



PILGRIMS HOSPICES CYCLE CHALLENGE

Event information

RIDER HOTLINE NUMBER: 07710 854029 (4 & 5 May)
Medical emergencies – 07077654124

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

Thank you for entering the 10th anniversary **Pilgrims Hospices Cycle Challenge** on **Sunday 5 May 2019**. The essential information is listed below to ensure that you have a safe and enjoyable ride and raise money for a worthwhile cause. Since the Cycle Challenge first began in 2010, our wonderful community have raised more than £825,000 to support the care of thousands of people living with incurable illness in east Kent. Now as the event celebrates its 10th anniversary, we need your help to make this year's Cycle Challenge our biggest yet and reach our £1 million goal!

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 at several points where the course splits to curtail a longer route or increase a shorter one! However, if you think that you may want to tackle the Pilgrims **Epic** or **Century**, then you need to register for these 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: www.pilgrimscyclechallenge.org

The **EPIC** – 125 miles: Introducing an epic 125 mile circular route connecting all three Pilgrims hospice service areas that visits the fast and flat Romney Marsh before rejoining the 100 mile route.

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 the Canterbury & Ashford Hospice areas.

Start Point

All routes will start from, and finish at, our event HQ at the University of Kent, Canterbury. More than just a registration area – with trade stalls, our renowned Dr Bike mechanics, sports massage, local cycling interest groups, music, 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:

- 125 miles (EPIC)** cyclists will check in between **07:30 – 08:30hrs (no earlier please!)**
- 100 miles (CENTURY)** cyclists will check in between **07:30 – 08:30hrs (no earlier please!)**
- 75 miles (CHALLENGE)** can check in between **08:30 – 09:30hrs**
- 45 miles (CLASSIC)** can check in between **09:30 – 10:30hrs**

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 you'll be starting in groups of approx. 10-15 riders).

On the day registrations: 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 £45, registration will close at 10:15 for the 45 miles, 09:30 for the 75 miles and 08:30 for the 100 and 125 mile distances. We recommend registering in advance as this allows you more time to prepare for the event, to get yourself cycling fit and it also helps us with planning; however we fully understand if this is not always possible. **Final registration closes at 10:15hrs.**

On arrival: please give your name to the registration desk volunteer who will check you off and issue you with a **rider 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 **1830hrs.**

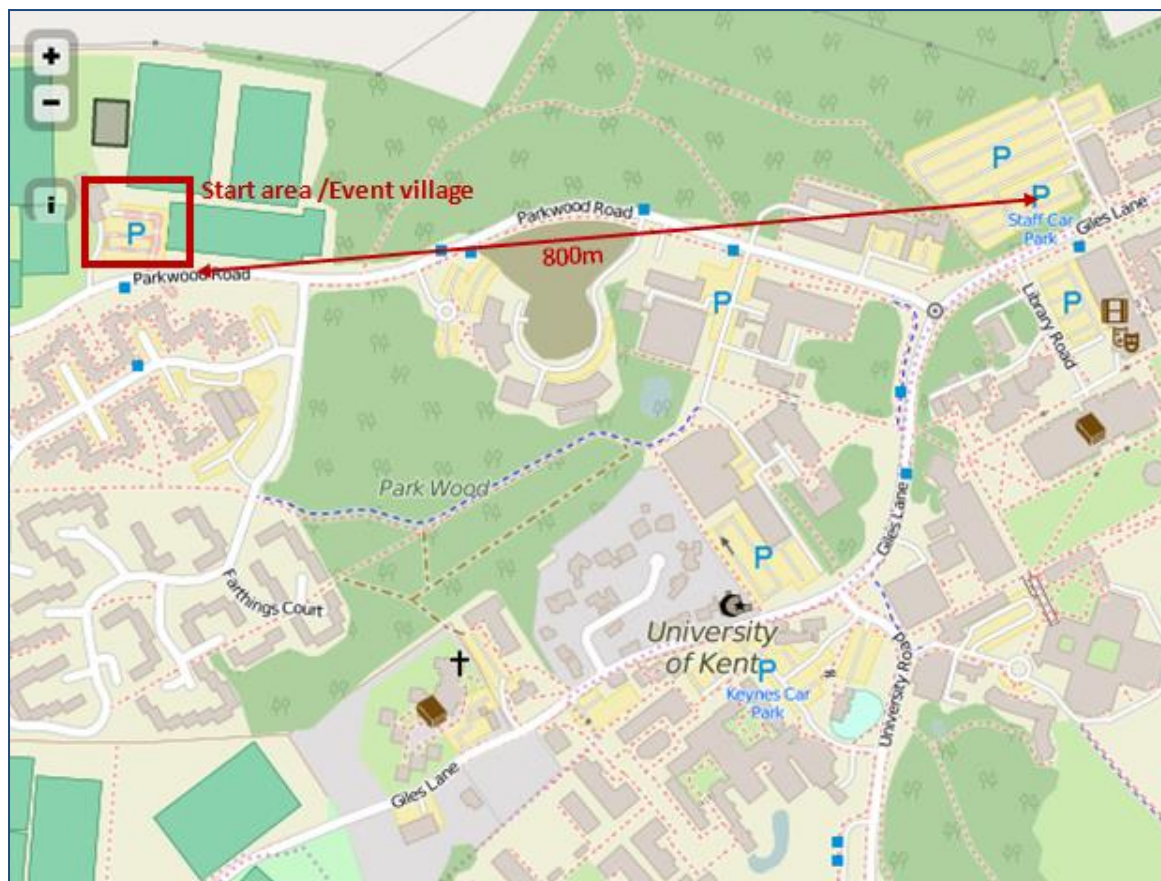
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BRING YOUR HELMET TO REGISTRATION – No Helmet = No Ride

