CYCLE FOR SEPSIS

Taking part in a charity cycle challenge is an amazing way to raise money for the UK Sepsis Trust as well as keeping fit and having fun at the same time! There are rides available for absolute beginners or experienced cyclists so you'll be sure to find something that gets your wheels turning.

Whether you prefer the rolling British countryside or the mountains of Europe we have a variety of cycling events to choose from including our home-grown event 'Cycle 4 Sepsis' If your event isn't listed on our website or you are taking on your own unique challenge you can still ride with us. We'll support you all the way with fundraising resources and motivation to keep going!

Cycling Tips

Get in Gear! Invest in a decent bike, set it up correctly to suit you and keep it maintained. Your local bike store will be able to help with all of this.

Plan like a pro! Get yourself a training programme in place that suits your race distance and riding experience. Make time in your weekly routine to fit those longer rides in when you can!

Lycra Up! We have our very own Sepsis Trust branded Cycling Jerseys available for our super cyclists. Go to our online shop for an accurate sizing guide and to look and feel like a pro!

Be kind to yourself! It's important to eat a healthy and balanced diet to aid your cycling but rest days and treating yourself are equally as important.

Do Something Different

Try a night time ride, a relay race, a tandem time trial or an epic hill challenge. Set yourself a target and be creative with your cycle ride and we'll support you to keep those wheels turning! If you're feeling really adventurous you could even sign up for an International cycle and take your awareness raising abroad.