

DIVAS ON WHEELS Event Information

RIDER HOTLINE NUMBER: 07710 854029
Medical Emergencies 070 7765 4124

Advance event queries to 01227 812621 or lydia.todd@pilgrimshospices.org

First and foremost I'd like to say a big thank you for registering to ride in Divas on Wheels on Sunday 11 August 2019. 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.

Routes

You can easily change your mind on your distance choice on the day or even out on the road as there will be an opportunity where the course splits. The links to the routes can be found on the Divas on Wheels event page: www.divasonwheels.org

25-miles – A scenic circular route through the charming villages and green woodland of the Kent Downs Area of Outstanding Natural Beauty.

50-miles – An extended, circular route through forest to the beautiful Elham Valley before passing through green, rolling countryside and picturesque villages to the Stodmarsh nature reserve.

Confidence Rides

It is recommended that you are able to rise at least 75% of the course distance comfortably before the event.

We have partnered with the local [Breeze Network](#) group who will be hosting Divas Confidence rides in the run up to the event. The aim of these rides are to get you comfortable riding on the roads, to experience parts of the route before the day and hopefully to make some new cycling friends!

The Diva Confidence rides will be taking place on:

- **Saturday 13 July** – You will be starting at The Independent Pedaler in Bridge and will be riding a 19-mile circular route via Preston. If you would like to sign up for this ride please [click here](#)
- **Saturday 20 July** – You will be starting at The Independent Pedaler in Bridge and will riding a 22-mile circular route via Lyminge. If you would like to sign up for the ride please [click here](#).

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If you would like to get involved with the Breeze Network rides prior to these dates you are more than welcome to, simply visit www.letsride.co.uk/breeze and find rides in your local area to join. They are incredibly welcoming and they ensure that everyone is having a fun and safe time!

Getting to Divas

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 on the day. 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 17:00. 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.

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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

- **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 in or haven't called us to let us know that you may have finished early or elsewhere
- If you are unable to complete your route you **MUST** inform the organisers so that you are accounted for. Please call the rider hotline **07710 854029**
- **If there is a medical emergency, you must call our event medical team on 07077 654124 and then call 999.** They will be positioned to reach you as soon as possible and can advise you appropriately. The emergency services are aware that the event is taking place
- The routes will be clearly signed with orange fluorescent signs with black arrows marked with the Pilgrims Hospices logo
- 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
- We strongly recommend downloading the free **Pilgrims Hospices Event App** for [iOS](#) and [Android](#) devices as you can view detailed route maps that show your current position so you can see if you deviate from the correct route.



Horses

You may encounter horses along some sections of the route. If you do, it is of paramount importance to the safety of the horse, the horse's rider and yourself that you follow this advice:

- Call out when approaching from behind so that the rider and horse is aware of you
- Slow your pace to a maximum of 15mph passing speed
- Pass with at least 2m clearance on road side only

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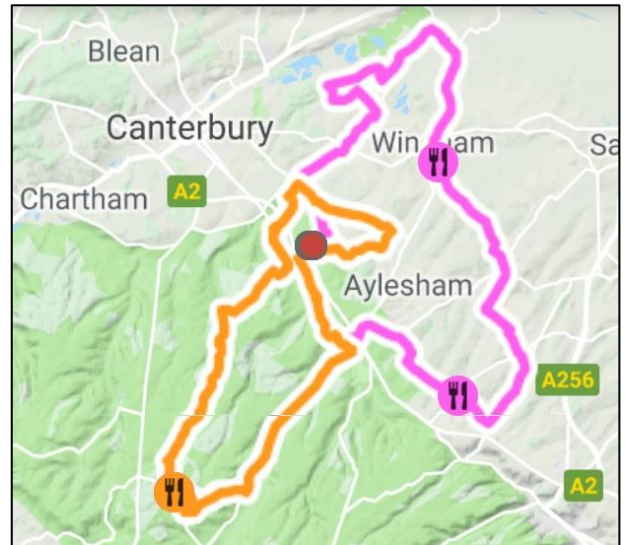


Refreshments

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. Water, soft drinks, tea and coffee will be available free of charge at the event venue throughout the day. The refreshment stops out on route will all have water, soft drinks, cakes and fruit. The refreshment stop at Shepherdswell (50-route) will also have tea and coffee. Please ensure that you bring your preferred snacks with you on the day.

Refreshment stops for each route are as follows:

- **Refreshment stop 1 (15-miles)**
Lords Whiskeys Tea Rooms Garden, Gate Lane, Lyminge, Canterbury CT4 6XY
- **Refreshment stop 2 (26-miles)**
Shepherdswell Village Hall, Cox Lane, Shepherdswell, Dover CT15 7NN
- **Refreshment stop 3 (32-miles)**
Wingham Recreation Ground, Goodnestone Road, Wingham CT3 1AR



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. Please also respect the environment and don't drop litter.
- 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.
- 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. There will be a 'Dr Bike' at the start venue and at Shepherdswell Village Hall refreshment stop.
- 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

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- 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. Please don't cycle 3 or 4 abreast.

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

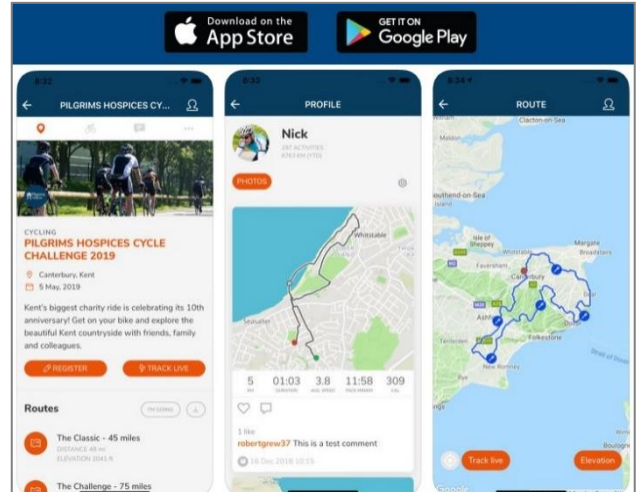
Divas Village

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. So don't rush off after your fantastic ride, enjoy the day and invite your family and friends to join you in your success!

Introducing the Pilgrims Hospices Event App

We're proud to introduce the brand new Pilgrims Hospices Event App, available for [iOS](#) and [Android](#) devices). It's free to download from the [App Store](#) and [Google Play](#) and is the perfect companion to enhance your Pilgrims event experience.

Keep your training on track by recording your training activities and liking and commenting on your teammates. Receive up to date event information, view detailed route maps so you can see if you go off route, and link your JustGiving page to see how your fundraising is going, all in one place.



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Pilgrims Hospices Cycle Jerseys, neck scarfs and t-shirts

We're excited to bring you the official Pilgrims Hospices cycle jersey and neck scarf. Show your support out on the road with these stylish, quality garments, packed with great features such as a zipped valuables pocket, full length zip and silicone waist gripper.

We also have a Pilgrims neck scarfs ideal for providing shade from the sun on hot days, and keeping you warm on cold or windy days.

Grab yours today and help us be there for thousands of people coping with incurable illness in east Kent.

Cycle Jerseys (S, M, L, XL, XXL): £35, Neck Scarf: £5

Order yours today by contacting 01227 812609 (weekdays 9:00 – 17:00) or anytime at robert.grew@pilgrimshospices.org or buy yours at the event on 11 August.

At the event we will also have our Pilgrims Hospices technical t-shirts available for purchase for £7.



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

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.

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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 £1,000 could pay for a patient to be cared for in their own home. Thank you.

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 30th September 2019 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.

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

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