

Dear [            ]

Well, there's a week to go. I've done the training rides – many hundreds of miles in fact – and I'm ready to go.

I've now reached the stage where checking the weather forecast is a daily ritual. Two war stories from both of the first two years are beginning to bother me. Apparently, there will be a heavy thunder storm, probably with hail stones, 20 minutes after we leave the first rest stop on the first day. How can I be so certain? At exactly the same time, on exactly the same part of the same road on the first day of the previous two rides, the heavens have opened and ..... well you can guess the rest! The other war story? White Hill Lane. Three quarters of a mile up a 20% gradient. I know the guys have promised me lunch at the top but seriously? I will have cycled [160] miles already. The last thing I need is a big hill before I get any lunch.

"How's the fundraising going?" I hear you ask. We have raised an amazing £[            ] so far. I'm really pleased we have done so well. It's a great cause. Most of my hard work is done – well if you ignore the [180] miles of the ride itself! But you can still help. If you haven't sponsored me and you would like to, here's the link again.

I'll let you know how I get on when I get back!