

NEWSLETTER

MESSAGE FROM OUR CHARITY NELSON'S JOURNEY

'We want to say a huge thank you for taking on this challenge and for supporting us. Last year, we received 506 new referrals. Here is a comment from one of the children we have supported. "I realised that I have been taking my anger out on my family and friends and (you) helped me realise I didn't kill my Dad, the cancer did, and that its ok to cry". With your support, we will be able to guide even more vulnerable children and young people on their bereavement journey.'

WINTER TRAINING TIPS

Swimming in a pool is the only option until at least May, unless you are not UK based, but remember, time spent on technique now could shave minutes of your PB!

Kayaking involves upper body strength, especially that dreaded carrying the kayak back to the field business. Grow those guns.

Cycling is great on a dry day but make sure you are wearing high vis and some toasty gloves. Alternatively, try spinning



classes or an inside trainer to put your bike on, with some loud music.

Finally, there is nothing like running on soft, dry sand for the proper resistance training. And obviously that's what you'll be doing on the day!

BEETROOT SMOOTHIE

1 beetroot scrubbed
1 apple cored
1/2 cucumber
juice from half a lemon
handful of parsley/greens
handful of ice cubes
1 cup of apple juice
Blend until smooth, then gallop it down without grimacing.

CHRISTMAS STORMS

Sadly, the poor North Norfolk coast took quite a battering in December. The surge caused widespread flooding of property and erosion of most of the

beaches and coastal paths. So be aware that things are looking quite different up here in 2014.



Here is what the large dune ridge in front of the huts at Wells looks like now.



Check out the tide mark!

WEBSITE LAUNCH

We have got our new 2014 website up and running. Take a look at the video from last year and remind yourself what a ridiculous event you have entered yourself in for, or are looking forward to marshalling. Join our facebook page too. This year's event takes place on 21st June at midday!

CYCLE ROUTE CHANGE

In order to make the cycle course safer we are looking to avoid Burnham Market. You will now, leave the field West along the coast road and drop back down on to the original route after Burnham Market therefore missing it out. [View Map](#). Click on this link to view the whole of the map, on our website.