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, form of ID, 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.

Training prior to the Challenge

- It is recommended that you are able to ride at least 75% of the course distance comfortably beforehand.
- Fully led training rides run at weekends from 3rd March until the event. For full details on your nearest training ride visit <https://www.pilgrimshospices.org/wp-content/uploads/2019/03/TRAINING-RIDES-2019.pdf> or view via the Pilgrims Hospices Event App ([iOS](#) and [Android](#)).

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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.

Pilgrims Hospices Cycle Jerseys, neck scarves & 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 Pilgrims neck scarves, ideal for keeping you warm on cold or windy days, and providing shade from the sun on hot days.

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

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

Order yours today by contacting **01227 812609** (weekdays 9am-5pm) or anytime at robert.grew@pilgrimshospices.org, or buy yours at the Cycle Challenge event on 5th May. **At the event, we will also have our Pilgrims Hospices technical T-shirts available for purchase at £7.**

Cycle Challenge 10th Anniversary Prize Raffle

Buy your tickets for the Cycle Challenge 10th Anniversary prize raffle for a chance to win fantastic prizes including:

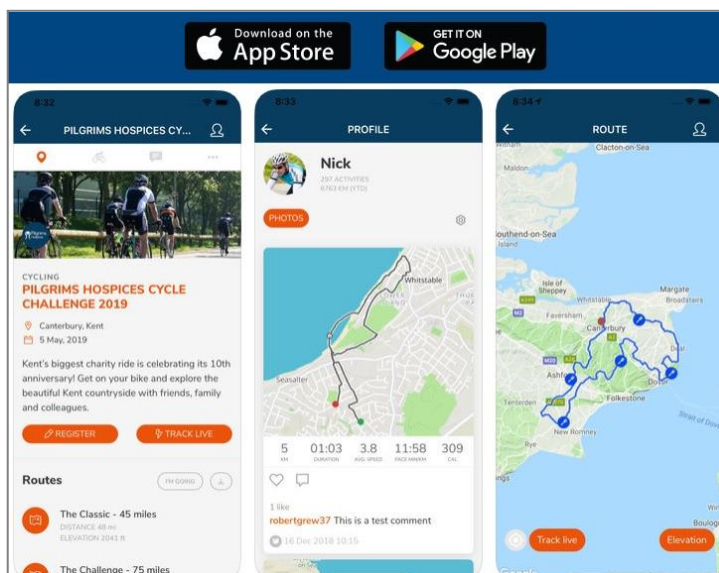
- **Alpha Plus Surge Men's 26" Cruiser Bike**
- **A BMW X2 for the weekend** (kindly donated by Barretts of Canterbury)
- **3 pairs of tickets to London Bike Show 2020**

As well as many more great prizes. Tickets are just £1, or £5 for a book of tickets. Get yours today from your nearest Pilgrims Hospice reception or contact 01227 812621 / lydia.todd@pilgrimshospices.org. The raffle will be drawn on Sunday 5 May 2019 at 17:00. All proceeds going to Pilgrims Hospices.

