

## My latest challenge? It's a Breeze...

**W**ould you describe your daily life as something of a 'headwind' – rather ferocious with your hair pulled back horizontally, rain lashing in your face – or would you better describe it as a 'breeze' – gently blowing with a hint of warmth, a glimmer of sunshine and the sound of spring in the air?

I have been in many headwinds in my time, notably on 'A' roads and on a bike with a road ahead that appeared never to end. Of course, the journey back would be so assisted you could barely bring yourself to look at the speed on your computer. It would have scared you.

Rather like life itself, hard work in one direction will in time have its rewards on the journey back.

The more observant among you may have spotted a huge poster in the local area showing me cycling the wrong way. Ignoring that – and you should – you would have noticed that it is to promote the Hospice at Home Coast to Coast (C2C) cycle ride from June 22-24. Girls only. The boys do next year – it is taken in turns.

I'm not quite sure how I would define my role: some suggest I am an ambassador or that I am spearheading the event. Whichever it is I am reminded that if there is something I am rubbish at it is spearheading. I have never knowingly spearheaded a thing in my life. Until now. My role, as I understand it is to get bottoms on seats.

As if by magic I am now proud to say a little team has formed around me and nobody has had anything twisted or pulled in the process. So suddenly Castle Carrock has become the HQ and brainstorming hub. "Fellsbelles" – our team has been formed.

Cycle jaunts were being planned when out of nowhere British Cycling called (in case you are unaware, British Cycling is the national governing body for

cycling and the home to the GB Cycling Team. They asked whether I would like to be a Breeze Champion. "Yes, please," I said in my usual 'think of the consequences later' fashion. How quickly am I in?

The drive, or should that be cycle, is called 'Closing the Gap'. Could the timing be any better? It will help my girls feel

confident and comfortable going on a cycle ride with me leading the charge.

This is where I like to be. A Breeze Champion. Leader in charge. A pioneer of sorts.

I will be a better person for it.

I will develop my non-existent team spirit.

With numerous causes to support I think Hospice at Home gets mine. We will, all 50 of us come

June, cycle from Whitehaven to Tynemouth over a long weekend and in doing so raise lots and lots of much needed cash. I have even booked sunshine and a brisk westerly breeze to push us all over the hilly bits, of which there are a few.

So look out. It will become a regular sight in these parts. My chain gang. You will know when you are approaching such a group by the heavenly aroma permeating the air. We will 'breeze' past you leaving said aroma in our wake. That with the sound of laughter and light conversation. Or you will see us gathered midway at café stops enjoying slices of cake – just enough to fuel our

journey home.

But wait, this is the girl who has grit and fierce drive. Well it is but I am prepared to change (on my Breezy days) and what could be more perfect than that.

It's going to be a Breeze. 🍃

■ For more information on the event, please contact Hospice at Home, tel: 01768 210719.

To help Carol with her fundraising target, see <https://mydonate.bt.com/fundraisers/carolwestmorland1>.



■ Carol Westmorland lives in the Eden Valley. She is a Cycling Time Trials national champion, clocking up 445 miles in 24 hours. She also teaches pilates. [www.pilates-cumbria.co.uk](http://www.pilates-cumbria.co.uk)