

Divas on Wheels

First and foremost I'd like to say a big thank you for registering to ride in Divas on Wheels on Sunday 24th June 2018. Please find below the essential information that you will need to have a safe and enjoyable ride whilst helping us to raise vital funds for Pilgrims Hospices. You can also find some frequently asked questions online at www.divasonwheels.org as well as information joining us on our Diva Confidence Rides. If you have any queries about the event please do not hesitate in getting contact, please send all queries to Lydia.Todd@pilgrimshospices.org or 01227 812621.

Please make a note of our Rider Hotline Number: 07710 854029

Getting to Divas

This year Divas has got a new home which is very exciting! The ride will start and finish at The Independent Pedaler in Bridge, nr Canterbury.

- If you're driving to the event then below is the address:
Highland Court Farm, Bridge, Canterbury CT4 5HW – 01227 832220
<https://goo.gl/maps/YP1cymVCxBM2>
- The venue is incredibly accessible by train with Bekesbourne train station being 3-miles north-east of the venue, and Canterbury East & West train stations being 6-miles north of the venue – the perfect warm-up ride!

Parking

Parking will be available on the day. We cannot however promise that there will be enough parking for all so please take this into consideration. Car parking will be signposted and will be confirmed closer to the event. You could always car share with friends, get dropped off at the venue, travel to us via train giving you a nice warm up ride or simply cycle to the venue.

On your arrival

When you arrive at The Independent Pedaler please check-in at our registration desks so that we know you're with us on the day – even if you had registered advance. Our volunteers on registration will check you in, give you a rider's number which you will need to fill in the medical details on and attach to the handle bars of your bike and they will ask to see your bike helmet.

50-mile: please plan to arrive and to complete check-in between 8:30 – 9:00am

25-mile: please plan to arrive and to complete check-in between 9:45 – 10:15am

If you would like to change your route distance on the day then that is absolutely fine, just let our volunteers on registration know that you're changing.

Start times

We will be sending you off in small groups with your bike hero to avoid congestion on the road at the start of the ride.

50-mile: between 8:30 – 9:30am

25-mile: between 9:45 – 10:45am

Finishing times

You have all day to complete the ride so please enjoy the scenery and take stops when you feel necessary. We do ask though that all riders return and check-in with the registration team at The Independent Pedaler by 5:00pm. If you decide to leave the ride early for any reason please call one of the Rider Hotline numbers so that we can account for all Divas at the event.

Security

Throughout the day please be vigilant and aware of your bike and your belongings, we recommend that you bring a bike lock along with you so that you can safely secure your bike to the bike racks whilst you are at the venue. Neither The Independent Pedaler nor Pilgrims Hospices are liable for the possible theft or damage of your bike and this also applies at any of the treat stops along the route, so please take care of your belongings.

Out on the course

You will be able to view the route online prior to the event at www.divaswheels.org so that you can have an idea of the ride before the big day, and there will also be hard copies of the maps for you to have available on the day. Please bear in mind that these can be subject to a slight change on the day depending local road conditions, but the route will be fully marked on the day.

Directional signage will be placed through the ride – these will be luminous orange signs with black arrows, but we advise having a look at the route in advance so that you have an idea of direction and villages that you'll passing through.

Refreshments

Please keep hydrated throughout the day, we highly recommend having a water bottle holder fitted to your bike so that you have easy access to water whilst on route. There will be tea, coffee and squash along with homemade cake and bananas available free of charge for participants throughout the day at the venue. There will also be additional refreshments at the treat stops out on route. However, please do bring along additional snacks that you fancy for the ride to ensure energy levels are kept high.

The Independent Pedaler will be having a range of energy bars and nutritional gels for sale, as well as other refreshments and food to purchase. The Independent Pedaler will also be hosting a Hog Roast, for a small charge, when you finish, so please do invite your family and friends along to join in and celebrate your success.

Safety on the day

Please take note of the following safety instructions for the day:

- All riders must follow the instructions provided by Pilgrims Hospices ride organisers
- If there is a medical emergency whilst out on route you must call 999 and seek the help of the emergency services, who are aware that the event is taking place
- All cyclists must wear a properly fitted British Standard bike helmet – you will not be allowed to take part in Divas on Wheels if you do not have a helmet to wear

