



## PILGRIMS HOSPICES CYCLE CHALLENGE 2021 Event information

**RIDER HOTLINE NUMBER: 07710 854029 (22<sup>nd</sup> August)**  
**Medical emergencies – 07535 631568**

**Advance event queries to: 01227 812609 or [robert.grew@pilgrimshospices.org](mailto:robert.grew@pilgrimshospices.org)**

Thank you for entering the award-winning, 11<sup>th</sup> annual **Pilgrims Hospices Cycle Challenge** on **Sunday 22 August 2021**. We are pleased to be able to deliver this COVID-revised version of the event for you to enjoy after the unprecedented and challenging period that has affected everyday life since March 2020. The essential information is listed below to ensure that you have a safe and enjoyable ride and raise money for a worthwhile cause. Participant safety is our highest priority and, while we know that some of the event revisions may take a little adapting to, we hope you will understand that these measures have been instated to enable the event to still take place under current circumstances and ensure the safety of everyone involved. Pilgrims Hospices will continue to monitor government guidance over the coming days and any significant changes will be communicated to you at the earliest opportunity.

Since the Cycle Challenge first began in 2010, our wonderful community have raised more than £918,000 to support the care of thousands of people living with incurable illness in east Kent. Now, we need your help more than ever to make this year's Cycle Challenge a great success and reach our £1 million goal!

### Covid revisions

**We have made a range of revisions to the 2021 Cycle Challenge to ensure that the event is Covid-Safe. These include:**

- Maximum capacity for the event of 1,000 riders with capacity limits at event locations at any one time.
- Revised routes to avoid impact and non-essential footfall at the Ashford hospice.
- Streamlined event day check-in process including designated 15-minute starting waves, touch-free electronic check-in process with Perspex screens to protect event staff and small group start line release. This check-in system forms the test and trace information for the event.
- Completely open-air event, including streamlined, one-way rest stops. Each rest stop will have a capacity at any one time and event staff will be counting participants in and out of venues, to assure that the capacity is not reached. Please avoid dwell time of more than 15 minutes at rest stops, unless there is a medical need.
- Socially distanced portable toilet facilities at all event venues with ample hand sanitiser.
- All participants are encouraged to wear a face covering where possible and in areas of higher numbers of people, such as the start, finish and event rest stops, unless eating or drinking.
- Due to limitations brought into effect by the pandemic, the 2021 Cycle Challenge will not have the same variety of catering as usual. This is to protect the health of participants and event staff during this unprecedented time. (More information available in the catering section below.)
- Event staff will wear appropriate PPE for the role they are carrying out and this will be changed regularly.
- Spectators and non-participants are discouraged from attending any event venue this year.

The Pilgrims Cycle Challenge is a COVID-safe event. Please:

- **Do not attend the event if you are experiencing any symptoms of COVID-19, including a high temperature or new persistent cough.**
- **Do not attend the event if you have had a positive COVID-19 test result in the past 10 days.**
- **Do not attend the event if, within the past two weeks, you know you have been in contact with a person displaying any known symptoms of COVID-19.**

### 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 available for sale on the day from the onsite bike mechanics.

We recommend you also bring a **face covering** to wear when appropriate. You may find yourself in unforeseen situations throughout your ride when you may be thankful to have a mask 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.

Due to catering limitations brought about by the covid-19 pandemic, we recommend that you bring with you a full water bottle (or two) and any preferred snacks. A full list of the catering available at each rest stop can be found in the 'Refreshments' section later in this document.

**Bike numbers:** Please make sure you attach your bike number to the front of your handlebars in advance of the event so it can be seen clearly. Do not wrap it around your frame. The bike number contains the Rider Hotline Number (07710 854029) for any non-medical issues during the ride. It is also the primary way of finding your rider photographs in the gallery taken by professional sports photographers [Sports Action Photos](#).

**Training prior to the challenge:** It is recommended that you are able to ride at least 75% of the course distance comfortably beforehand.

