



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

HEROES BIKE RIDE
UK

Sun 18 Apr - Sun 18 Apr 2021





In aid of Healthcare Workers' Foundation

18 Apr - 18 Apr 2021



YOUR CHALLENGE DAY BY DAY

DAY 1 Sun 18 Apr

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The Day of the Challenge!

Beginning just outside Brighton both the 50 and 100 mile route set out along the sea front before turning north and heading into the heart of the South Downs National Park. The route has selected some of the very best country roads for cycling that the area has to offer, and with numerous checkpoints along the route you will feel well supported throughout. For those taking on the 100 mile route you continue along an undulating route to Haslemere where the route loops back to Brighton via the ascent of Tennyson's Lane. You then begin heading southwards before the final ascent through the 'Downs' and back into Brighton.

For those taking on the 50 mile challenge the route will split at a checkpoint just after passing through the Downs before looping back round to Brighton for the finish.

Both routes will be fully route marked and supported with water and snack stops, packed lunch, cycle leaders, mechanics, support vehicles and emergency medical back up.

At the finish you will be able to celebrate with a glass of fizz and the all-important finishers medal to mark your very worthy achievement.

You will have the chance to grab some food at the finish before heading home, and those that manage to hit target fundraising will gain access to a VIP area with David for some post ride chit chat and photos etc.

NB

Please note: Charity Challenge reserve the right to make any amendments necessary to this itinerary. The timings offered in this itinerary are offered as a guide only. Precise timings during the challenge may vary depending upon things such as weather, groups ability etc.

Minimum sponsorship

Pay a registration fee of £50 when you book.

Raise a minimum of £350 for HEROES.

Participants who raise more will be rewarded with one of the following:

- Their photo taken with David at the finish line (more than £400 raised)
- A signed jersey and a photo with David at the finish line (more than £500 raised)
- A signed jersey, a photo at the finish line with David and entry to the event's VIP golden circle (£600+ raised)

What's included?

Before you go

- Support materials (itinerary, kit list, visa information, travel insurance, health notes, travel tips, responsible travel policy and guidance)
- 15% off Cotswold Outdoor, Cycle Surgery, Snow and Rock, and Runners Need
- Fitness training notes
- A-Z of fundraising ideas
- Fundraising advice

On your challenge

- All challenge management before, during and post event
- Celebratory drink and medal at the finish!
- Checkpoint snacks and drinks
- Packed lunch and drinks
- Drinks and snacks available throughout the day

What's not included?

Before you go

- Travel to and from the challenge start/finish point
- Clothing and equipment listed on your Kit List

On your challenge

- Accommodation during the challenge
- Bike and helmet
- Personal spending money

The details

Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 4 weeks before departure (by 20/09/2020), and the remaining 20% within 4 weeks of completing the challenge (by 15/11/2020). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

Typical group size

The typical group size is 100 - 250 participants

Why support HEROES?

In response to the Covid-19 crisis, HEROES was founded by NHS workers to support NHS workers on the frontline, with one mission at its heart; Help Them Help Us.

HEROES supports NHS workers in 4 ways;

- Physical Protection: sourcing and manufacturing PPE
- Mental and Wellbeing: providing access to free counselling and childcare services
- Financial Provisions: arranging financial support via grants
- Essential Services: facilitating access to day-to-day products and services

To find out more about HEROES, click [here](#).

What have HEROES achieved?

As of June 2020 HEROES have:

- Delivered 523,188 units of services, gifts and PPE delivered to the frontline across 49 hospitals in the UK
- Produced 40,873 PPE items such as goggles, masks, visors and hand sanitisers
- Delivered 482,234 lunches, treats and products to key workers with 79,717 NHS staff receiving food

To read more about what HEROES have achieved, click [here](#).

Toilets

Public toilets will be available at various points along the route. Your leaders and support crew will be able to inform you of the next available toilet.

Emergencies

Your leading team are trained to deal with emergency situations in remote areas and will be carrying a mobile phone and radios in case the emergency services need to be contacted. The event is not run as a race and you will never be encouraged to ride at a pace 'beyond your ability'. There will always be a wide variety in people's riding abilities which will be carefully managed by the leaders. If we find that you are unable to ride at all, then we will arrange for you to be collected and taken back to the end start/finish.

Accommodation

No accommodation is provided for this challenge.

The nearby city of Brighton has plenty of accommodation options should you wish to stay the night before or after the

ride.

Challenge timings

Because of the situation presented by Covid-19 we are anticipating having to manage the start of the challenge with staggered start times. These start times will take place between 8-10am on the day of the challenge and you will be notified of your start time 1 month prior to the challenge via your Final Details.

If you wish to start the challenge with another participant, then please complete the appropriate booking question at the time of registration.

We anticipate finishing around 3-5pm (depending on your riding speed of course).

Terrain

Both the 50 and 100 mile routes take place on good quality road surfaces. The nature of the location means that both routes have plenty of ascent and descent.

Weather

This challenge takes place in October and so all participants should be prepared for potentially cooler and wetter weather conditions. Please check the forecast carefully in the week before the challenge and ensure that you bring appropriate clothing for the conditions.

