

Inspired Living  
Newsletter #7  
May 2010



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**For any extra information about anything, and to find booklets containing nutrition advice etc., please visit the Inspired Living website, <http://www.inspiredliving.org.uk>**

## **Cardio Workout**

The next cardio workout is on **Sunday 13<sup>th</sup> June** at the IBM Hursley Clubhouse. 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. There is also another session on **Sunday 27<sup>th</sup> June**.

As always, 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.

Also on **Sunday 13<sup>th</sup> June** there will be a specialist **sports nutrition session**, also at the clubhouse, starting at 11.15 after the cardio session finishes. This will be an in depth look at the requirements for extreme sports, targeted particularly at the continental riders.

## Cycle Rides

The next cycle ride is on **Sunday 30<sup>th</sup> May**, starting at **9am** at the Hursley Clubhouse. It will be a long ride; around 65 miles, but it's intended to be flatter than last month's! Route details can be seen on the website. There will then be another on **Sunday 4<sup>th</sup> July**, full details will follow on the website.

## Cycle 4 Life

The registration process for the Cycle 4 Life mass ride is now up and running. The Cycle 4 Life tab on the website provides all the information and can take you straight to the registration site. Cycle 4 Life with Inspired Living takes place on **Saturday 4<sup>th</sup> September 2010**. This mass ride for up to 1,000 people is being organised to see The Continental riders off to a good start. This is a family event designed to encourage anyone who does not see themselves as a hard core cyclist to take a gentle trip through some of Hampshire's beautiful scenery. Hopefully you will discover that cycling is a great way to get into the countryside which lies on our doorsteps and will have a great time exercising. It certainly beats pushing pedals in a gym!

We will be selling two t-shirts for the ride, one is available to order when you register for Cycle4Life, the other should be available on the website over the summer. There is also a **poster** for the ride, a copy of which is available on the website. Please print off a copy and put it up wherever you can. The more people involved the better!

## Gala Dinner

Our very first Gala Dinner will be held on **Saturday 19th June 2010** at the **Hilt in Chandlers Ford**, commencing at **7pm** with carriages at midnight. This will be a **black tie** event, with reception drinks, a 3 course meal, cash bar, disco and displays of cycling equipment. Tickets will cost **£25** per person and are limited to 120. This is our first major fund raising event, will be a gathering of our members, their friends, cyclists and supporters. The menu and details on how to book tickets can be found on the Events page of our website.

We are looking for any **items that we could raffle or auction off** on the night. For the raffle we are looking for **quality items** (please no tins of baked beans!). If you have anything suitable that you are willing to donate please let us know. For the auction, we would love some really special **'money can't buy' lots** – if you can offer anything, or have any useful contacts that may be able to provide something a bit special, that would be fantastic. Please contact Barbara (barbara@inspiredliving.org.uk) for more information or to offer items for raffle or auction.

## Project Manager

BT is providing Inspired Living with a full time Project Manager for 6 months to enable us to fully realise our projects. We are very happy to welcome Andrew Gibson to our team as a result. Andrew is a keen cyclist and local to Hampshire and we are looking forward to working with him over the next few months.

## Continental ride

We have 23 riders going the whole way, with at least nine more joining for parts of it. To help keep the riders in touch, and make sure they are doing lots of training, longer rides are being organised so look out for these. Details of the continental ride are being sorted, we recently had fun finding out how many bikes fitted in the van for the return journey!

## Medical Research Programme

Everyone involved should have now completed the questionnaire, please do so soon if you haven't. Also, it is important you ask a control person, someone not involved in the project within 10 years of age and the same gender as you, to also complete it. The questionnaire and extra information can be found on our website at <http://www.inspiredliving.org.uk/cycling-cancer-cardiac-health/medical/>

## Kitchen Demo

We are now planning a kitchen demo with Bulthaup Kitchens planned for the **30th June**, with Michelin star BBC TV chef Alan Murchison. More details to follow soon.

## 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.inspiredliving.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 <http://www.justgiving.com/inspiredliving>. This is also linked under the 'Donate Now' section on the right hand side and via the fundraising page.

If you are taking part in the continental ride, or would like to organise your own sponsored event for Inspired Living, there are details on the fundraising page to help you create a page linked to us. If you are taking part in Cycle4Life the fundraising details are provided during registration.

## Find us on Facebook, Twitter and LinkedIn

We have 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.inspireliving.org.uk/>