



RIDER HOTLINE NUMBER: 07710 854029 (29 & 30 April)

Ashford area emergencies - 07834 171501

Thanet area emergencies - 07738 851355

(will be listed on the reverse of your rider number)

Advance event queries to: 01227 812609 or robert.grew@pilgrimshospices.org

Thank you for entering the 2017 **Pilgrims Hospices Cycle Challenge** on **Sunday 30 April 2017**. The essential information is listed below to ensure that you have a safe and enjoyable ride and raise money for a worthwhile cause. We raised over £90,000 in 2016 and hope to beat this in 2017!

Routes

You can easily change your mind on distance choice on the day or even out on the road as there will be an opportunity at several points where the course splits to curtail the longer route or increase a shorter one! However, if you think that you may want to tackle the Pilgrims Century, then you need to register for this and check in at the earlier time to give yourself time to complete the route.

The links to the routes can be found on the Cycle Challenge event page:

<http://www.pilgrimshospices.org/uncategorized/years-routes/>

The **CENTURY** – 100 miles: A circular route connecting all three hospice service areas incorporating an undulating approach to Dover for the ultimate challenge.

The **CHALLENGE** – 75 miles: A circular route visiting the Ashford hospice before turning east through the Elham Valley and onward to the picturesque town of Sandwich. From there, you'll head through flatter countryside and take in seaside views at Herne Bay before making the final push through the beautiful Thornden Wood.

The **CLASSIC** – 45 miles: A scenic but undulating circular route between Canterbury and the Ashford Hospice.

Start Point

All routes will start from, and finish at, our brand new event HQ at the University of Kent near Canterbury. More than just a registration area – with trade stalls, our renowned Dr Bike mechanics, sports massage, local cycling interest groups, hot food and drinks and lots more, you'll enjoy all the excitement of a cycling festival. You have already chosen your route distance and we would urge you to keep to arriving within the relevant registration periods to help with our event administration. **The event area will open at 7:30am for registration. Please do not arrive before this time.**

Event Location: [Sports Pavilion, Park Wood Road, University of Kent, Canterbury, Kent CT2 7SR](#)

Registration

Times:

- 100 miles (CENTURY)** cyclists will check in between **0730 – 0830hrs (no earlier please!)**
- 75 miles (CHALLENGE)** can check in between **0830 – 0930hrs**
- 45 miles (CLASSIC)** can check in between **0930 – 1030hrs**

Departure times: You are free to start as soon as you have checked in. Times may be staggered on the day, depending on numbers, to avoid congestion on the roads (Typically released in groups of approx. 10-15 riders).

On the day registrations: are generally not encouraged as it makes it difficult to plan for refreshments etc. However, on the day sign up will be available for those who miss the close of advanced entry.

Registration closes at 1030hrs.

On arrival: please give your name to the registration desk volunteer who will check you off and issue you with a **ride identification number** which you should fix to your bike with the cable ties provided.

