

Team Dobbs ride 1025 miles benefiting the British MS Societies

Sara Jane and I highly recommend the 15 day BiketheUKforMS bike ride from John O'Groats, Scotland to Lands End, England. James Whateley started this ride 5 years ago and has done a great job of fine-tuning what is now a 1025 mile tour to raise funds for British MS Societies.



The ride is held in early August, although there is the option to do the trip in the other direction in late July. This is a fully supported ride, where your luggage is transported by van each day and a second vehicle provides rest stop support about every 25 miles for the daily totals that average about 75 miles. We thoroughly enjoyed the rest day at Bath, as there was plenty to do in this historical city. Accommodation was about 25% camping and the rest sleeping on floors of churches, town halls, and rugby clubs to maximize the funds going to the Cause.

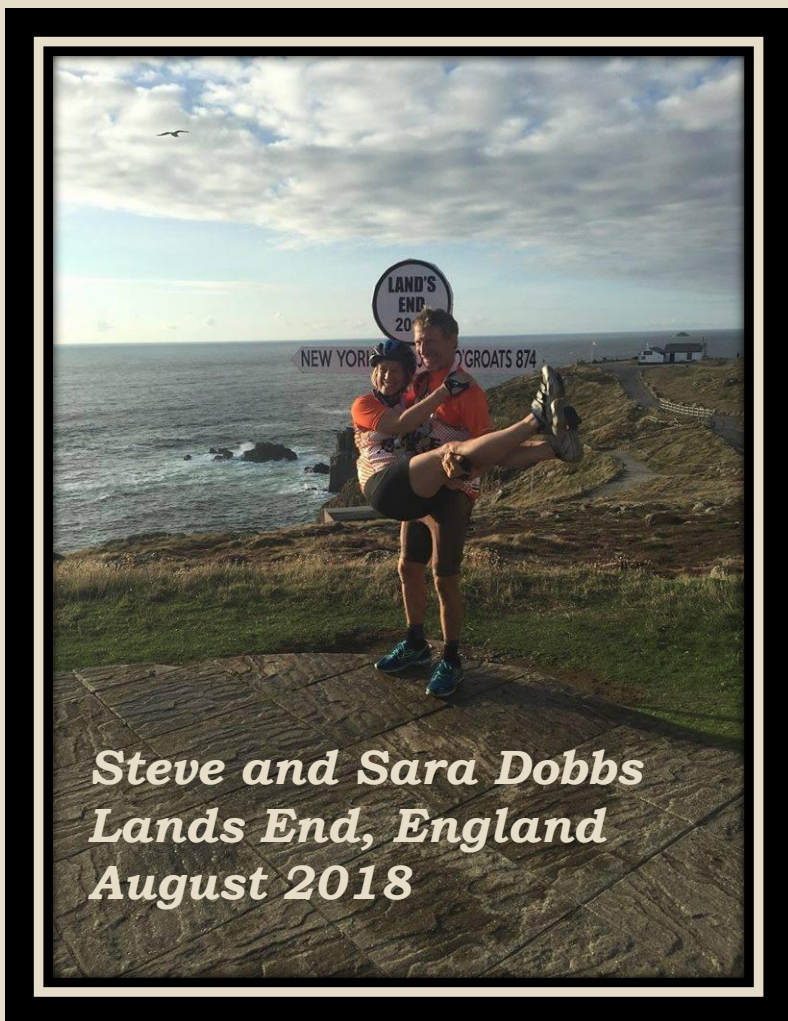


There were a lot of food options--stopping at cafes during the day, relaxing at pubs in the evening, or cooking your own food in a church or town hall kitchen. The group demographics can vary a lot as our group of 10 cyclists was about half American, half British and we were definitely the elder statesmen of the group. We heard the previous group was 95% American and all over 55.

The logistics of traveling overseas with tandem and gear can be challenging, but this wasn't too bad. We would be happy to share the details of our plane, train, and automobile logistics with anyone who wants more details. This ride really puts a face on MS as we met with local MS organizations on a daily basis and had plenty of opportunity to visit with MS patients and caregivers, generally over a snack or meal that they generously provided to show their gratitude for what we were doing. We had the added bonus of cycling with the first person with MS to complete the ride.



Local MS Society – patients, caregivers and supporters



*Steve and Sara Dobbs
Lands End, England
August 2018*

The cycling was fantastic, as the combination of good roads, great weather, and beautiful vistas kept us energized throughout the trip. There are a lot of hills so the ride will be much more enjoyable if you don't assume you can just show up and cycle yourself into shape at the start. A big thank you to all who helped us raise 2110 GBP, about \$2814, for British MS Societies.

If you want more information visit their website, www.biketheukforms.org or feel free to contact us.