

WELCOME TO
TEAM
BATTERSEA

YOUR CYCLING CHALLENGE GUIDE

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AND CAT SINCE 1860**



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Hello! Thank you on behalf of everyone at Battersea for choosing to take on a cycling challenge to raise money for the dogs and cats in our care. You are embarking on an exciting journey with Team Battersea and this guide is here to help kickstart your adventure and support you every step of the way.

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CYCLING TIPS

You are about to embark on an exciting cycling challenge for the dogs and cats in our care and whether you are a biking fanatic or a beginner, we hope you'll find the training and fundraising tips in this booklet useful and inspiring. We've spoken to health professionals and former Team Battersea cyclists to find the best training and fundraising tips to help ensure you have an amazing experience.

If you're new to cycling or just want to brush up on the basics, we've put together some of our top tips to ensure you are safe and ready to start training for your event:

HELMET

Protecting yourself is crucial and you should make sure that your helmet is comfortable and fits correctly. You should also replace your helmet in line with the manufacturer's instructions. If you're unsure about the fit then visit your local bike shop where an expert will be able to advise.

CYCLING SHORTS

If you're cycling a long distance then you will want to consider investing in quality shorts that are well padded and have a good fit. This will prevent any chafing and discomfort so you can focus on pedalling.

LOOKING AFTER YOUR BIKE

Ensuring your bike is cleaned, regularly serviced and running as it should will keep you safe and reduce the risk of it breaking when you're training or even on the day of your challenge. This should also include practising how to repair a puncture.

BIKE AND SADDLE FIT

Checking your bike is set at the right height and in the right position is important because you need to be comfortable. Doing this will also prevent injury.

CLIPLESS SHOES

Clipless shoes can be a real help, but you must practise using them, making sure they are positioned correctly before your big day.

TAKING ON A CYCLING CHALLENGE



Plan

Creating a training plan is the first step to achieving your goal, and it is a great way to motivate yourself. Start by breaking down your overall distance into small, achievable milestones which can act as small, medium and long-term goals. It is incredibly important to ensure that your plan is realistic, that you can fit your training into your routine, and that you can build up your distance slowly, to avoid injuring yourself.

Get into a routine

A realistic plan is one that can become part of your daily or weekly routine. Decide whether you would prefer to train in the morning, during your lunch break or in the evening and stick to what you've planned. It is fundamental that this routine also includes stretching before and after your training – warming up and cooling down are essential elements for recovery and progress.

Start your fundraising early

It's easy to get caught up in your training and leave your fundraising until the last minute. By starting early, not only can you keep people updated on social media as your training progresses, but you can spread awareness about why you're taking on a challenge for Battersea. Getting organised also leaves you with more time to concentrate on your longer training sessions in the run up to the big day. Taking pictures of your routes also proves to people who have sponsored you that you are doing this!

Get kitted up

Having the correct kit is essential. This doesn't mean spending lots of money on the latest gear, just ensuring you have comfortable, appropriate clothing which you have trained in before the big day.

Rest

Ensuring you have time to rest and recover is just as important as clocking up the miles. This includes getting plenty of sleep; your body needs time to repair from all the extra work it's doing. Make sure you plan rests into your schedule, particularly in the run up to your event as this reduces the risk of late injury and ensures you are in peak condition.

Eating well

It is important to fuel your body to support your regular training as it places additional demands on your body. Eat a nutritious and balanced diet, with a focus on fresh fruits and vegetables as a source of the vitamins and minerals you need. Stay hydrated with at least two litres of water per day, and even more when you're training. When you sweat you lose electrolytes like sodium and potassium, so it is important to replace these with either an isotonic drink or a drink naturally rich in electrolytes, like coconut water.

Believe in yourself and have fun!

Taking on a challenge is an amazing thing to do and you should be so proud of yourself. Training is a rollercoaster, and you will have ups and downs. Don't sweat it when your session doesn't go as you'd hoped and make sure you treat yourself occasionally too. Cycling for Battersea should be a fun experience, and although it's important to follow a plan, don't put too much pressure on yourself and enjoy the journey. You are doing it for a great cause!



CRICKET HAD A ROUGH START IN LIFE

he was found in a cat carrier with a note saying "Help Me", but thanks to our expert team and the kind family who rehomed him, he's unrecognisable from the poorly kitten who came to Battersea in 2019.

MEET CRICKET

Cricket had been found in a cat carrier with a message that read 'Help me please'. The five-month-old kitten was extremely malnourished, with a very thin coat and most noticeably of all, his two front legs were badly bowed. He weighed less than half of what a healthy cat his age should.

