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Nadia's 2025
LEL ride:
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nadia-lel-2025](https://cyclinguk.org/nadia-lel-2025)

Nadia Kerr

I STARTED RIDING audaxes in early 2022. I had entered an ultra-endurance multi-day event called All Points North, covering about 1,000km, and I needed to extend my ride distances and my endurance. I found a supportive, welcoming bunch of non-racing riders. I finished my first longer events 'out of time' but that was fine. I was learning and I was enjoying riding.

Each ride has a story to tell. A highlight for me was approaching the Hartside climb on an audax very early one morning with a barn owl flying along at the side of me. It was serene.

Watching days unfold from the peace and quiet of the saddle is very special.

One of the beauties of audax is that you can try tested routes in different parts of the country. You get to enjoy the camaraderie, the 'treasure-hunt' style of information gathering at controls, and the food provided at the end by the organiser. Food is talked about a lot between audaxers!

I am not a special or talented cyclist

"Watching days unfold from the peace and quiet of the saddle is very special"

but I try to stretch the limits of my comfort zone. I crave head space during my busy working week, as a solicitor specialising in cycling claims, and what better way to satisfy that craving than to ride a long audax in my spare time? Audax riders support each other. When I stopped at the side of the road in the early hours on London Edinburgh London 2025, literally

everyone who passed asked if I was OK.

I would particularly encourage women to ride audaxes. It is a safe and supportive environment, and safety is a real barrier to cycling for many women. There is a

'Women in Audax' Facebook group for Q&As and general support. Stops are planned in events at frequent intervals, which helps break up the ride. Audaxes start at around 50km, a lovely distance for a ride. A different mindset and different levels of preparation are needed for the longest events. Most riders will build up to those over time.

I am involved in the promotion of audax to women during this 50th

Above left: Approaching Windermere on day two of All Points North 2022
Above right: At the Zahara-El Gator Reservoir on a road ride in Andalusia, Spain

anniversary year. When women see other women taking part, they see role models for what is possible – things they may not have thought about before. I try to gather women together at audax starts for a photograph to publicise the representation.

I talk about audaxes (my partner says 'a lot') and post stories and experiences on social media. I recently introduced some riders from my Manchester-based women's cycling group, Team Glow, to the event 'EyUp!'; some have already booked their next event! A hilly route of mine (bit.ly/audaxuk-bikini-glow) has just been accepted as a permanent audax, which is great. 🍷

What I ride

Bike: Trek Emonda (called Edna Monda Kerr)

Long-ride essentials

- A roll of photos and encouraging words from my dad, which are hidden in my handlebar
- Waterproof clothing

(jacket, shorts, latex gloves)

- Foil blanket
- Chamois cream
- Pouch of electrics (power bank, cables, backup lights)