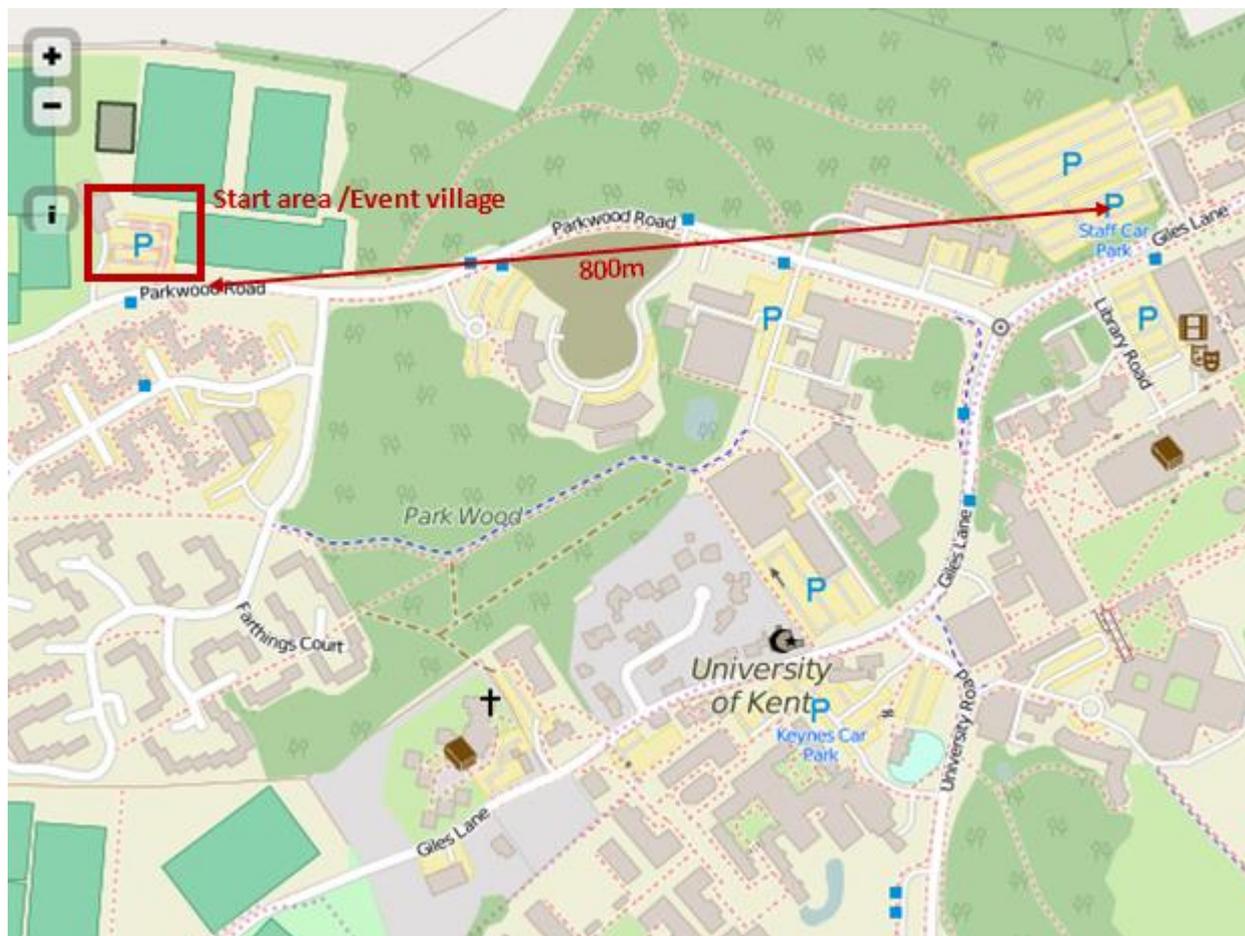
Ride completion – all riders must have completed the ride and checked in at the de-registration area by **1700hrs**.

BRING YOUR HELMET TO REGISTRATION – No Helmet = No Ride

Please remember to bring your helmet to registration with you. It is mandatory that all riders wear a safety approved cycling helmet complying with latest ANSI Z90/4 or SNELL standards. Any riders not wearing a helmet will be disqualified from the event.

Parking – for riders and spectators/family members

Ample free parking is available across the University campus as shown Below. Please note that the car park directly outside the Sports Pavilion on Park Wood Road will be not available as that is the location of the event village. When arriving at the campus, look for the directional signage to the car parking areas. The main car park is just a short walk or pedal away from the event village.



Security

- When arriving at the event village, please be vigilant. Do not leave your bike unattended and please leave it in the secure area designated for this event. The Hospice and the University of Kent are not liable for the theft of your bike. This also applies if you stop at any location on the route.

Getting ready

Essential items to bring: You should carry some emergency money, basic tools, inner tubes, tyre levers and a pump to fix punctures or mechanical problems you may experience. A basic first aid kit is also recommended. Spare inner tubes and basic spares will be on available for sale on the day.