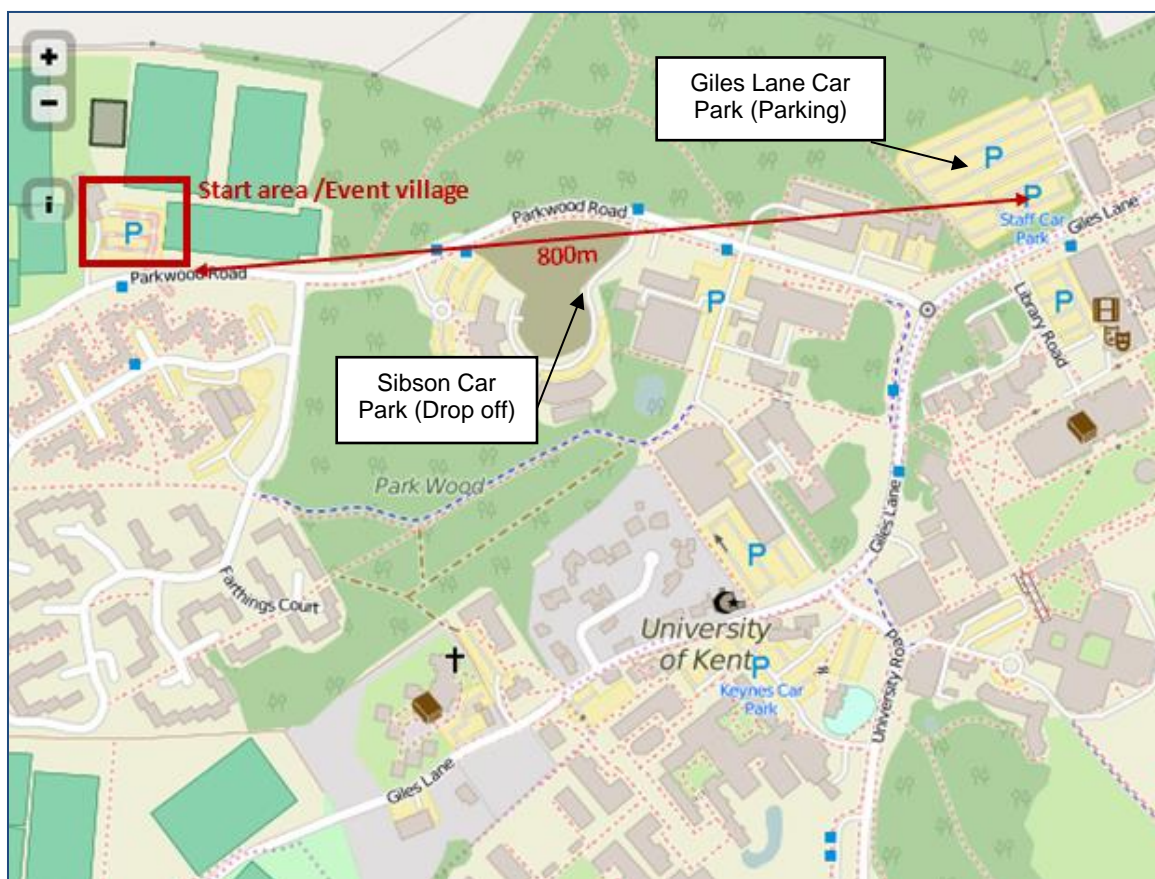
**Recovery vehicles:** There will be a limited number of recovery vehicles, should any rider need to use a recovery vehicle, the vehicle will only be able to carry one participant and bike at any one time. Face coverings should be worn while within the vehicle.

### Travelling to and from the event

All routes will start from, and finish at, our event HQ at [The Pavilion, University of Kent, Park Wood Road, Canterbury, Kent, CT2 7SR](#). 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).

Ample free parking is available across the University campus as shown below. When arriving at the campus, look for the directional signage to the **Giles Lane car park (CT2 7NB)**. This main car park is just a short walk or pedal away from the event village.

If you are being dropped off at the event, please use the **Sibson Car Park (CT2 7FS)**.



