

COMPUTERSHARE CHANGE A LIFE CYCLE EVENT



CHANGE A LIFE CYCLE EVENT

JUNE 2008

Dear Change a Life cyclist

Congratulations on making it into the Change a Life Cycle event before cutoff! You are one of the lucky few.

We were simply overwhelmed at the enthusiastic response to this event. Within hours of the launch on May 28th, the Change a Life Cycle was fully subscribed and the waiting list was growing. Faced with the demand, we have managed to expand the limit of 70 and have now registered 85 cyclists to take part. Computershare is also thrilled to have bagged nearly R4 million in donations and matched funds for the Mike Thomson Change a Life Trust and Children in the Wilderness through the event.

So now with just 10 training weeks left, it's time to prepare for the cycle event of a lifetime! And this is where we at Cycle Lab would love to help you. I have enclosed my personalised Training Diary, which provides a weekly log for tracking your cycling fitness. You are also welcome to email me at andrew@cyclelab.co.za with your cycle related queries or pop in to Cycle Lab in Fourways and I will help you with your bike or training requirements. During the run up to the Change a Life event we are offering you complimentary entry to our Cycle Lab Supercycling Club and you are welcome to join our club rides, departing every Saturday morning at 07:00 from Cycle Lab. We hope to have you join us.

Anglo American has given Change a Life entrants permission to use their head office gym for complimentary spinning classes, ideal for participants working in town - see attached schedule. Computershare also hosts a training ride at 07:30 on the 1st Friday of every month from Kromdraai and would love Change a Life participants to join in. **Please turn over to see the training schedule.** Email Linda Janse van Rensburg on linda.jansevanrensburg@computershare.co.za for further details on these training activities.

I look forward to meeting you all on Thursday, 4 September along the banks of the Zambezi for the final briefing session before we set off. And during the three days of the event I'll be on hand to help you have as enjoyable a cycling experience as possible. The countdown has begun!

Yours in cycling

Andrew McLean and the Change A Life Team



Change a life

Computershare

Change a Life Training Schedule		
Type of training	Where	Time schedule
45 min Spinning classes	Anglo American Gym Ground Floor 45 Main Street Marshalltown	Mon: 17:30, Wed: 06:45, Fri: 06:45
Change A Life monthly outrides ± 70 km	Meeting at Teak Place www.teakplace.co.za Kromdraai	Monthly, every first Friday at 07:30
Change A Life Sunday Outrides ± 100km long slow ride!	Panorama in the East or Kromdraai	Every Sunday at 07:30
CycleLab Club Rides	Cycle Lab Fourways	Every Sat at 07:00