

A background image showing two cyclists on a dirt path. The cyclist on the left is wearing a blue top and a white helmet, and is raising their right hand in a celebratory gesture. The cyclist on the right is wearing a red jacket and a white helmet. In the background, there is a lighthouse on a grassy hill under a clear sky.

#MATCHTHEMILES

11th - 15th May

Programme of Events

Take a look at our exciting programme of events for **#matchthemiles** week! For details on each session or to find out how to sign up, click the links in the programme below. Enjoy!

The tech chat...

Facebook LIVE sessions will be hosted on The Adventure Syndicate Facebook page. So, head over to our Facebook page at the event time you want to join and come and say hi!

Zoom webinars - You will need to sign up for Zoom webinars (using the links provided below). As an attendee, you'll be able to see the speaker but won't be able to speak unless the hosts invites you to. You can put questions to the speaker and 'chat' with other participants by using the messaging functions. We will aim to host a recording of these sessions of Facebook soon after the event.

Zoom sessions – Where we have marked something as a 'Zoom session', you can choose to show your video and you'll be able to chat verbally to other people on the call (unless muted by the host). This is all new to us, and it's been a steep learning curve over the last three weeks getting to grips with the technology. Please bear with us if there are any technical glitches – we'll do our best to sort them out!

[Monday 11th 9am -10am - #TRADSPIN \(Zoom session\)](#)

Jump on your turbos and join Jen & Lee for #tradspin! Expect some top traditional music along with some great chat. Use the link below to join the live session!

[Monday 11th 7.30pm -8.30pm Resolution Race Talk \(Zoom webinar\)](#)

The story of four female endurance cyclists, riding two cargo bikes for 1000 km. The purpose of the journey was to highlight the urgent need for people to work together to tackle climate change. They set off from Edinburgh on 26 December, arriving in Copenhagen six days later, just in time to celebrate New Year's Eve. While one person rode, the other sat on the front of the bike as cargo, swapping every hour to manage the fatigue from the riding and the cold from the sitting. No electric assist, no vehicle support, mostly self-supported: just team work.

[Tuesday 12th 9am – 9.30 Not Tai Chi with Lee \(Facebook LIVE session\)](#)

Join Lee for some early morning moves. She'll be slowing the pace right down this morning, encouraging us to, stop & reconnect for 15 minutes.

Will be streaming on The Adventure Syndicate Facebook Live. You don't need any special equipment or clothing. Just tune in and follow along!

[Tuesday 12th 7.30pm – 8.45pm - Train your Brain-Confidence \(Zoom session\)](#)

Karen Darke MBE is a British Paralympic cyclist, paratriathlete, adventurer and author! As well as being a SUPER lovely person!! She's going to be encouraging you to "give your mind a success workout as well as your body" in this session. Karen has been running a series of Train the Brain session with The Adventure Syndicate that you can follow here. Having one in person is a real treat!

[Wednesday 13th 7.30am – 8am Stretching out those miles \(Zoom session\)](#)

The Adventure Syndicate's very favourite Yogi Lindsay Warrack will walk use through some top stretches and movements we can all be doing to help with those tight cycling muscles. So grab a mat and come join us!

[Wednesday 13th 7.30pm –8.30pm Highland Trail Set up \(Zoom webinar\)](#)

Ever wondered how you might pack your bike to take on a 550mile bikepacking race in the Scottish Highlands?

Who better to talk you through it that the fastest woman to have ever completed it. Lee Craigie will give you a sneaky peek into her 2017 sub 4 day finish kit choices. So grab a cuppa and settle down top bike packing tips from a top bike packing lass!

[Thursday 14th 8am – 10am #donateyoumiles Worldin1day \(Zoom session\)](#)

We are back on the turbos this morning but this time we'll be joining Mark Beaumont and the team as part of their collective fundraising challenge Worldin1day. During Lockdown Mark has encouraged riders/runners and rowers to join in and donate the miles they ride to NHSCharities.

Once you sign up you'll be given access to the Zoom Peloton and that's where the fun really begins. There will be a selection of speakers to listen to making the miles fly by. TAS's Jenny Graham & Lee Craigie will be on chatting and spinning between 8-10am but feel free to ride as little or much as you'd like.

[Thursday 14th 7.30pm – 9pm - The Adventure Syndicate Pub Quiz \(Zoom session\)](#)

The Adventure Syndicate Quiz – Fun for all the family!

[Friday 15th 11.30am – 12.30pm - Komoot that route with El \(Zoom session\)](#)

The Lovely El from Komoot will be letting us know how to get the very best out of the App. This will be an interactive session so if possible, sign up for the free Komoot app beforehand.