### 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.

## Routes

**Please note: All routes have been reviewed due to Covid-19 pandemic. To protect our staff and patients, the event will not visit the Ashford hospice this year. Planned road closures mean that the final 4 miles of the 30, 75, 100 and 125 mile routes will join the Crab and Winkle cycle path, which has approx. 1.5 miles of light gravel suitable for road bikes. This is a shared use path so please ride with consideration for walkers.**

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 (125 mile) or Century (100 mile)**, then you need to register for this and check in during the designated time allocated to you. The links to the routes can be found on the Cycle Challenge event page: [www.pilgrimscyclechallenge.org](http://www.pilgrimscyclechallenge.org)

**THE EPIC – 125 miles (View map):** Back by popular demand, a 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 (View map):** A circular route connecting all three hospice service areas incorporating an undulating approach to Dover for the ultimate 100-mile challenge.

**THE CHALLENGE – 75 miles (View map):** A spectacular, circular route incorporating the picturesque Elham Valley and onward to the picturesque town of Sandwich. From there, you'll head through flatter countryside towards Herne Bay and the final push through the beautiful Thornden Wood.

**THE CLASSIC – 50 miles (View map):** A scenic, circular route through the beautiful and undulating Kent Downs AONB towards Ashford before a second half riding among meandering lanes and ancient woodland.

**THE CIRCUIT – 30 miles (View map):** A flatter, circular route taking in the beautiful countryside and charming villages around the Stour Valley and beyond, with a rest stop at Preston. Perfect for those dusting off their bike for their first-time cycle challenge.

## Event HQ and Starting Waves

All routes will start from, and finish at, our **event HQ at the University of Kent, Canterbury**. We have made several important revisions to the check-in process on event day to maintain social distancing and ensure everyone can participate safely. It is vital that you adhere to these instructions.

To minimise the number of people on site at any one time, you will be allocated a specific 15-minute **starting wave** based on your intended route distance and team. Your starting wave will be communicated to you within your participant pack and via email in the days prior to the Cycle Challenge. It is vital that you plan your arrival within your allocated starting wave to ensure the smooth and safe running of the event.

**The event area will open at 7:30am for registration. Please do not arrive before this time or before your allocated starting wave. Please have your unique rider number affixed to your bike's handlebar before arriving at the event.**

**Event Location:** [Sports Pavilion, Park Wood Road, University of Kent, Canterbury, Kent CT2 7SR](http://www.kent.ac.uk/sports-pavilion)

**Starting waves:**

- Start wave A:** check in between **07:30 – 07:45hrs (no earlier please!)**
- Start wave B:** check in between **07:45 – 08:00hrs (no earlier please!)**
- Start wave C:** check in between **08:00 – 08:15hrs (no earlier please!)**
- Start wave D:** check in between **08:15 – 08:30hrs (no earlier please!)**
- Start wave E:** check in between **08:30 – 08:45hrs (no earlier please!)**
- Start wave F:** check in between **08:45 – 09:00hrs (no earlier please!)**
- Start wave G:** check in between **09:00 – 09:15hrs (no earlier please!)**
- Start wave H:** check in between **09:15 – 09:30hrs (no earlier please!)**
- Start wave I:** check in between **09:30 – 09:45hrs (no earlier please!)**
- Start wave J:** check in between **09:45 – 10:00hrs (no earlier please!)**
- Start wave K:** check in between **10:00 – 10:15hrs (no earlier please!)**
- Start wave L:** check in between **10:15 – 10:30hrs (no earlier please!)**

## Check-in and check-out process

**Before arrival:** Please affix your rider number to the bike's handlebar so that it is clearly readable from ahead.

**Upon arrival:** Face coverings are encouraged while at the start venue and only registered participants will be permitted into the site (no spectators or non-participants please). You should follow the clearly marked and stewarded one-way system to our new, electronic check-in desks. Please queue in a socially distanced manner using the designated area until a registration desk is available. Once checked in, proceed directly to join the designated start line queuing area, where you will be released in small groups at 30-second intervals. While you wait for your turn, please respect the space of others and refrain from close contact with other participants outside of your own group. Once you have been released, please keep left and continue out onto Park Wood Road. Please do not be tempted to simply wait for other participants on



this road as this will cause congestion and delay other riders being started. Those starting in groups will be required to queue up in group order. All participants should maintain social distancing at all times during the event with people outside of their group. **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.

**Upon ride completion and latest finish time:** All riders must have completed the ride and checked in at the de-registration area by **1830hrs**. You will need to check-out in order to collect your finisher's medal. If you do not think you can complete your chosen distance within the specified time, you should inform event organisers immediately on the participant hotline **07710 854029**. Again, no spectators or non-participants will be permitted in the event HQ area so please arrange to meet pick up drivers at the nearby parking facilities on the University campus.

