

SAINTS BIG BIKE CHALLENGE BULLETIN



INFORMATION EVENING

WEDNESDAY 5TH FEBRUARY

Join us for our next information evening, taking place on Monday 5th February 2018 at St Mary's Stadium.

The evening will start at 6:30pm and will cover the following areas:

- The Route
- Kit
- Fundraising
- British Cycling Training Rides

To book your place, please register at our Eventbrite page:

www.bikechallenge2018.eventbrite.co.uk

TRAINING RIDES

We are delighted to be working with British Cycling for a second year. British Cycling will be on hand to offer advice and regular training rides in the run up to the event to ensure you are fully prepared.

Our training rides are a chance for you to meet others taking part and gain valuable advice from our Support Ride Leaders. We have training rides scheduled for the following dates below. To book, please click the date that you'd like to attend.

[Sunday 17th December](#)

[Sunday 7th January](#)

[Sunday 21st January](#)

[Sunday 18th February](#)

Please do let us know if you'd like us to provide certain distances or different types of rides, and we'll do our best to plan these in.

SIGN UP PROCESS

- 1** Complete your Fundraising Pledge and Disclaimer Forms and send them back to us. *(You can either send us a scanned copy or post them to Lydia Clark, Saints Foundation, St. Mary's Stadium, Britannia Road, Southampton, SO14 5FP)*
- 2** Create your Just Giving Page by visiting: www.justgiving.com/campaigns/charity/saintsfcbigbikechallenge2018
- 3** Pay in your £50 registration fee to your Just Giving account, and send us a link to your Just Giving page.
- 4** We'll get back to you with a confirmation email to let you know that you're officially signed up for Big Bike Challenge 2018!



HEALTH AND FITNESS CORNER

ALEK GROSS - HEAD OF SPORTS SCIENCE, SOUTHAMPTON FC

Colds and illnesses can occur at any time of the year, but with the weather in the winter months and the festive period bringing people into contact more, the risk of getting ill is increased. In order to keep fit and healthy and to continue to train through the festive period I recommend including the following pro-immune foods in your diet.

CITRUS FRUITS - Almost all citrus fruits are high in vitamin C, a key vitamin involved in supporting immune function. As your body does not produce it naturally it is important to include it in your diet.

RED PEPPERS - Red peppers contain more vitamin C than citrus fruits. They also contain something called beta carotene which keeps skin healthy as your train in the cold, wet and wind

BROCCOLI - Broccoli is supercharged with vitamins and minerals. Packed with vitamins A, C, and E, as well as many other antioxidants and fibre, broccoli is one of the best vegetables to support performance. Note that the longer you cook it the more goodness you lose!

GINGER - Ginger may help decrease inflammation, which can help reduce a sore throat and other inflammatory illnesses.

TURMERIC - This bright and bitter spice has been used for years as an anti-inflammatory in treating both osteoarthritis and rheumatoid arthritis. Also, research shows that high concentrations of curcumin, which gives turmeric its distinctive colour, can help decrease exercise-induced muscle damage- perfect for post training sessions.

GREEK YOGHURT - Contains 'live and active' cultures. These cultures may stimulate your immune system to help fight diseases. Try to get plain yogurts rather than the kinds that are pre-flavoured and loaded with sugar. You can sweeten plain yogurt yourself with healthy fruits instead. Yogurt can also be a great source of vitamin D, vitamin D helps regulate the immune system and is thought to boost our body's natural defences against diseases