

## Alpine House Charity Bike Ride

Sunday 18<sup>th</sup> May

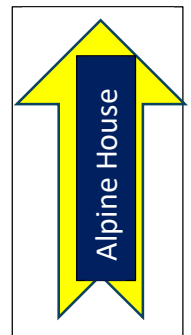
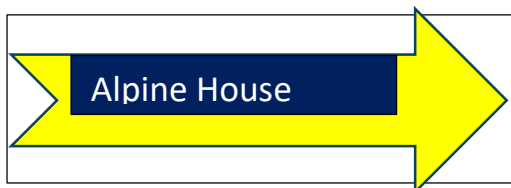
### IMPORTANT INFORMATION

**Aim:** The aim of holding the ride is to promote cycling as a healthy activity and to raise funds for two charities nominated by the partners and staff at Alpine House Surgery.

**The Route:** In order to make it a challenge the route takes in a variety of local villages. Finding a completely flat route is impossible so there are a few demanding sections. It's perfectly okay to get off and push your bike if you feel you can't make it. The route is based on a figure of 8 loop with the first loop of 22km ending at Alpine House. The ride has been designed for all abilities, so riders can, if they wish, stop here. However, riders can also stop at Alpine House for a rest before tackling the second half of the route, a 32km loop. A basic map is available on the website along with the opportunity for a more detailed route map using a 'Strava' link on the 'Route' document listing all the streets and prominent buildings that are passed en route.

**Safety:** The figure of 8 route has been deliberately planned so that riders coming past Alpine House (approx. half way) can, if they wish, have a comfort break and/ or top up on refreshments. The course is also predominantly a left-handed course and there are only 9 junctions where a right-hand turn is required. At some of these junctions there will be marshals to assist.

**Signage:** There will be signs along the route indicating the way.



**Prior to the Event:** It is strongly suggested that riders prepare for the event by cycling regularly and building up to longer distances if this sort of distance is not in your normal range. Preparation is key to rising to the challenge, achieving your goal and, most importantly, enjoying yourself particularly if it's your first charity bike ride.

**Rider Clothing & Safety:** It is recommended that all riders wear a cycle helmet, be prepared for all weather conditions and wear the appropriate clothing. Layering is key as this will keep you warm and dry, and if temperatures increase you can peel away a layer at a time. If rain is forecast, bring a lightweight waterproof jacket that can fold easily into a back pocket. Take along some sunscreen too if it looks like it's going to be hot and sunny.

**Your Bike:** You do not want a mechanical problem on the day of your ride, so make sure your bike is in full working order and that the saddle is comfortable.

**On the Day:** Arrive at Alpine House from 8.30am onwards. Cyclist will receive a briefing at 8.45am and then from 9.00am they will be set off in small groups in minute intervals. It is suggested that cyclist cycle with at least one other rider.

**Food & Drink :** Bring enough food and drink to get you round the course. One good marker along the way is to check you have drunk a bottle of liquid each hour. Fuelling is about staying ahead of the game – don't wait until you feel hungry or thirsty as by then it can be difficult to restore your equilibrium. Lastly, bring some food for afterwards so you can start the refuelling process as soon as you finish. Refreshments will be available at Alpine House.

**Cycling Etiquette:** During the ride itself, and particularly at the start, you may be riding in a bunch. Please be courteous to other road users and use signals when necessary and be alert to what other riders around you are doing. Keep in mind that it's not a race. Go at your own pace, and especially don't overdo things at the beginning and tire yourself out. Most importantly enjoy yourself! You're raising money for a worthy cause while doing something you love.

**Toilets:** There is a toilet at Alpine House which will be available at the beginning of the ride and as cyclists come past after the first loop.

**Car Parking:** Unfortunately there is no capacity for riders to park their vehicles on Alpine House Surgery car park. Any riders arriving by car should park on the surrounding streets.

**Entry Fee/Fundraising:** There is a £20 entry fee for this event, with all proceeds going to **LLR MIND** and **Cancer Active Recovery Support**. In addition, cyclists are welcome to get sponsored for the event and a 'Just Giving Page' has been set up to support our two named charities.

**Thankyou.** Thank you so much for taking part and for your support of two very worthwhile causes.