



A Good Day to Tri Hard Newsletter

14th June 2014

Princess Royal Hospital- Royal Shrewsbury Hospital

10am start

June 2014 - 3rd Edition

In order to ensure that we are as prepared as we can be, we want to make everyone aware of the route marking in advance of the events.

For the cycle ride, we will be using signs placed at certain junctions and turns. These will be put out the weekend before. It is imperative however that participants are also familiar with the route planner available on the website. Unfortunately, sometimes signs are removed or vandalised without us realising, however we hope this will not be the case for us.

For the run and walk, we will also use signs however in smaller numbers. Between Wrockwardine Village and The Quarry Park, we will utilise the National Cycle Route 81 signs as directional markers. Also use the route planner from the website. Please look out for this sign. Whilst we want to prepare as much as possible, we are limited in numbers and therefore can not provide the level of marshalling that some of the larger events can find. We therefore rely on a small band of willing helpers and also those who are taking part to help us by being aware of the route in advance. We really do hope that you enjoy the day. For us, it is as much about the participation and people, as it is about the fundraiser (although that's really important too!!) In addition, please find below details of facilities which have been arranged for you on the route



The 18 mile walk & The 18 mile fun run

The Pheasant—Admaston (2 miles)

Drinks and Toilet

Charlton Village (5 miles)

Water station operated by Anytime Gym, Telford

The Hare and Hounds—Withington (7 miles)

Use of toilets, bar open. Water station operated by Rob and Emma Sanders

The Haughmond—Upton Magna (9 miles)

Drinks and toilets

Uffington Parish Hall—Uffington (11 miles)

Hot and cold drinks, toilets, biscuits

The Weir—Shrewsbury (13.5 miles)

Water station operated by Sara Ellis. Toilets available

The 35 mile cycle ride

The Pheasant—Admaston (2 miles)

Drinks and Toilet

The Huntsman—Little Wenlock (8 miles)

Use of toilets. Bar open

Ye Olde Robin Hood—Ironbridge (15 miles)

Drinks and toilets

The Kynnersley Arms—Leighton (19 miles)

Use of toilets. Bar open

The Haughmond—Upton Magna (27 miles)

Drinks and toilets

Uffington Parish Hall—Uffington (29 miles)

Hot and cold drinks, toilets, biscuits

The Weir—Shrewsbury (31.5)

Water station operated by Sara Ellis. Toilets available

Fundraising, Sponsors and Supporters News

As we mentioned in the last newsletter, we are also organising the Lingen Davies Garden Party at the Royal Shrewsbury Hospital. The will coincide with the end of the 3 events, and gives 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.

As mentioned by Nick, we are a small team, however all committed to making the day as successful as possible.

All event support teams will be wearing a hi-viz jacket with our event t-shirt. Please say hi as you see them or speak to them if you need support

Our team are:

Jim Craib—Walcot crossroads, by The Grove Pub

Em and Rob Sanders - water station at Hare & Hounds pub in Withington

Jan Heath—Providing direction at Kingsland Bridge

Sara Ellis—Water station at The Weir, Shrewsbury

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 and also providing social media coverage throughout the day.

John Kirk—Live blog on SaTH website and comms advisor for event.

Anyone wishing to sponsor or support the event should contact us via the website. Donations should go to www.justgiving.com/agooddaytotrihard



walk



run



ride



Please look out for the 'Plan for the Day', which will be coming out on email over coming week.

This will be accompanied by a car park pass which can be used to at Princess Royal Hospital in designated spaces, and Royal Shrewsbury Hospital for those attending the Garden Party. The 'Plan for the Day' also will include details on registration and where we will be meeting up before leaving.

If any other late news needs sending, this will go via email too.