Riders Code of Behaviour / Safety Advice

- All riders must follow the instructions provided by the Pilgrims Hospices Cycle Challenge organisers and marshals.
- **As mentioned, 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.**
- All cyclists should carry a form of ID on their person at all times during the event, in case needed in a medical emergency.
- [Parental consent forms](#) must be submitted for young cyclists who are over 14 years and they must be

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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. Please 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 feed stations 1, 3 and 5 as numbered below.
- Organisers are not responsible for the health of participants. If you have any concerns please consult your GP before taking part.
- You 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 when registering.
- **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.
- Should you wish to track your times, we encourage you to do so with the free Pilgrims Hospices Event App or other fitness app on mobiles phones, or regular cyclists can use Garmin's or other GPX devices.
- The roads **will not** be closed to other traffic.

Horses

- It is likely that you will encounter horses along some sections of the route. If you do, it is of paramount importance to the safety of the horse, the horse rider and yourself that you follow this advice:
 - 1) Call out when approaching from behind so that the rider and horse is aware of you.
 - 2) Slow your pace to a maximum of 15mph passing speed.
 - 3) Pass with at least 2m clearance on road side only.

Weather

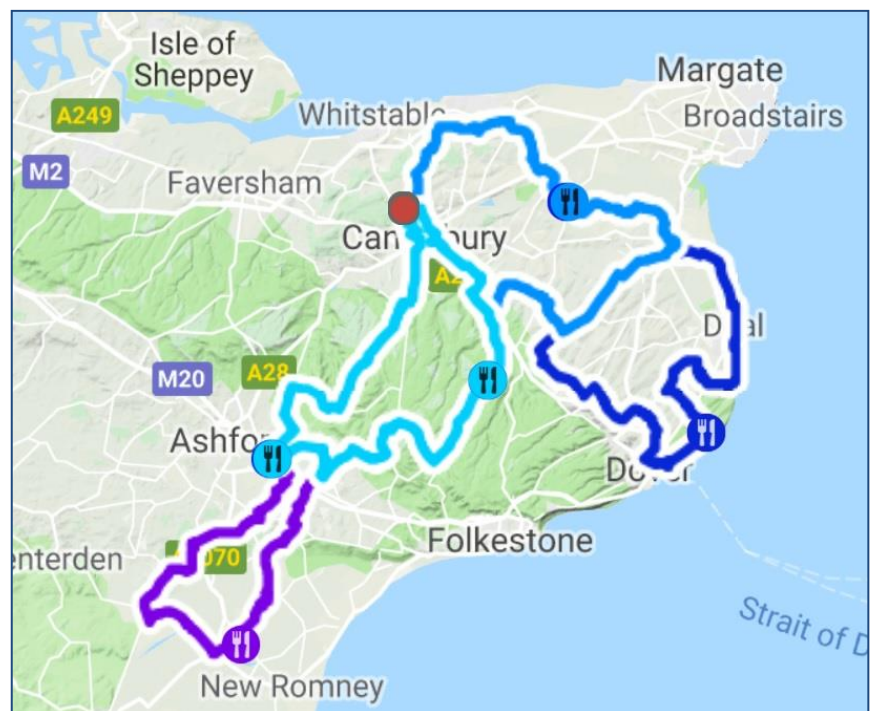
- The event will take place regardless of adverse weather conditions, so please prepare by bringing sunscreen or waterproof clothing, as appropriate.

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. If you have any special dietary requirements, please ensure you bring your preferred snacks with you.
- Savoury bread rolls, bananas, biscuits and homemade flapjacks and other baked items will also be available at each feed station. At the finish will be an additional cash BBQ, as well as the other items listed above that you will see throughout the event.

Feed stations for each route are as follows:

- **Feed station 1:** Pilgrims Hospice Ashford, TN24 0NE (at 20 miles into all routes).
- **Feed station 2:** Ivychurch Village Hall, Brenzett Road, TN29 0AN (at 38 miles into the EPIC).
- **Feed station 3:** Biketart, Barham Business Park, CT4 6DQ (at 61 miles into the EPIC and 37 miles into all other routes).
- **Feed station 4:** St Margaret's at Cliffe Village Hall, Reach Road, CT15 6AP (at 86 miles into the EPIC and 68 miles into the CENTURY)
- **Feed station 5:** Preston Village Hall, Mill Lane, CT3 1HB (at 109 miles into the EPIC, 87 miles into the CENTURY, 60 miles into the CHALLENGE)



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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 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 – either call the rider hotline **07710 854029** or the Ashford & Dover emergency numbers.
- If there is a **medical emergency, you must call our event medical team on 07077654124 before calling 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 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.
- 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.



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.

1. Location: The Five Bells Inn, Brabourne

Routes affected: The Epic (125 mile), 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.



