

BRISTOL TO BEIJING BY TANDEM

The distance from Bristol to Beijing is approximately 23,000km. Achievable by tandem? A challenge perhaps for even the hardest of Tandem Club members. For Luke Grenfell-Shaw, however, his mission to complete this journey has been borne of an even greater challenge. Luke was diagnosed with a rare and advanced form of cancer 17 months ago at the age of 24, and has since dedicated his time to a series of successful sporting challenges to support both physical and mental wellbeing. On his tandem trip from Bristol to Beijing he plans to ride through more than 20 different countries, visiting local organisations which help people with cancer; or CanLivers*, as Luke prefers to call them. The back seat of the tandem will be offered to other young CanLivers for stretches of the route, as well as locals that Luke hopes to meet along the way.

Luke has grown up around cycling. His parents, Tandem Club members Mark and Jenny have for several years followed the River Danube on their tandem from Passau to the Black Sea. In cycling from Bristol to Beijing, Luke aims to inspire others to live fully and richly and to raise awareness of the importance of fitness and diet for CanLivers in particular, as well as the wider population. He will also be raising funds for charitable organisations including the Teenage Cancer Trust, CLIC Sargent, Trekstock and Move, whose 5kYourWay initiative encourages those living with cancer to participate in their local Parkrun event.

The tandem is being built for Luke by The Tandem Shop who have been very helpful in advising on all matters mechanical, particularly with regard to accommodating a variety of riders on the back.

You can find out more about Luke's expedition and how you can get involved by going to Luke's website www.bristol2beijing.org. You can also search for bristol2beijing on Facebook, Instagram and JustGiving. Look out for progress reports in future editions of the Tandem Club Journal.

**CanLiver – someone living with cancer: facing the uncertainty and challenge of cancer on a daily basis, yet acknowledging we can live with cancer – richly and fully.*



Luke is on the left and on the right is another CanLiver Arthur who will join Luke for some of the ride. Taken outside The Tandem Shop in Coalport.

Peter Weeks