**There will be no on the day registrations allowed for this year's event.**

## Participant packs

A participant pack has been posted to every registered participant from the 1<sup>st</sup> August 2021. Included within the pack is a **unique rider number** to attach to your bike's handlebar using the **cable ties** provided, **sponsorship form**, and **arrival information**. This means that you can arrive at the start venue ready to go.

## Recommended apps

To ensure you have a safe and enjoyable ride, it is recommended that you download the following free apps to your smartphone:

The **Pilgrims Hospices Event App** (available for [iOS](#) and [Android](#) devices). It's free to download from the [App Store](#) and [Google Play](#) and allows you to view a detailed map of your chosen route, including your current location, to keep you on track all the way to the finish. **Please note:** You do not need a MapMyTracks account, or to sign into the Pilgrims Event App in order to see your location on route maps. **However, you do need to give the Pilgrims Event App permission to use your location within your phone settings.**

The **What3words app** ([iOS](#) and [Android](#)) is an easy way to identify precise locations. Every 3m square has been given a unique combination of three words: a what3words address. Essential for telling our event medics or recovery vehicles your location if you need their assistance.



## Pilgrims Hospices Cycle Jerseys, neck scarves & T-Shirts

Show your support out on the road with the official Pilgrims Hospices cycle jersey and neck scarf. These stylish, quality garments are 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.

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

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

[Jersey size guide](#)

[Order online today](#) or buy yours at the Cycle Challenge event on 22<sup>nd</sup> August.

**At the event, we will also have our Pilgrims Hospices technical T-shirts available for purchase at £7.**



## Safety Advice / Rider Code of Behaviour

- Riders must follow the instructions provided by the Pilgrims Hospices Cycle Challenge organisers and marshals at all times.
- **As previously stated, 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 accompanied by a cyclist who is over 18 years. They can be downloaded from our website and submitted to [Fundraising@pilgrimshospices.org](mailto:Fundraising@pilgrimshospices.org) no later than 21<sup>st</sup> August 2021.
- 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 considerably. Do let cars past. Don't cycle 3 or 4 abreast. Please don't drop litter.**
- Ride with due care and attention on sections where the route follows shared paths with walkers.
- 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 bike mechanic facility will be available at each rest stop, excluding Ivychurch Village Hall.
- **Do not attend the event if you are experiencing any of the symptoms of Covid-19, including a high temperature or new persistent cough.**
- **Do not attend the event if you have had a positive COVID-19 test result in the past 10 days.**
- **Do not attend the event if, within the past two weeks, you know you have been in contact with a person displaying any known symptoms of Covid-19.**
- If you present with any symptoms of COVID-19 while at the event, you should leave the event immediately.
- Organisers are not responsible for the general health of participants. If you have any concerns about health or fitness to complete this challenge 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 may have Garmin 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 are 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 weather conditions, so please prepare by bringing sunscreen or waterproof clothing, as appropriate. The event will only be cancelled in extreme adverse weather conditions and the weather forecast will be monitored in the lead up to the event.

## Refreshments and Rest Stops

**Please note: Due to limitations brought into effect by the Covid-19 pandemic, the 2021 Cycle Challenge will not have the same variety of catering as usual. This is to protect the health of participants and event staff during this unprecedented time.**

- Participants are advised to **bring any preferred snacks** to supplement the catering at rest stops along the route. A detailed breakdown of what is available at each rest stop is shown below to aid with planning.
- Participants are responsible for making sure that they remain hydrated throughout the day. It is recommended to **bring a full water bottle** (or two if your bike can carry it) there will not be any water available at the start HQ. Only bottled water will be available to refill at rest stops. Additional recycling points have been added for the extra plastic required this year.
- Each rest stop has been carefully redesigned to take place entirely outside and will operate a **strict one-way system**. Participants should not enter the buildings at any of the venues for any reason.

