

19th February 2010

11 Hocombe Road  
Chandlers Ford  
Eastleigh  
Hants  
SO53 5SL

*Re: data collation on cyclists*

Dear Charitable cyclist!

Thank you for your commitment to our Inspired Living Project & Cancer Research UK.

We now have the research arm of the project ready to run. There may be teething problems as this is an entirely new project & I would crave your indulgence asking for feedback on the data collation process but we now have on-line facilities for this and eagerly await your data!

Approximately 30 of you will be cycling more than 200 miles in Sept. The rest will be cycling at least to Portsmouth on day 1 but you are all most welcome to join me 'casually' on the continent as well, time and legs permitting!

We will need an accurate height from all volunteers & then we will be collecting data on weight, blood pressure & cholesterol levels on 3 occasions between February 2010 and September 2011. I enclose the proforma for your information.

You will receive an email in the next week with your candidate ID and the link to access the online questionnaire. Some of the questions are repetitive but please bear with me as they are tested research tools & cannot be changed if they are to retain their validity. As we progress through the project we may be able to 'lose' one or 2 of them but I am working this through with the University.

Blood pressures can be obtained either via your GP surgeries by non-Inspired Living appointments, at the twice monthly Inspired Living gym sessions, or through your own arrangements. If you are planning to do this separately please contact me via [tim@inspiredliving.org.uk](mailto:tim@inspiredliving.org.uk) so that I can check whether it would invalidate you as a research participant.

Cholesterols may be a little trickier because they require a drop of blood either via a finger prick or through a proper blood test via the lab. The hospital lab tests are cumbersome & require some administration; they are not free. There is an approximately £2 cost to the finger pricks but they are

far easier, instant & less invasive. Unfortunately Inspired Living will not be able to fund either option for all participants so I have had to opt for finger pricks & am compelled to ask for an approximate overall donation of £6 each to cover the costs.

Nutritional advice will be on two levels:

1. For the over 200-milers we have been fortunate to secure the help of specialist sports nutritionists (these participants will need prolonged endurance training and individualised advice!)
2. Nutritional sessions attached to some of the Inspired Living Sunday gym training. The 1<sup>st</sup> of these will be Sunday 21<sup>st</sup> February; I look forward to meeting as many as possible there then.

**To increase the power of the study greatly we are hoping that each participant will be able to identify an age & gender-matched 'control' that will provide all the same data as themselves apart from the cholesterol levels.** Age matching can be within 10 years but the 'control' must be of the same sex as the participant. These 'controls' will not be part of the sports or nutrition project and we will use their data to compare to that of the participants to more accurately assess the impact of the project upon the health & well-being of participants. We will use national data regarding cholesterol levels as our control for this parameter thus sparing the controls expense & a pricked finger! Please ask a suitable friend or relative and provide us with the data via the online questionnaire. Details will be included in the email to follow in the next week.

If you have any queries, cannot attend as outlined above or wish to clarify things please contact me via email at [tim@inspiredliving.org.uk](mailto:tim@inspiredliving.org.uk)

Thanks yet again for your tremendous support & enthusiasm. Cancer Research UK is looking to do great things with our fundraising...."Ordinary People *really* can do Extraordinary Things". Keep fit, keep well, let's make this happen.

Take Care,

**Tim**

Inspired Living Founder