

**Inspired Living  
Newsletter #5,  
March 2010**



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## **Cardio Workout**

The next cardio workout is this Sunday (28<sup>th</sup> March). It will start at 9.45am, please arrive at 9.30am (when the club opens) if you need to fill out a registration form or need to change so we are ready to start on time. We will be finishing approx 10.50am, and need to have cleared up and vacated the sports hall by 11am. Please bring a mat (foam camping mat type is ideal or a large towel/blanket that will cushion you for floor work) and wear appropriate clothes for a cardio workout (comfortable, allows free movement) and shoes suitable for wearing indoors without damaging the floor. Please make sure you have a bottle of water on hand as well. There will be a donations jar available if you are able to contribute to the costs of running these sessions. We suggest £1 per person per session as a guide, and any additional money once costs are covered will be contributed to the Inspired Living cause.

## **Mass ride route**

For the past few months we have been working with police and officials from 4 councils - Winchester, Fareham, Gosport and Portsmouth - we have now got an agreed route and advice from the police regarding which locations need warning signs and also those that need marshals. The next step is to get risk reviews approved by each of the councils.

## **Knorr-Bremse Support**

Knorr-Bremse Rail Systems have generously offered to fund the costs of a van and driver to support the continental riders. This was the one key dependency we had to resolve for the continental ride to go ahead, so we are very grateful for the support offered by Knorr-Bremse.

In recognition of this support, we will be helping Knorr-Bremse promote the message of health living to their employees, this will include a number of us attending a corporate event in the summer.

## **Continental ride**

In total we have 29 riders.

Of these 26 will be riding the first stage from Winchester to Biscarrosse near Bordeaux where 6 will peel off to make their own way home. One will leave to rejoin at Aranjuez near Madrid.

Two fresh faces plus the rejoinder will take us back up to 21 riders for the final five days riding.

In addition to the Knorr-Bremse van and driver, the daughter of one of the riders is coming along as crew to help out.

Lastly we are proposing to encourage all continental riders to gather on Sunday 25th April for a 50 mile ride, a great chance to get to know your fellow travellers. More information will be posted on the IL website nearer the time.

## **Medical Survey for 200 milers**

Riders who will be completing more than 200 miles have been asked to take part in the Inspired Living Medical Assessment, apart from providing data on such things as blood pressure, heart rates, lifestyle and wellbeing, they will be keeping food diaries to share with a sport nutritionist who will advise on how to best prepare for an endurance event.

Each cyclist has also been asked to identify a control person, not taking part in the cycling project, of the same gender and within 10 years of age, to provide comparison data.

Information on this is available from the Cycle Project page on our website - <http://www.inspireliving.org.uk/cycling-cancer-cardiac-health/>

## **Eastleigh College t-shirts**

Students from Eastleigh College of Art have been designing t-shirts for us, Tim and Lionel went to see the students last week and were very impressed with the multitude of ideas. We are now hoping to get a number of these produced for sale to the public - if you are aware of any companies that might be interested in contributing towards the production costs, please let us know.

## **Members only area of the website**

Members should all now have a username and password for the Inspired Living site. If you go to the website - <http://www.inspireliving.org.uk/> - and enter these details in the box on the right, headed YM Membership details, this will log you in.

On the 'Cycle Project' page there are now links to member only pages with info on the continental ride and on the medical assessments.

If you do not have a username, please contact our webmaster Anne Workman - [anne@inspiredliving.org.uk](mailto:anne@inspiredliving.org.uk)

## Just Giving

We now have a Just Giving page, so if you have raised any funds for Inspired Living, or want to send a link out for donations instead of gifts please direct them to the [Inspired Living Page on Just Giving](#). This is also linked under the 'Donate Now' section on the right hand side. We are still working on getting our events listed under CRUK so people taking part in our cycle ride to Gibraltar can create individual sponsorship pages. This should be following soon.

## 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/>