



# A Good Day to Tri Hard Newsletter

14th June 2014

Princess Royal Hospital- Royal Shrewsbury Hospital

10am start

Early May 2014 - 2nd Edition

## Welcome to the 2nd Newsletter, with updates on progress and news relating to A Good Day to Tri Hard

This newsletter is pretty much all about the logistics, including an update on a slight change to the route.

First of all, route planners have been put together for all 3 events and are available on the event page of the website. These provide detailed guidance of the routes and pictures of junctions and points of note.

A route change has come about purely as a precautionary measure. Shrewsbury Carnival and The World Coracle Championships are both taking place in and around The Quarry park in Shrewsbury on the 14th June. I have spoken to the organisers of the carnival, and to avoid any confusion, I have decided to re-route our events over Kingsland Bridge, before we get into the park. This change has not affected the distance. What this will do is create a great atmosphere around Shrewsbury which I'm sure we will enjoy. Please note, the route planners take precedence over the Google Map links, as in a couple of places, Google Maps does not allow us to track the route exactly.

Nick



walk

### 18 mile walk

104 currently signed up for the walk, which is amazing. I hear of lots of people who are now beginning to step up their training, and with just over a month to go, now is the right time. Have a look at the training guides on the website and do what a lot of you are already doing, and make it a regular social occasion.



run

### 18 mile fun run

31 super fit people have signed up so far for the run. Really good stuff and hearing of lots more interested.

The run has always been promoted as a non competitive event, and therefore the usual arrangements associated with a professional event may not be in place. We have taken advice from experienced runners with regard to water supplies and will be making it available very 2 miles, except for the last section which is a 4 mile stretch to the end.

Please download the route and study carefully. All 18 miles of the route is hard surface



ride

### 35 mile cycle ride

62 riders have signed up for the cycle event, which is fantastic. A truly challenging event, with a number of you having ridden or driven the route already. Lots of hills, but an equal number of very satisfying free wheeling downhill too. Over Easter, I rode the 8 mile (ish) Ironbridge section of the route from Coalbrookdale to Dale End. A lovely scenic route, along the old railway line, and back through the town. About 2 miles from Coalbrookdale to the Silken Way is a little uneven, so take note please. The rest of the 35 miles is all hard surface, either road or cycle path. Training for this event is a must, as is a good knowledge of the route. The Wrekin to Little Wenlock section is one to watch out for!

## Fundraising, Sponsors and Supporters News

*Fundraising and sponsorship continues at a great pace. We are approaching businesses and individuals from across the county all the time.*

*Our target is to raise £20,000 for the Lingen Davies Cancer Fund. Take a moment to have a look at their website to see the great work that they do for the people of Shropshire and Mid Wales*

*Once again, we are not setting minimum sponsorship limits, however as a guide, it would be great if everyone could raise £50 each*



*As we mentioned in the last newsletter, we are also organising the Lingen Davies Garden Party at the Shropshire Education and Conference Centre. This will coincide with the end of the 3 events, and give all those taking part a warm welcome home by the Lingen Davies Cancer Fund volunteers.*

*The Garden Party also gives family and friends of those taking part the opportunity to come down and cheer you on and also support the event.*

*For more information, go to the Lingen Davies Garden Party page of our website or speak to the Lingen Davies Appeals Office. Raffle prizes and stalls are still being welcomed.*

*For runners and walkers, The Grove at Walcot have offered us use of their toilets if needed. This is approximately 5 miles in so may be a welcome stop off. Marshal Jim Craib will be on hand at the crossroads*

*Other marshals providing great support are:*

*Em and Rob Sanders - water station in Withington*

*Jan Heath—Providing direction at Kingsland Bridge*

*Sara Ellis—Shrewsbury area to be confirmed*

*Chris Evans and Tracy Charles mobile marshalling walk event on their bikes*

*Liz Holding—mobile car marshalling throughout the walk and run route*

*Mike Burne and Antony Stacey—mobile car marshalling throughout the walk and run route*

*Anyone wishing to sponsor or support the event should contact us via the website. Donations should go to [www.justgiving.com/agooddaytotrihard](http://www.justgiving.com/agooddaytotrihard)*

Sally

