

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 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

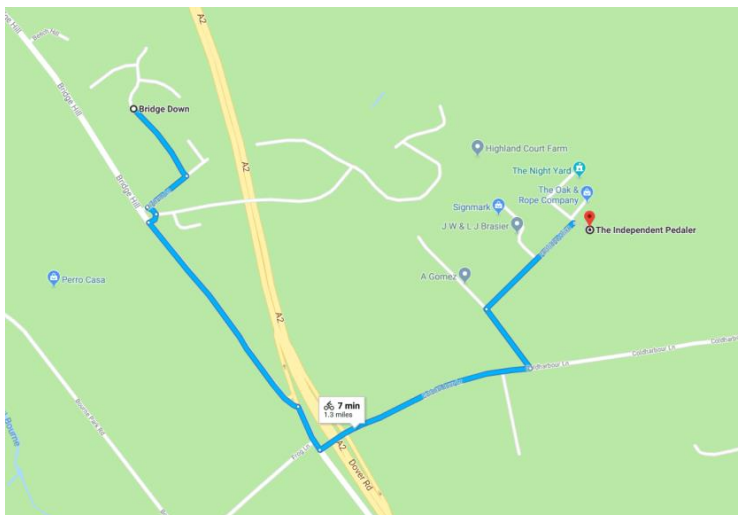
This year Divas has got a new home which is very exciting! The ride will start and finish at The Independent Pedaler in Bridge, nr Canterbury.

- 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 & Adisham train stations being 3-miles from the venue, and Canterbury East & West train stations being 6-miles north of the venue – the perfect warm-up ride!

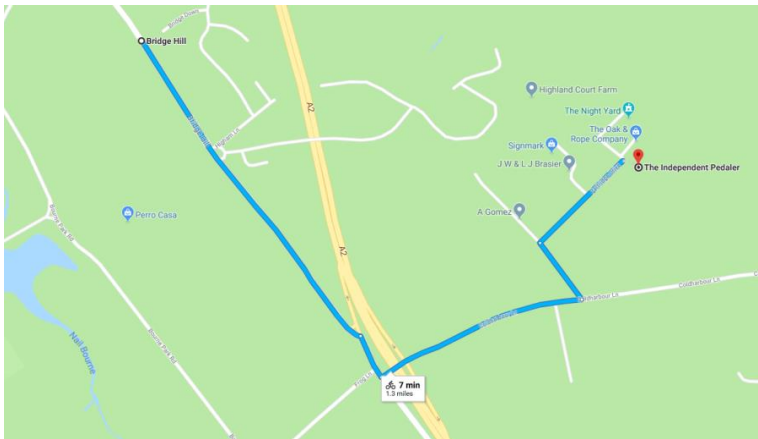
Parking

Parking at the venue will be limited on the day and we therefore can not promise that there will be enough spaces for everyone in the car park, so please take this into consideration on the morning of Divas. We are encouraging our Divas to ride to the start line as a warm-up, catch the train or car share with friends. If you are driving to Divas on Sunday morning then please take a note of our suggested parking areas below.

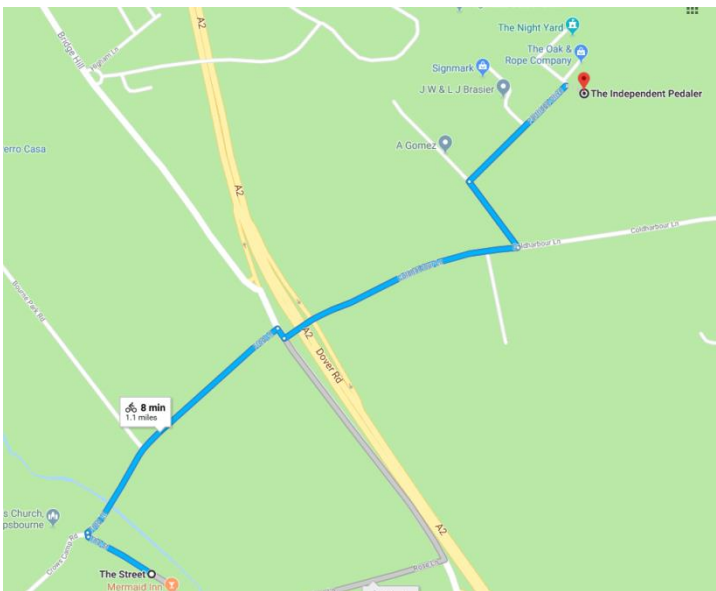
Parking area 1 – Bridge Down, Bridge <https://goo.gl/maps/22LZXLWuQKn>



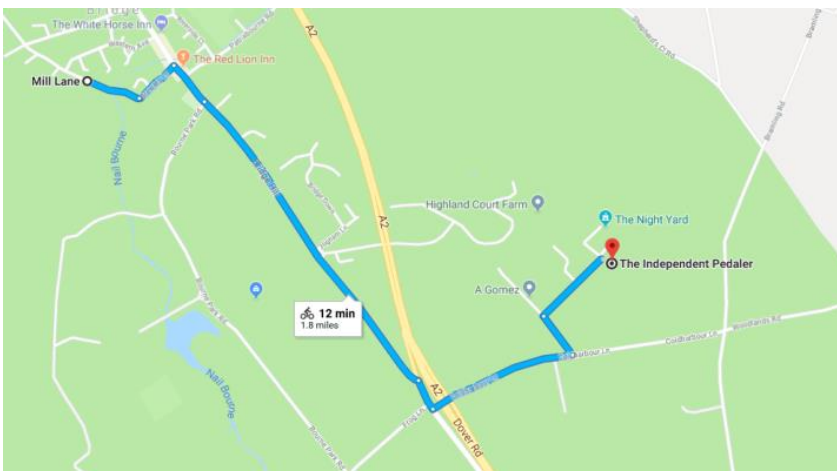
Parking area 2 – Bridge Hill, Bridge <https://goo.gl/maps/rBxYwLEG7ck>