2. Location: Hythe Road, Ashford

Routes affected: The Epic (125 mile), The Century (100mile), The Challenge (75mile), The Classic (45mile)

Upon leaving Pilgrims Hospice Ashford (Feed station 1) you will immediately encounter a stretch of roadworks along Hythe Road where the carriageway has been narrowed by cones. Please take extra care when riding along this section and **ride in single file** until the turning onto Bockham lane.



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Location: Mill Lane, Preston.

Routes affected: The Epic (125 mile), The Century (100mile), The Challenge (75 mile)

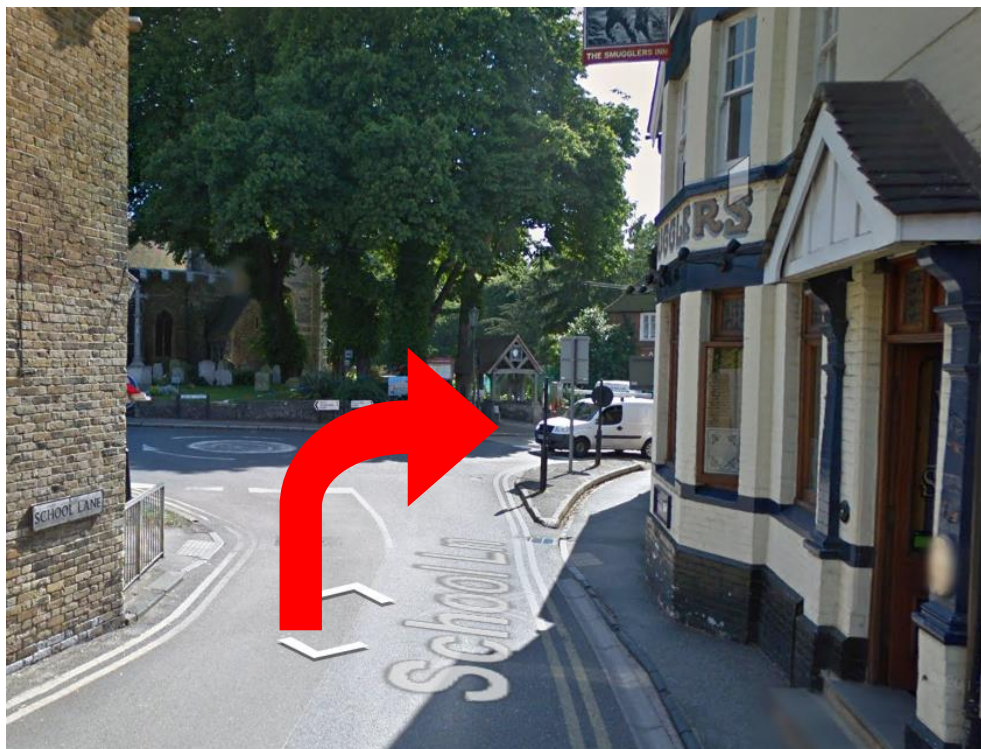


Feed station 5 in Preston village Hall comes just after a series of tight bends and uneven road surface. Care should be taken regarding oncoming traffic and riders should slow and ride in single file. The refreshment stop will be marked on the left hand side just after the primary school as shown.

3. Location: Herne Street roundabout, Herne.

Routes affected: The Epic (125 mile), The Century (100mile), The Challenge (75 mile)

Be aware that you will be turning right at the mini roundabout in the centre of Herne village. Though cars from your right will be approaching slowly, we advise extra care taken when moving out onto the roundabout so that you are not surprised by an unseen vehicle.



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Official Photography

Sportivephoto will be out on routes taking great quality photographs of cyclists all day. Make sure to smile for the camera and head to www.sportivephoto.com after the Pilgrims Cycle Challenge and use your rider identification number to find and purchase these fantastic mementos of the day.



Cycling in Memory of someone?

There will be a memory boards situated at the Ashford hospice (feed station 1) 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 10th anniversary Cycle Challenge finisher's 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 us at @pilgrimshospice. Please do take a few minutes to complete the **online survey** afterwards 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 **30 June 2019**.

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

Dates for your 2019 Cycling diary



Divas on Wheels – 11 August – Have a great day out at this inclusive cycling event for all fitness levels, cycling abilities and ages. Choose between a 25 or 50 cycle through quiet country lanes with refreshment stops, before returning to our special 'Divas Village'. Suitable for those aged 11 years or over. Location: The Independent Pedaller, Highland Court Farm, Canterbury CT4 5HW. 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'd like to get 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:

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