



## Cycling from John O Groats to Lands End

### NEWSLETTER Issue 2 – February

#### Introduction

Welcome our second newsletter – designed to keep you informed of our progress in the run up to the big day in June. At the time of writing this there are 100 days to go! This should send shivers down the spine of Cuz (see “Cuzman’s Corner”)

We must thank and apologise to those of you who endured 30 minutes of “The Salon” in the hope of catching glance at our pins! Unfortunately we didn’t make the highlights for Channel 4 but we did appear on E4! (Photo of us arriving at the Trocadero – London)



#### What’s New on the Web site?

- Our web administrator, the fully-fledged “Techie Weirdo” Tim, has made our monthly newsletters downloadable. So if you missed our first one – don’t worry, you will be able to read it on the site.
- Cuz and Gooner have written a piece on our visit to “The Salon”.
- A short video clip of “The Salon” should be downloadable very soon.
- We are currently scanning in various photographs so you can see what a challenge this really is!
- And finally – we now have the facility for donations to be made online using “Paypal”

#### Dazzlin’s Diary

The training seems to be going very well. I am concentrating on one particular exercise, which I find the most enjoyable - the old left "arm curls".

This involves lifting a weight (equivalent of a pint of fluid) from about waist height to around head height. After each repetition the fluid weight reduces significantly.

After several repetitions I pay for the fluid to be refilled for the next set of reps. I have found this training method rather expensive and tend to feel quite groggy at the end of the routine so I can only assume that this is doing me good. No pain, no gain! More top training tips next month! – Bestest Dazzlin



#### Cuzman’s Corner

I have finally bought a bike and tried it out around the car park in front of the bike shop. Since then I have managed to clock up just over 6 English miles, after which I couldn’t feel my legs! Maybe a tad more training required before June! – Knackered Cuz!

### **Gooner's Grotto**

The majority of my training time is being dedicated to getting Cuzman on his bike and picking him up after he has fallen off. Due to his short stature his feet can't quite reach the floor and his stabilisers are holding his speed back a little. After we get the stabilisers off I'll let him cycle down to the shops on his own - don't want to rush him - remember - baby steps!

Went skiing with Daz early February so that was good training for pub visits after each leg of the journey - they served beer in litre measures, so we are performing well beyond our limits! - All the Best Gooner (The).



### **Matt's Menagerie**

Training is going extremely well! Playing football twice a week and training in the gym three times a week means as well as losing weight I am probably going to lose the Missus. Bad thing? Show off, I know but I have a lot to lose - about three stone! Just put the trusted steed in for a service and at a cost of £70.00 for new brakes and tyres etc. it should last as long as I do. Need to cut out the beer and curry in attempt to get even fitter and realise my goal of having the best ride ever! - Shakespeare

### **Sponsors**

We welcome and thank enormously the following for their help, donations and support -

- "Mompesson Boarding Kennels and Cattery", Eyam, Derbyshire,
- Jackie Palfreman of "Rowchoish B&B" in Balintore, Ross shire near Tain
- "Viewfiled House", Fort William, Inverness-Shire
- Elle Jackson of "Albany House", Penrith
- Marie Daley from "National Association for Colitis and Crohn' s Disease"
- Dave Stainthorpe of Cycle Sense, Tadcaster North Yorks
- Kelvin Hopkins, MP for Luton, North.

Details of the above can be found on the "Sponsors" page of the site.



### **Cuzman's New Bike**

(We are working hard together to get those stabilisers off)  
(We know you can do it mate!)