Checkpoints and water

The support crew will setup checkpoints throughout the day. Each checkpoint will be approximately every 2 hours of riding. At the checkpoints there will be the opportunity to refill water bottles and take on board some snacks and energy products. You will be provided with a variety of fruit and snack bars to maintain energy levels.

We would advise that everyone bring with them some additional snacks that they can carry with them during the ride. Energy gels can be an excellent way of maintaining your endurance.

At lunchtime one of these checkpoints will supply you with your packed lunch which you will be able to stop and eat.

Getting to and from the challenge

Precise details about getting to the start/finish point will be sent to you 1 month prior to the challenge.

The start/finish point is still being finalised for this challenge. It will be at a location just outside Brighton and you should expect to need to be at the start point at between 8am and 10am, depending upon your start time allocation.

Please note: Whilst we shall do all we can to stick to this finish time, please make sure you book flexible return tickets as delays can happen and we cannot guarantee a precise finishing time or be held responsible for any

missed transport.

Group size

The ride is expected to be from 100 to 200 cyclists with support crew and HEROES staff too.

Advice and support from a cycling legend

You'll receive guidance and advice on fundraising, and some training tips from cycling legend David Millar, who has won four stages of the Tour de France, five of the Vuelta a España and one stage of the Giro d'Italia. He was also the British national road champion and the national time trial champion. David rode for Cofidis from 1997 to 2004 and Garmin-Sharp from 2008 to 2014 and is now an avid anti-doping campaigner.

What bike equipment do I need bring?

All bike equipment is listed as part of your kit list and you should ensure you read this carefully.

You will need to bring your own bike, puncture repair kit, inner tubes and pump with you in case you get a puncture during the challenge.

All participants must bring with them a helmet, and wear it at all stages of the ride. Failure to wear a helmet will result in you being unable to take part in the challenge.

The role of the bike mechanic

The support vehicle will also contain a fully qualified bike mechanic. If you develop any mechanical issues during the ride, then you should contact the mechanic and ask for their assistance.

It is important to understand that the mechanic is on hand to make only basic repairs that can be performed at the roadside. For any more complicated repairs you will need to have your bike repaired at a bike shop. The bike mechanic will not be able to drive individual participants to a bike shop, to have their bike repaired during the challenge. If the repair requires being taken to a bike shop, then this will need to be done after the challenge.

Insurance

We don't offer insurance for our UK trips, as any medical emergencies would naturally be covered through the NHS. Therefore the main thing that you will not be covered for is cancellation. You can see our cancellation policy within our terms and conditions here. If you wish, you could look into your own policy that covers cancellation for travel within the UK.

Safety

All of Charity Challenge's events are organised according to our own in-house safety management system, 'Challenge Safe'.

The route will have been fully checked and risk assessed by our cycling team.

On the challenge your safety will be the number one priority of our cycle leaders and event crew. All leaders are also first aid trained.

We ask everyone who takes part in a Charity Challenge event to respect the advice and decisions made by our event leaders and crew. At times these decisions can be difficult, and contradictory to what individuals may wish to happen. Our leaders and crew will always have your best interests, and that of the whole group, at heart when making their decisions, so please help them by respecting these decisions.

Training

Both the 50 and 100 mile routes are a significant challenge and all participants should ensure that they do an appropriate level of training prior to the event. We would recommend that everyone ensures that they are comfortable doing a series of ascents and descents as part of their cycle training.

Clothing and equipment

Choosing the right kit could make a huge difference to your enjoyment of the challenge. You will need to bring your own helmet so that the fit will be perfect. You will not be allowed to ride unless you wear a helmet. We recommend you bring your own gloves too. They are an essential piece of kit that will relieve strain and abrasions in the event of a fall. We would also recommend that you bring your own padded cycle shorts, and stiff-soled sports shoes are recommended if you are not wearing SPD shoes. Please refer to the kit list for more details.

How do we follow the route?

The route will be clearly marked by Charity Challenge route arrows. Each participant will also be provided with a GPX file that can be used on google maps, Garmin devices etc.

We always encourage all of our participants to see our challenges as a team event, and this challenge is not set up as a race.

All participants will be responsible for following the route. If you are not comfortable with this, then our cycle leaders will be on hand to help you navigate.

All participants will be given the 'event emergency contact number' to call in case they do become lost.

Food and drink

On this challenge you will be supplied with a breakfast 'snack' at the registration point (choice of fruit or pastry). At each checkpoint there will be water and additional snacks and energy products available. A packed lunch will be made available at the half-way checkpoint for each route.

We would recommend that everyone bring with them additional snacks to take with you on the ride to ensure that you have sufficient energy for the ride.

What will happen if the challenge cannot take place because of Covid-19?

We are planning the event with the expectation that the Public Health England (PHE) restrictions on social distancing will be such that the ride can take place. If for any reason, PHE advice would make it impossible for the ride to take place, we will postpone it to a later date to complete the ride.

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Any more questions?

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com

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