



**Inspired Living
Newsletter #3,
December 2009**

**inspired
living**



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December Ride

Here's a photo from our December ride. Despite the weather there was still a good turnout. This time we added a walk to the programme, and were even joined by a dog. Details of January's ride and walk will be on the website soon



New Exercise Sessions

We are planning to start circuit training sessions once or twice a month starting in the new year. Keep an eye on the website for more details.

Charity Status

Getting charity status has proven to be far more difficult than we expected. Instead of spending any more time trying to, we have decided to become a Cancer Research UK Committee so we can get charitable status through them. This will mean that we will be able to start putting on the exercise sessions we had planned. We will also have the support of experienced CRUK volunteers to help us succeed, so we can focus on our plans for the ride.

Continental Ride

If you are interested in doing part of the continental ride, please make sure you have listed it in your

preferences. There is now a timeline of events on our Cycle Project page to give you an idea of what we are planning to do.

Workshops

In the new year, we plan to have a number of workshops. We are planning to hold a sports massage workshop in spring and also hope to do them for bike maintenance, first aid and nutrition.

Find us on Facebook, Twitter and LinkedIn

We have a pages on Facebook, Twitter and LinkedIn, so you can get your updates from there. Just follow the links on the website.

Keep Spreading the News

Thank you for signing up for the project. We want as many people as possible involved in the project, so tell all your family and friends about us. You don't have to be an amazing cyclist to join, just enthusiasm and commitment to a great cause. Also, if you have any contacts or ideas for help or sponsors, then please let us know.

Volunteers

Everybody who is helping is doing so on a voluntary basis and in their spare time. If you have time, skills, experience or enthusiasm, we would love to hear from you. Please keep an eye out for requests for assistance in the near future.



<http://www.inspiredliving.org.uk/>