Bike numbers: Please make sure you attach your bike number to the front of the bike so it can be seen clearly. Do not wrap it around your bars.

Pilgrims Hospices Cycle Jerseys & T-Shirts

Please show your support for this event by purchasing a special Pilgrims Hospices cycling shirt or an "I'm Supporting Pilgrims Hospices" t-shirt. You can wear this garment on the day to help raise the awareness of our charity and of the event. Prices start at only £21.50 for a **cycling jersey** or £5.00 for the t-shirt and are available to purchase in advance through our partner, Frizbee. Just click on the Frizbee link on our website: <http://shirt-printing.co.uk/pilgrims-hospices-1-c.asp>

Safety Advice for Riders

- All riders must follow the instructions provided by the Pilgrims Hospices Ride organisers and marshals.
- **IMPORTANT: All cyclists must wear a properly fitted British Standard helmet - you are personally responsible for your own safety. You will not be allowed to take part without a helmet.**
- [Parental consent forms](#) must be submitted for young cyclists who are over 14 years and they must be accompanied by a cyclist who is over 18 years. They can be downloaded from our website or completed on the day during sign-in.

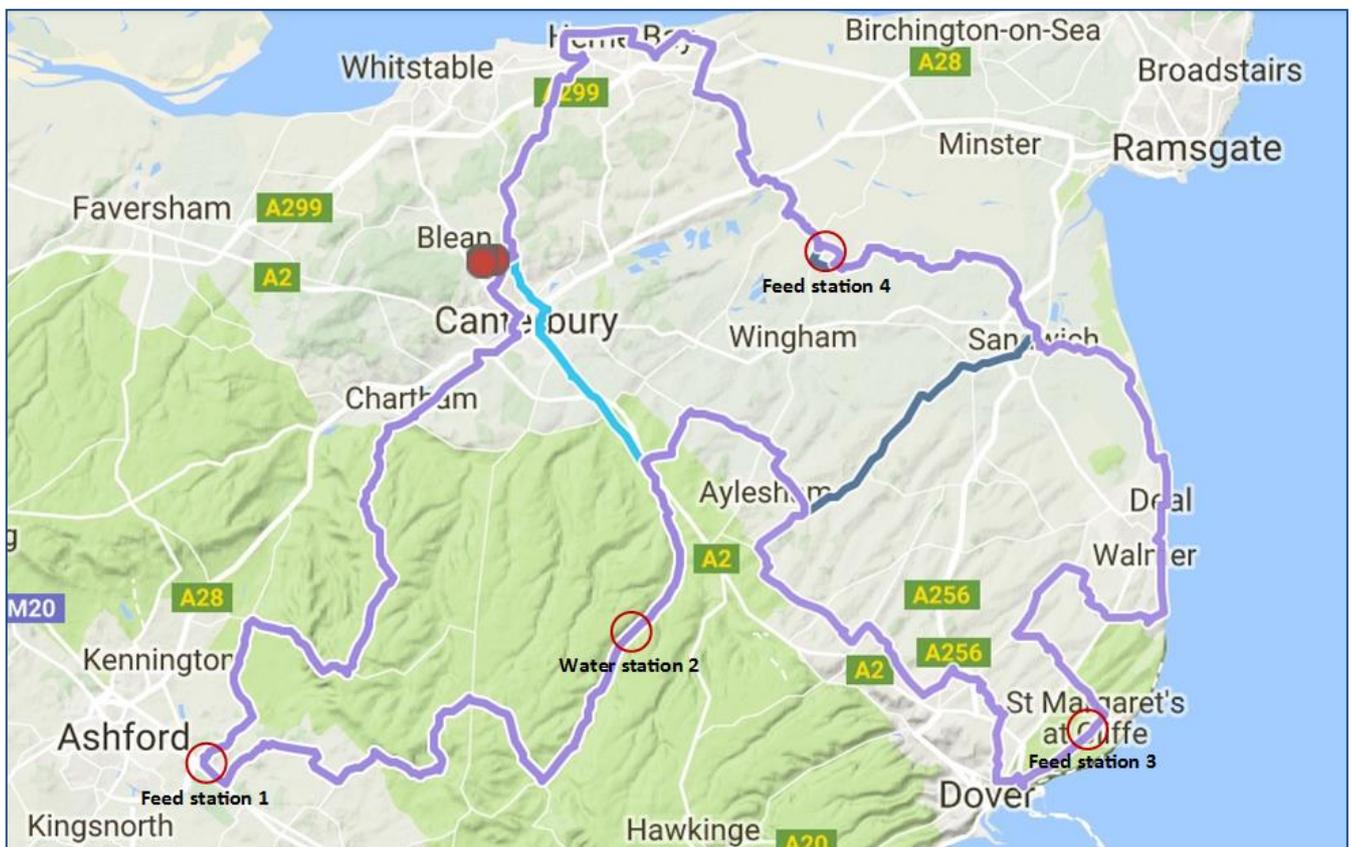
- All cyclists must obey the Country Code and Highway Codes. It's important to remember other road users while riding. With marshals positioned at various locations, any riders seen not adhering to the Highway Code may be banned from future events.
- DO ride considerately. Do let cars past. DON'T cycle 3 or 4 abreast. DON'T drop litter.
- Riders must ensure that their bicycle is in a roadworthy condition and we recommend that it has a full safety check, especially for brakes and steering.
- Please bring your own basic cycle repair kits (inc. spare inner tube and hand pump) as **support will not be available** on the route itself, although a 'Dr Bike' facility will be available at each feed station.
- Organisers are not responsible for the health of participants. If you have any concerns please consult your GP before taking part.
- It is recommended that you are able to ride at least 75% of the course distance comfortably beforehand. Training tips are available at www.pilgrimscyclechallenge.org
- Fully led training rides run at weekends from 25th March until the event. For full details on your nearest training ride visit <http://www.pilgrimshospices.org/uncategorized/training-rides/>
- You or a member of your group must carry a **charged mobile phone** at all times and provide the number to the organisers on the day. This is in addition to the emergency contact number that you have already provided us with.
- All cyclists must understand that this bike ride is not a race or trial of speed. It is a personal challenge for each individual and no record of times will be kept on the day. Should you become tired, please stop and take a rest before continuing with the event
- The roads **will not** be closed to other traffic

