sup> May	Kettlewell Camping - Ampleforth College
Saturday 1 <sup>st</sup> June	Ampleforth College to Scarborough North Bay, estimated time of arrival 3pm - 4pm - return to Bedale High School 6.30pm

Yours faithfully



Mr M W Sellers  
Head of History/Coast to Coast Organiser



Coast to Coast Equipment check

<b>Equipment you should have on a bike ride</b>	<b>Check</b>
Mountain or hybrid bike - well maintained	
Helmet	
Gloves – fingerless are fine but hands can get cold quickly in low temps	
Waterproof jacket – also good as a wind stopper	
Extra, warm top layer – in bag	
Fleece	
Riding glasses	
Clothing should not be baggy	
Wicking base layer (football shirts are normally made from this material)	
Shoes should have a good <b>grip</b>	
Shoes should <b>not</b> have long laces	
Enough water and/or sports drink for the ride	
Food (particularly energy bars)	
Sunscreen ideally containing insect repellent (must be self-applied)	
<b>TOOLS</b>	
Pump	
Spare tubes of the correct size and with the right valve connection for your bike and pump	
Puncture repair kit	
<b>CAMPING – please label equipment</b>	
Tent – please ensure that you have a place in a tent for the C2C? – Please have labelled	
Sleeping Bag	
Roll/carry mat	
Plastic plate - Mug, spoon, knife, fork	
Change of clothes	
Washing equipment – inc towel	
Rucksack – please tag/label	
Day bag – labelled	
Food – Packed lunch for Thursday	