- Parental consent forms must be submitted for cyclists who are aged between 11 – 17 years and they must be accompanied by a cyclist who is over 18 years. Forms can be downloaded from our website and filled in beforehand or they will be available on the day
- All cyclists must obey the Country Code and Highway Codes. We also ask that all Divas respect all other road users and pedestrians at all times
- The roads on the route may include the occasional pot hole – so please keep an eye out for these and inform the cyclist by calling out “hole” if you see any, this is good cycling etiquette
- Please ensure that your bike is in a roadworthy condition and we recommend that it has a full safety check pre-ride, especially for brakes and steering. The Independent Pedaler would be very happy to help with a bike tune up before the ride – just give them a call on 01227 832220
- We ask that you bring at least two spare inner tubes with you on the day as this makes it easier for our bike heroes to help you on the day if you have any problems
- If you have any health conditions that may affect you on the day, we highly suggest that you consult your GP before taking part in Divas on Wheels
- It is recommended that you are able to ride at least 75% of the course distance comfortably beforehand, so why not join us on a Divas Confidence Ride to get in some practice
- We ask that you or a member of your group carries a mobile phone whilst out on route and to provide the number at registration on the day, if you have not done so on your registration form. This mobile number will be in addition to the emergency contact number that you will also need to provide us with
- We gently remind you that this event is not a race or a trial of speed, it is a personal challenge for each individual and no record of times will be kept on the day. We welcome you to take a break at our rest stops and to ride the route at a pace that suits you
- We have not closed the roads for the event, but we had chosen a Sunday to aim for quieter roads, so please stay aware of passing traffic whilst out on the ride
- When passing other participants please take care and always be aware of riders around you, allowing faster cyclists to pass you when possible.

Bike Heroes

On the day we will have maintenance support and motivation from our bike heroes who will ride among you and look after you if you need help on route

Divas Village

The Divas Village at The Independent Pedaler will be full of things to do and bits and pieces to buy, as well our on the day raffle. Our Divas can take advantage of a free massage and a spritz up your post-ride hair with our helmet hair remedy! There will be retail therapy opportunities with some fantastic suppliers and places to have a celebratory drink or bite to eat. There will also be live music from midday! So don't rush off after your fantastic ride, enjoy the day and invite your family and friends to join you in your success!

Divas Cycle Jerseys

You can wear whatever you feel most comfortable in on the day, but if you would like to show your support for Pilgrims Hospices during the event by purchasing a special Pilgrims Cycle Jersey for £25. These are available to purchase in advance through our printing partner, Frizbee: <http://www.frizbee.co.uk/shop/products/pilgrims.html>. Or you could purchase an "I'm supporting Pilgrims Hospices" t-shirt from any of our hospice receptions or on the day for £5. We welcome you to wear either item on the day to help raise awareness of our charity whilst out on route.

Raffle

We will be holding an on the day raffle at Divas, if you would like to buy a raffle ticket or two and be in for a chance to win some of our wonderful prizes please bring some cash along with you. The raffle will be drawn at 5pm on the day at Divas Village.

Weather

Please keep an eye on the weather forecasted for Divas so that you can dress appropriately for the weather, i.e. waterproof clothing and sunscreen! Please be aware that the event will take place regardless of adverse weather conditions.

Cycling in memory of someone?

If you are cycling in memory of a loved one there will be memory boards situated at The Independent Pedaler where you can post a message or a photo or another fitting tribute to those who you are remembering. Please be aware that these messages may be used anonymously on our website after the event in Divas coverage.

After Divas

When you're back at home and relaxed and are thinking back onto your incredible accomplishment that day and are looking through photos you may have taken, please take a moment to share these photos with us on the Pilgrims Hospices Facebook page, or use #divasonwheels so that we can see them. As we really do love seeing all of our Divas in action!

Sponsorship

Much of the entry fee of Divas goes towards running the event and making sure that you have an enjoyable and safe experience. We'd love you to raise sponsorship for your challenge (after all, it's no easy feat to cycle all that way). If you'd rather not ask your friends and family to sponsor you, we hope you might consider making a personal donation towards the care that we provide. This can be done during the online registration process or at any time on our website, at our hospices in Ashford, Canterbury or Margate, or on that day of the event.

It costs Pilgrims Hospices £14 million a year to provide skilled and compassionate care to our community and events like Divas on Wheels helps up to continue caring for local people as they near end of life. Please download a sponsorship form, set up your online fundraising page with JustGiving or called 01227 812621. Don't forget to encourage your sponsors to tick the Gift Aid box if they're eligible to do so; for every £1 donated we'll be able to claim an extra 25p from the Government at no cost to you or your sponsors. It makes a huge difference!

When you have finished your fundraising, please send your sponsorship form and money to: Supporter Relations, Divas on Wheels, Pilgrims Hospices, 56 London Road, Canterbury 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 try to have your money with us by 31st August 2018 so that we can shout from the rooftops how much you've helped us raise!

We wish you the best of luck in your training and we hope you have a fantastic day! If you have any questions in the run up to the event please do get in touch either on 01227 812621 or Lydia.Todd@pilgrimshospices.org. There are also frequently asked questions on our website at www.divasonwheels.org for you to have a read of.

Thank you for supporting Pilgrims Hospices.

Lydia

Lydia Todd Community Fundraising Officer