

A 12 stone individual cycling at an average speed of 10 m.p.h. for eight hours, on the flat, will burn approximately 5,000 calories. The body's carbohydrate reserves amount to 2,000 to 3,000 calories and fat reserve calories to around 70,000. About 20% of Gary's calorie burn will come from fat, the rest from carbohydrate, with more of the latter being burned at higher levels of exertion. When the carbohydrates run out the body will slow down considerably. So energy has to be replaced as it is used.

That's just one day. Now multiply it by 30 consecutive days. Add in the hills...

Should you wish to donate to **Gary Bluett's Cathedral Quest** solo cycle ride in aid of **Macmillan Cancer Support & Letton Church** (all donations being divided equally between the two) please make your cheque payable to,

Cathedral Quest
and send it to:-

Cathedral Quest
% The Old Forge,
Letton,
Hereford.
HR3 6DS
Tel :- 01544 327268

OR

Ron Davies, M.B.E.
MacMillan Cancer Support,
Wilson Chambers,
Commercial St.,
Hereford.
HR1 2DE
Tel :- 01432 343030

If you are a U.K. taxpayer could you, please, fill in the details below (please tick the box as well) and send it with your donation ? The Inland Revenue will donate a percentage of your donation to the two organisations. This will not cost you any extra money.

Name.....

Address.....

.....

.....

Post Code.....

Amount Donated £.....

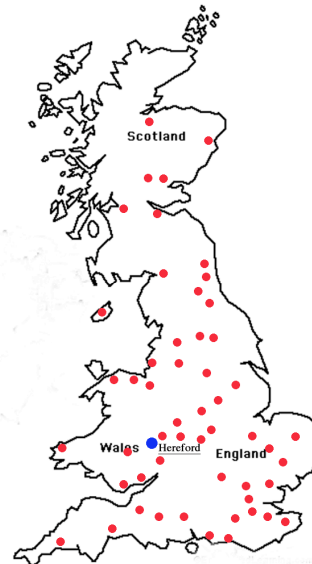
Signature..... Date.....

Please tick in the box if you are a U.K. Taxpayer

www.cathedralquest.org.uk



56
CATHEDRALS
2,600
MILES
1
MAN
1
BIKE



IN AID OF

WE ARE
MACMILLAN.
CANCER SUPPORT

LETTON CHURCH
HEREFORDSHIRE

May - June, 2008

www.cathedralquest.org.uk

A Solo Sponsored Cycle Ride