- Participants are encouraged to spend as little time as necessary at each rest stop and ideally 15 minutes maximum to allow for social distancing.
- Portable toilets will be available at each rest stop. Please join the designated queuing area and an event steward will direct you to the next available toilet. Please do not expect some queues to enable social distancing. It is **encouraged to wear a face covering and use the hand sanitiser provided** before entering, and after leaving, the toilets. Please follow the event stewards instructions at all times.
- Participants are advised to **bring a small bottle of hand sanitiser** to carry with them at all times and to wash their hands at the earliest opportunity upon leaving the event.
- The University of Kent will be hosting their usual **finish line BBQ** for hungry cyclists, so remember to bring some money if you'd like a burger, etc at the end of your ride.

Rest stops for each route are as follows:

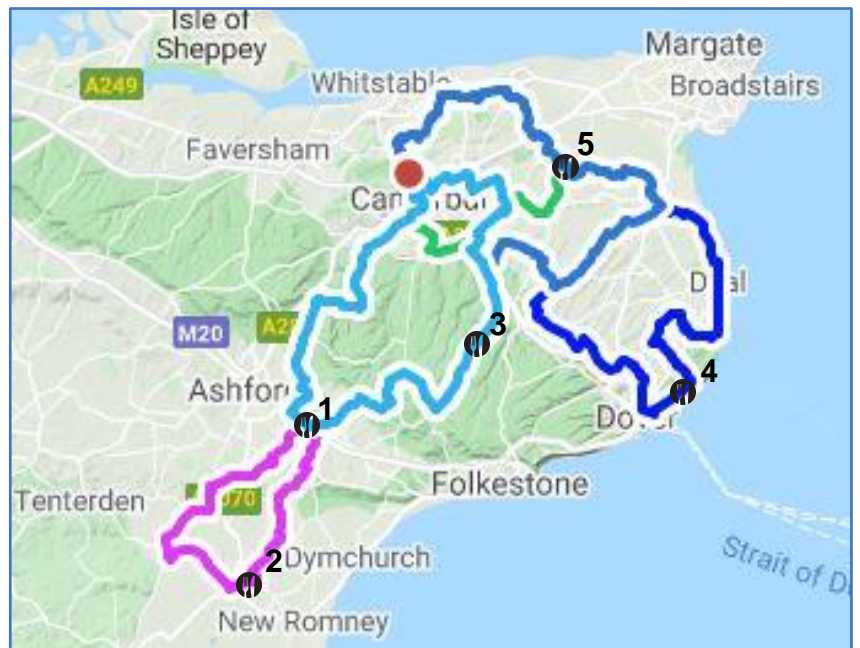
**125-mile route** visits rest stops 1, 2, 3, 4, 5.

**100-mile route** visits rest stops 1, 3, 4, 5.

**75-mile route** visits rest stops 1, 3, 5.

**50-mile route** visits rest stops 1 and 3.

**30-mile route** visits rest stop 5.



- **Rest stop 1:** Mersham le Hatch, Hythe Road, TN25 6NH. **Refreshments available:** bottled water, flapjacks, bananas, crisps, selection of pre-wrapped cakes (including banana loaf, vegan oat bars and malt loaf and gluten free).
- **Rest stop 2:** Ivychurch Village Hall, TN29 0AN. **Refreshments available:** bottled water, flapjacks, bananas, crisps, selection of pre-wrapped cakes (including banana loaf, vegan oat bars and malt loaf and gluten free).
- **Rest stop 3:** Biketart, Barham Business Park, CT4 6DQ. **Refreshments available:** bottled water, flapjacks, bananas, crisps, savoury rolls (cheese, ham, egg mayo), selection of pre-wrapped cakes (including banana loaf, vegan oat bars and malt loaf and gluten free), tea and coffee facilities.
- **Rest stop 4:** St Margaret's at Cliffe Village Hall, Reach Road, CT15 6AP. **Refreshments available:** bottled water, flapjacks, bananas, crisps, hot soups (chicken, tomato, vegetable), selection of pre-wrapped cakes (including banana loaf, vegan oat bars and malt loaf and gluten free), tea and coffee facilities.
- **Rest stop 5:** Preston Village Hall, Mill Lane, CT3 1HB. **Refreshments available:** bottled water, flapjacks, bananas, crisps, sweets, hot soups (chicken, tomato, vegetable), selection of pre-wrapped cakes (including banana loaf, vegan oat bars and malt loaf and gluten free), tea and coffee facilities.