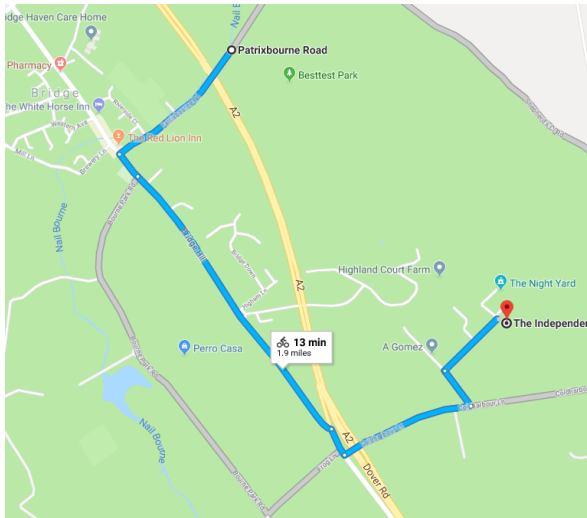
Parking area 3 – The Street, Bishopbourne <https://goo.gl/maps/dRUyipmpuy12>



Parking area 4 – Mill Lane, Bridge <https://goo.gl/maps/JMTekZGVbqp>



Parking area 5 – Patrixbourne Road, Bridge <https://goo.gl/maps/iQ6k9eDh8HM2>



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 ride splits between the 25-mile and 50-mile circular route. The links to the routes can be found on the Divas on Wheels event page: www.divasonwheels.org

25-mile: A circular route taking you down beautiful country lanes through Adisham, Patrixbourne, Bridge before you touch on the edge of the Gorsley Wood, where you'll then cycle through Stelling Minnis before reaching your refreshment stop in Rhodes Minnis. After your break you'll then cycle through the quaint Elham Valley before you turn off to Barham to gently return to The Independent Pedaler.

50-mile: Following on from Barham, you'll cycle through the peaceful Woolage Green continuing onto Shepherdsweil where you'll be welcomed into your second refreshment stop. Once your legs have had a break you'll continue through to Eythorne, Goodnestone and Wingham where you can have your final rest and snack before continuing on through Preston and Wickhambreaux before returning to The Independent Pedaler.

Registration

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 in advance. Our volunteers on registration will check you in, give you a rider's number which you will need to 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 – 9:30am

25-mile: please plan to arrive and to complete check-in between 9:30 – 10:30am

Electric bikes: please plan to arrive and complete check-in between 10:15 – 10:45am

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.

Departure Times

You are free to start as soon as you have checked. Starting times will be staggered on the day to avoid congestion on the roads and you will also be set off in small groups (approx. 10 riders) with a Bike Hero who will be accompanying you on the ride to offer you mechanical and moral support throughout the route.

50-mile: between 8:30 – 9:30am

25-mile: between 9:30 – 10:30am

Electric bikes: 11:00am

On the Day Registration

If you would like to register on the day then please visit the 'On the Day Registration' area when you arrive in the morning. Please take into consideration that on the day registration will cost £35, registration will close at 9:15am for the 50-mile route and 10:15am for the 25-mile route.

BRING YOUR HELMET – No Helmet = No Ride

Please remember to bring your helmet with you to registration. It is mandatory that all riders wear a safety approved cycling helmet. Any riders not wearing a helmet will be disqualified from the event.

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.

Getting Ready

Essential items to bring: You should carry some emergency money, form of ID, at least two spare inner tubes, basic tools if possible, water to stay hydrated and your favourite snacks.

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

Hairdressing: There will be Level 2 hairdressing students from Canterbury College attending on the day at the start area who will be on hand to style your hair in French plaits before you ride to ensure that your hair is in pristine condition when you finish your ride.

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 and marshals
- 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 should carry a form of ID on their person at all times during the event, in case needed in a medical emergency
- **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. Should you wish to track your times, we encourage you to do so with a fitness app on mobile phones or regular cyclists can use Garmin's or other GPX devices
- 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.

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 come rain or shine.

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, apples and bananas available free of charge for participants throughout the day at the venue. There will also be additional refreshment 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 also be open for lunch and snacks when you return to the venue so please pop in and check out their menu.

Refreshment stops out on route will be at the following locations:

Refreshment stop 1: The Lord Whisky Tearooms, Gate Lane, Lympinge CT4 6XY (at 15 miles into all routes)

Refreshment stop 2: Shepherdswell Village Hall, Cox Hill, Shepherdswell CT15 7NN (at 26 miles into 50-mile route)

Refreshment stop 3: Wingham Recreational Grounds, Goodnestone Road, Wingham CT3 1AQ (at 43 miles into 50-mile route)

Route Information

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.

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 haven't 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 please call the rider hotline **07710 854029**.

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 marker with the Pilgrims Hospices logo.



Bike Heroes

On the day you will be set off with a Bike Hero in your group who is there to offer you any mechanical or moral support whilst out on route. Please make a note of your bike hero before you leave the start line and they will also be wearing a bike hero band on their arm.

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 provided by Team Buckley! You can also celebrate with some lovely food & drink. 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!

Raffle

We will be holding an on the day raffle at Divas, if you would like to buy a raffle ticket or a strip 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. We have got some fantastic prizes such as £50 gift voucher for The Red Lion in Bridge, M&S Hamper, Afternoon Tea vouchers, Nivea Gift Set, Wine Estate Tour & Tasting and more!

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.

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 finishing line.

When you're at home

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 who are living with incurable illnesses 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 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 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.

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