



UPDATE



Tales from Cooksley's charabanc

Well it is finally here and the relay is about to start.

The van is all liveried up and equipped with everything we need and we will soon be setting off to Duffield's at Wingham in Kent which is the starting point for what will be a 38 day and 3500 mile adventure. On Tuesday, we head into London to The Farmers Club and the GAFTA dinner. I suspect the road conditions will be very different to the rest of the route!

On Wednesday the ride will be officially started by Agriculture Minister George Eustice and over the rest of the week we will work our way through Surrey, Hampshire and Dorset before finishing week one in Yeovil, having covered around 350 miles.

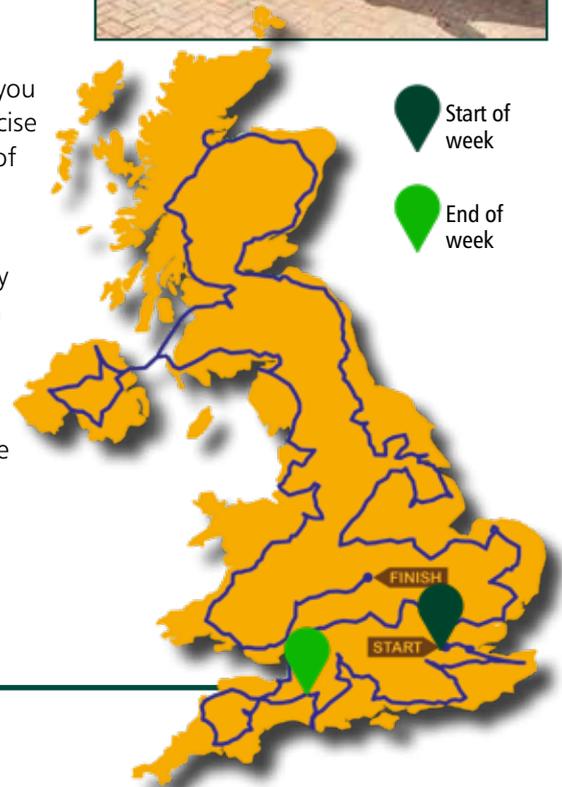
Getting the whole relay off the ground has been a major challenge and my thanks to all the participating companies who have made it all

possible, and to Charles Delf who has spent many hours fine-tuning the route. I look forward to visiting all 170 sites and meeting as many of you as possible. It is fantastic that so many companies are putting time and energy into this initiative to raise funds for FCN.

The ride is a great opportunity to promote your business and I hope you will take every opportunity to publicise your involvement, raise awareness of FCN and fund raise too.

While I am out with the relay from Monday 18th June until Wednesday 1st August, I will be contactable on the phone but will only be picking up emails in the evening so please copy Victoria@bcfta.com in on any emails to me as she will become the key contact.

Good luck and have fun!



Start of week

End of week

Where we are, how far we've come.

Week 1 - London > Yeovil (352 miles)

week 1	week 2	week 3	week 4	week 5	week 6	week 7
352 miles	566 miles	561 miles	689 miles	548 miles	614 miles	84 miles



Participants - week 1

Duffields, UM, Gafta, ADM Investor Services, Format Solutions, Batholomews, Robin Appel, Clarkson, Humphreys, Openfield, ForFarmers, Gleadell, Glencore, Mole Valley, TBA, Ceftra, Pearce Seeds.



Time for final checks

Keen cyclist Charles Delf, who will be cycling several legs including negotiating the central London rush hour, has some timely advice for all riders.

Whether you are riding one of the shorter legs or one of the longer ones, it pays to be prepared.



Your route

If you haven't finalised your route, <https://www.cyclinguk.org/journey-planner> will take you to an excellent route planner. This software gives three options for speed (adjusted for inclines etc) and makes use of cycle paths etc. Remember, it is vital you are happy with the route you are taking and local knowledge is always useful.



Your safety

We are all responsible for our personal safety when taking part in the relay so:

- Wear suitable clothing
- Wear a Hi Viz of some description
- Helmets



Your bike

You've ridden the miles and done the training - now, the final thing to do is make sure your bike is up to the challenge.

Halfords is offering **free bike checks**, which will look at brakes, gears, wheels, tyres and chains, as well as offering expert advice on how to keep your bike in tip top condition for the coming months. If your bike looks like the ones above that Richard was considering riding, it definitely needs checking!

There is no need to book, you can just turn up with your bike.



Your enjoyment

Remember the aim of the relay is to have some fun and hopefully we will have some good weather to add to the enjoyment.

Good luck and happy cycling!

FCN are here to support you

Vicki Beers, Fundraising & Supporter Relationship Manager at FCN says her volunteers are keen to help you make the most of the opportunity provided by the relay.

Keep the publicity up

As the relay gets underway we need to make full use of the PR opportunities it offers. Local press will probably be interested in the event so make sure they know about the ride and when it is coming to your sight.

Twitter is a great communication tool. We have seen a big increase in activity on our feed in the last few months, so let's keep it building. Richard will be taking photos as we go round and posting them on our Twitter feed - @GAFTBikeRide. Please post your photos too and retweet and share ours to build profile and awareness.

"Our volunteers would be delighted to attend and help out when the relay visits your site. We can supply banners and help with any fund raising. If you haven't spoken to your local volunteers yet, give me a call on 01788 510866 or email vicki@fcn.org.uk and I will make sure they get in touch.

"Have some fun and let's raise a significant sum to support the farming industry. Good luck and happy cycling"