### Is your bike ready for the road?

It's important that your bike is as ready for the Cycle Challenge as you are. We recommend that you give your bicycle a careful check over and test ride, with enough time to make any repairs needed ahead of the big day.

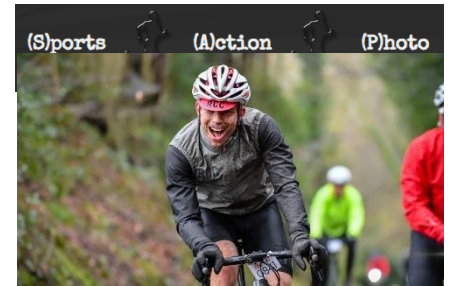
If your bike requires a little TLC, there's plenty of great cycle shops across east Kent that can service it, many of whom will be supporting the event on the day including:

- [Biketart](#), Barham Business Park, Canterbury CT4 6DQ - **01227 832582**
- [Romney Cycles](#), 77 High St, New Romney TN28 8AZ - **01797 362155**
- [Herberts Cycles](#), 103-105 High St, Whitstable CT5 1AY - **01227 272072**
- [Locks Cycles](#), 28 King St, Sandwich CT13 9BT - **01304 617161**
- [SP Cycles](#), 98 Albion Rd, Broadstairs CT10 2UT - **01843 865769**



## Official Photography

A team of professional photographers from **Sports Action Photos** will be out on the routes taking great quality photographs of cyclists all day. Make sure to smile for the camera and head to [www.sportsactionphoto.co.uk](http://www.sportsactionphoto.co.uk) after the Pilgrims Cycle Challenge and use your **unique rider number** to find and purchase these fantastic mementos of the day.



[Direct link to event photo gallery](#)

## 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 – please call or message the rider hotline **07710 854029** stating your name and rider number.
- 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. You should also call the **Event Medical Emergency Number (07077 654124)** so that event medics can be mobilised, as often they can arrive on scene faster than an ambulance.
- The routes will be clearly signed with orange fluorescent signs with black arrows marked with the Pilgrims Hospices logo. (See Fig 1)
- Maps of the ride can be downloaded directly from our website ([www.pilgrimscyclechallenge.org](http://www.pilgrimscyclechallenge.org)) 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**

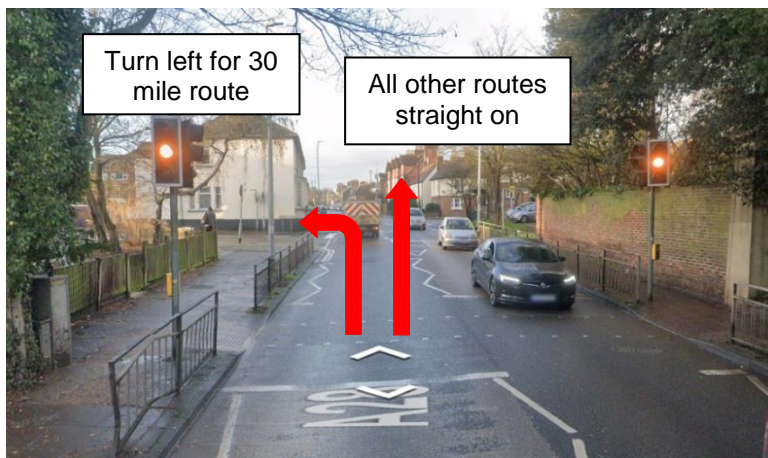
Please note that all routes proceed in an anti-clockwise direction.

Upon leaving the University of Kent, all riders should follow event signage out of Canterbury.

## Junctions of note

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

**Location: Wincheap (Heading west out of Canterbury, A28).**  
**Routes affected: All routes**



Be aware as you are leaving Canterbury along Wincheap Rd that cyclists on the **30-mile route** should turn left onto Hollow Lane after the pedestrian crossing pictured. Cyclists on all other routes should continue straight on along Wincheap Rd.

