

Clare Reader's Blog – Tour of Suffolk 2017

Dear Simon, Rosie, Oana, Tanya and all the lovely staff at ITFC,

I'm really sorry it's taken me so long to write and say a massive THANK YOU to you, John and everyone at ITFC for organising the amazing Tour of Suffolk in May. The ITFC team were brilliant, always smiling and welcoming us at every stop along the way, so please pass on my thanks to all of them.

As for the cycling, I had no idea how much I would enjoy it. I've seen John return buzzing from numerous cycling trips and now I know why. At the end of the first day, I was feeling a bit guilty to all my sponsors as it didn't seem challenging at all!!! What could be better than cycling through beautiful Suffolk countryside in the sunshine with a great group of friends?



Obviously, day two, with driving rain and a headwind, made up for it. And, probably the hardest part, after the stretch between Thorpeness and Aldeburgh, was the hills through Bealings in the last 10 miles!! But, that's when being part of a team comes into its own. Everyone gritted their teeth and smiled their way through it and of course, the more

experienced were so encouraging and helpful. I still don't know what a high or low gear is but I got through it and that's the important thing! One of my enduring memories, and I think of it every time I drive over the Tuddenham Road roundabout, was when Lee Godfrey cycled in front of all the cars during rush hour, stopped the traffic and waved about 30 cyclists safely around the roundabout...brilliant!

As you know, I wanted to do the challenge in memory of my Mum, who we lost to Cancer earlier this year. I'm so proud to say that my fundraising total for Breast Cancer Now is around the £2,800 mark, which is amazing, so thank you again for helping me to achieve this amount.

Thank you again so much and good luck with your next challenge.

Clare xx