Refreshments

- Participants are responsible for making sure that they remain hydrated throughout the day.
- Water, soft drinks, tea and coffee will be available free of charge throughout the day at the event village and each feed station on route. *NOTE: Station 2 at Biketart is a water station only with toilets.*
- Bananas, biscuits and homemade flapjacks and other baked items will also be available at each feed station and there will be additional items to buy.

Feed stations for each route are as follows:

- **Feed station 1:** Pilgrims Hospice Ashford, TN24 0NE (at 20 miles into all routes).
- **Water station 2:** Biketart, Barham Business Park, CT4 6DQ (at 37 miles into all routes).
- **Feed station 3:** St Margaret's Village Hall, Reach Road, CT15 6AP (at 63 miles into the CENTURY)
- **Feed station 4:** Preston Village Hall, Mill Lane, CT3 1HB (at 87 miles into the CENTURY, 60 miles into the CHALLENGE)



Weather

- The event will take place regardless of adverse weather conditions, so please prepare by bringing sunscreen or waterproof clothing, as appropriate.

Route Information

- **All riders must sign back in at the registration desk once they have completed the route. We need to account for all participants at the end of the event and will call you if you have not checked back in or called us to let us know that you have finished early or elsewhere.**
- If you are unable to complete your route you **MUST** inform the organisers so that you are accounted for – either call the rider hotline **07710 854029** or the **Ashford & Thanet emergency numbers**.
- If there is a **medical emergency, you must call 999** and seek the help of the emergency services who are aware that the event is taking place.
- The routes will be clearly signed with orange florescent signs with black arrows marked with the Pilgrims Hospices logo. (See Fig 1)
- Maps of the ride can be downloaded directly from our website but are always subject to change depending on local Kent Highways information and road conditions.