**Location: The Five Bells Inn, Brabourne**  
**Routes affected: 50 mile, 75 mile, 100 mile and 125 mile**



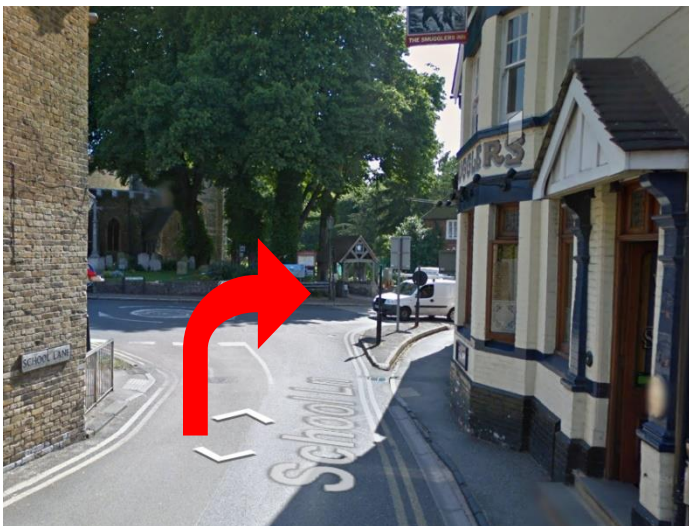
We have had some issues in previous years with signs being taken down around the Brabourne village area of the route. Please be extra vigilant while navigating this section and it is advised that riders look at the course map regarding this area before the day.

**Location: Entrance to Rest Stop 5, Mill Lane, Preston.**  
**Routes affected: 30 mile, 75 mile, 100 mile and 125 mile**



The rest stop at 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.

**Location: Herne Street roundabout, Herne.**  
**Routes affected: The Challenge (75 mile), The Classic (50 mile), The Circuit (30 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.



## The Finish

Everyone will receive a well-deserved medal upon completing the Pilgrims Hospices Cycle Challenge. Please ensure that you visit the check-out desks to claim yours. A paid for BBQ will be available to enjoy at the finish line before your onward journey home.

## When you're at home









Please wash your hands at the earliest opportunity upon leaving the event.

If you've taken pictures or video footage to remember the day, why not add them to the [Pilgrims Hospices Cycling Facebook Group](#), on [Instagram](#) or tweet us at @pilgrimshospice.

Please do take a few minutes to complete the **online survey** afterwards that we will email to you. We know that this year the event won't be the same as it has been in previous years and we thank you for your support and understanding. We really value your feedback and will use your comments to improve the event, and others, for future years.

## Cycling for hospice care!

We'd love you to raise whatever sponsorship you can for your challenge. After all, it's no mean feat to pedal all that way! By raising sponsorship, every mile of your challenge will be making a real difference to the lives of thousands of terminally ill people across east Kent.

<p><i>Did you know...</i> <b>£10 could pay for a pamper session for a patient.</b> Including massages, hair &amp; nail appointments.</p>  	<p><i>Did you know...</i> <b>£25 could pay for one hour of specialist nursing care in one of our inpatient units.</b></p>  	<p><i>Did you know...</i> <b>£90 could pay for all of the medicine at one of our inpatient units for 24 hours.</b></p>  	<p><i>Did you know...</i> <b>£270 could pay for a programme of six one-to-one bereavement counselling sessions.</b> For someone struggling to cope with the loss of a loved one.</p>  
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You can [start an online sponsorship page here](#) which is a great way to share your fundraising efforts by social media and email. Your supporters can donate easily and the money comes directly to Pilgrims Hospices, meaning it's hassle-free for you too!

Alternatively, if using a traditional [sponsorship form](#), please send your final sponsorship total, along with your sponsorship form to: **Supporter Relations, Pilgrims Hospice, 56 London Road, Canterbury, Kent CT2 8JA** or [donate your collected sponsorship online](#) via the Pilgrims Hospices website if it's easier for you. If sending a 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 sponsorship money to us by **3<sup>rd</sup> October 2021**. We would ask that at the current time you don't bring your sponsorship into the hospices due to infection control measures. Instead, please send it to us via the methods above.



The Cycle Challenge couldn't raise the fantastic amount it does for Pilgrims Hospices without the kind sponsorship of the following organisations: [Kent Sport – University of Kent](#), [Bidfood](#), [Biketart](#), [Barretts](#) and [London Array](#).



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

