

The Argus

85p Saturday, May 11 – Sunday, May 12, 2013

Saying yes to a 3,000 mile trip

RECORD-breaking adventurers cycled from London to Brighton as part of a gruelling trek across Europe.

Dave Cornthwaite, 33 and Squash Falconer, 32, will travel through five countries in nine weeks on an ElliptiGO – a unique bicycle which combines running, cycling and the elliptical trainer.

Their challenge, called 3,000 miles of YES, aims to inspire people to say yes more in their lives, promote cycle safety and raise money for breast cancer charity CoppaFeel!

The pair have just completed the first week of their challenge after successfully cycling from London to Brighton.

They are pictured taking a dip in the



sea shortly after arriving in Brighton.

Mr Cornthwaite said: "One week in and 3,000 miles of YES is already a lot of fun."

"We wake up most mornings not knowing where we're

going to sleep that night and that's what makes it an adventure because we don't quite know how it will pan out."

For more information on the trek, visit www.thegotrek.com