Fig 1

Please note that all routes proceed in an anti-clockwise direction.

Upon leaving the University of Kent, all riders should follow event signage towards Ashford.

Junctions of note

Please take note of the following sections of the route to avoid becoming lost or injured.

Location: The Five Bells Inn, Brabourne

Routes affected: The Century (100mile), The Challenge (75 mile), The classic (45 mile)

We have had some issues in previous years with signs being taken down around the Brabourne village area of the route. Please be extra vigilant while navigating this section and it is advised that riders look at the course map regarding this area before the day.



Location: Greenhill Bridge Road, Herne Bay. Approach to roundabout with A2990.
Routes affected: The Century (100mile), The Challenge (75 mile)

Be aware that this is a dangerous junction due to the potential for congestion with other road users. All riders should wait for an appropriate gap in traffic before proceeding. Riders should progress straight over this roundabout to the 3rd exit.



Cycling in Memory of someone?

There will be a memory boards situated at the event village where you can post a message or a photo or other fitting tribute to someone that you would like to remember or who you are specifically riding in memory of. These messages may be used (anonymously) on our webpage after the event.

The Finish

Everyone will receive a well-deserved medal, refreshments and the opportunity for a leg massage and to relax and enjoy food and drink among good company. We encourage family and friends to come and cheer you across the finish line!

When you're at home

If you've taken pictures or video footage to remember the day, why not add them to the **Pilgrims Hospices** [Facebook](#) page or tweet them linking to the @pilgrimshospice twitter account.

Please do take a few minutes to complete the **online survey** that we will email to you. We really value your feedback and have acted on the suggestions that were made after last year's ride!

Sponsorship:

There is no minimum sponsorship required for this event but we'd encourage everyone to raise as much as they can. By raising sponsorship, every pedal of your challenge will be making a real difference to the lives of thousands of terminally ill people across east Kent.

It costs more than £35,000 a day to run our three hospices and if you can raise an additional £20, this could pay for an hour of nursing care. £50 could pay for essential nursing supplies; £100 could pay for therapy sessions for a child coping with the loss of a loved one; £250 could pay for a patient's day hospice sessions to experience new activities and friendships; £500 could pay for a hospice bed for a day and £1000 could pay for a patient to be cared for in their own home. Thank you.

When you have finished collecting your sponsorship together, please send it, along with your [sponsorship form](#) to: Supporter Relations, Pilgrims Hospice, 56 London Road, Canterbury, Kent CT2 8JA or drop it into one of our hospices if it's easier for you (if you are sending money via cheque, please make them payable to Pilgrims Hospices in East Kent). Please encourage your friends and family to tick the **Gift Aid** checkbox when they sponsor you. This makes their donation worth 25% more to us at no extra cost to them. Please try to have your money to us by **25 June 2017**.

Lastly, we hope you have a great day and thank you so much for supporting Pilgrims Hospices.

Dates for your 2017 Cycling diary



Divas on Wheels

 Pilgrims Hospices

A cycle ride exclusively for women

Sunday 18 June 2017

Get together with your girlfriends for a great day out and raise money at the same time.

Two lovely circular routes take you through the best of the east Kent countryside.
25 or 50 miles. You choose!

Register today at www.divasonwheels.org • T: 01227 81262 1

Divas on Wheels – 18 June – a women only supported ride with a choice of a 25 or 50 mile route. New location: The Freewheel Pub, Graveney nr Faversham. Riders and Bike Heroes welcome!

To find out more visit www.divasonwheels.org or call 01227 812621.

Sociable Cycling – have a look at our website to find out about more about our regular cycling programme. We are always looking for ride leaders too if you fancy getting involved.

Have a great day! By taking part you are helping us to continue to support our patients and their families at a very critical time in their lives.

The Cycle Challenge is proudly supported by a number of local businesses. Their support ensures that even more of the money raised through the event can go directly to helping our patients and their families. With grateful thanks to:

Headline sponsor

University of
Kent | **SPORT**

Event partners

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