It was touch and go for the little kitten, but our expert veterinary team believed in him. They worked tirelessly to give him the best possible chance of survival – one nurse even gave up her weekend to look after Cricket in her own home.

It took weeks of intensive care from Battersea's clinic team to turn Cricket's life around, along with round-the-clock support from the dedicated cattery team and our expert foster carers.

Thanks to this unconditional care, Cricket grew stronger every day. He gained weight, his fur grew back, and he learnt to trust people again, however he still needed specialist medical treatment to help with his bowed front legs.

Despite having such a hard start in life, Cricket was such an affectionate cat,

loving nothing more than cuddling up on someone's lap. His cheeky charm and playful personality won the hearts of everyone who cared for him at Battersea.

Thankfully, Cricket had a fighting spirit and after a long period of recovery at Battersea, he found his place to belong with a loving family in Hampshire, and has since been renamed Hunter.

Little Cricket survived because he was given the best care possible, 24 hours a day, for as long as he needed.

If Battersea hadn't been there, Cricket's story may have ended very differently. For 160 years we've made it our mission to never turn away an animal in need of care. With your help, we never will.



A DONATION OF ANY SIZE CAN MAKE A BIG DIFFERENCE

Battersea is here for every dog and cat, and has been since 1860. Over more than 160 years, we've gone from one home in London to three rescuing and rehoming centres across the country and have cared for over three million animals.

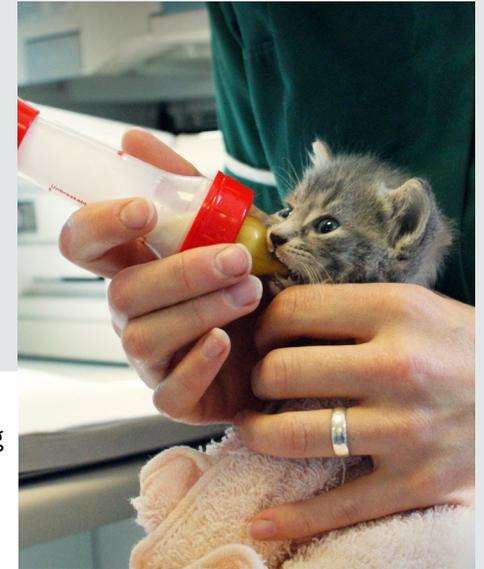
At Battersea, we know that rescue animals may not be perfect, but they're worth it. Every animal at Battersea has character, quirks and lots to give, and they all deserve a second chance and a happy home – so thank you for helping us to make sure that happens.

Here are some of the things your donations could go towards the cost of at Battersea.

Share these on your fundraising page to help show your sponsors how their donation helps.

£10

could help pay for special milk and food for hand-rearing orphaned puppies and kittens until they're strong enough to feed on their own.



£20

can help pay for home comforts such as cosy bedding and toys to help unwanted dogs and cats be comfortable and happy while waiting for a home of their own.

£50

can help pay for medical equipment such as anaesthetics, fluids and special drugs used for life-saving operations.



THANK YOU AND GOOD LUCK

RESOURCES

We thought it would be helpful to signpost you to some of our favourite apps and websites. Most of the time they're free to access, and help you keep track of your progress on the go.

Strava

strava.com

The number one app for tracking your training, this will enable you to see all your training sessions and share your progress with friends and family.

Zwift

zwift.com/uk

A virtual training app which allows you to train and compete from home.

The Cycling Podcast by Lionel Birnie, Daniel Friebe & Richard Moore

thecyclingpodcast.com

Join this trio of journalists as they offer insight and analysis into the world of professional cycling, with the latest news and some special guests.

The Global Cycling Network (GCN)

This YouTube channel has over 2 million subscribers and is filled with lots of great tips and videos, so why not tune in and immerse yourself in the cycling community.



We hope this guide will be there to help you get started with your training and fundraising, keep you going and inspire you when you need it.

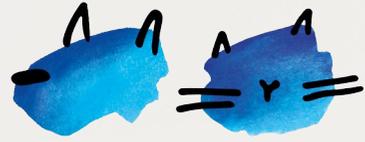
The Events team are also here to support you every step of the way. If you are planning any fundraising events, we can send you:

- Collection tins
- Eco-friendly balloons
- Banners

Plus, we can give you as much or as little fundraising advice and support as you need.

Battersea simply cannot be there for every dog and cat without dedicated supporters like you. By making this choice, you are not only taking on an amazing personal challenge but helping dogs and cats find their forever homes along the way.

We thank you from the bottom of our hearts.



BATTERSEA

HERE FOR EVERY DOG AND CAT

