

# Bike For It!

## Frequently Asked Questions

### Signing Up

#### *Who can enter?*

Bike For It! is for everyone, of all ages and abilities. The event is designed to be a great family event - with three different distances there's something for everyone. Children under 16 must be accompanied by an adult - please see the 'minimum age' question below.

#### *Do I need to bring my own bike?*

If you have your own bike, please do bring it if possible. However Alice Holt has a fully equipped **bike hire facility** on site should you need to hire one, this would be at your own cost.

We would recommend that you confirm the hire of any bike(s) before buying your ticket for this event, to ensure everyone is able to take part. Bike hire is open to the general public as well as Bike for It! participants so we cannot guarantee availability.

Amongst their fleet of bikes, Alice Holt have a range of adaptive cycles, enabling cyclists with disabilities to enjoy the same amazing experience, see the full [list here](#). If you or a family member would like to hire an adaptive cycle, please let us know using the contact details below **before** buying your ticket, so that we can ensure the adaptive cycle you require is available. The Charity will cover the cost of any adaptive cycles and you won't be charged.

#### *Do I need to bring my own helmet?*

All cyclists are required to wear a helmet at all times, therefore if you own a helmet please bring it with you. If you require a helmet, you can hire one from Alice Holt for £2. As with bike hires, we strongly recommend you hire this before the day itself to ensure they have availability.

If you are hiring a bike or adapted cycle then helmets will be provided with each bike.

#### *How long are the routes?*

We have three different distances for you to choose between: a 3 mile off road forest cycle, a 9 mile cycle and 25 mile cycle. Both the 9 mile and 25 mile cycle are on road routes. There is no rush - none of the routes are a race and no one is timed, so there is no pressure to finish at a certain time.

#### *How long will it take to cycle each route?*

This will of course vary depending on the ability of each cyclist! On average, it will take approximately 20-30 minutes to complete the 3 mile, 60-90 minutes to complete the 9 mile, and 2-3 hours to complete the 25 mile route.

#### *Is there a minimum age for each route?*

There is no minimum age for any of these routes. However please bear in mind that the 9 and 25 mile cycles are on roads which will be open to traffic. In order for everyone to have a safe and fun cycle, we require all entrants under 16 years to be supervised by an adult, and ask that you consider a ratio of 1 adult to every 2 under 16s. Please read the specific route information above and look at the route maps provided. If you are

unsure of anything please do contact [events@thebraintumourcharity.org](mailto:events@thebraintumourcharity.org) or call 01252 749043. The team are more than happy to answer your questions before the event and on the day itself.

## *How fit do I need to be?*

By offering three distances, the event has been designed to not only be fun and achievable for all levels of fitness, but to also provide a great challenge for all. We advise you do some practice beforehand if you can and make sure your bike is roadworthy. On the day, take your time and cycle at your own pace – this event is not timed and is not a race! If supervising under 16s, please ensure you keep pace with them.

## *When do I need to choose my route?*

If you know which distance you would like to do when signing up please let us know as part of your registration form. If you have not decided yet then don't worry! You can register to take part in Bike For It! without selecting a route and then make your selection on the day.

## *Is there anything specific about the routes I need to know?*

The 3 mile route is mostly on wide gravel paths within the forest of Alice Holt and is permanently sign posted.

The 9 and 25 mile routes have been designed by Cycling Support Services (CSS), our specialist cycling partner, who have deemed the routes safe to cycle. These routes will be signposted specifically for this event, and will have marshals along the route. Both road routes will be well lit and maintained, however please do bear in mind that these are public roads that will be open to traffic, and you must abide by the Highway Code at all times. When stopping at traffic lights and junctions please ensure that any children you have with you are properly supervised.

We will also have GPS versions of the map which you will be able to download from our website nearer the time of the event. This is not compulsory as we will provide hard copies of these maps on the day.

## *Will I be safe?*

Your safety is of utmost importance to us. The 9 and 25 mile cycle will have marshals on the route, identifiable in hi-vis jackets. These marshals are there for your safety, so please do listen to them if they are giving you instructions. They are also in full communication with the Events team and able to raise the alarm for first aid or if an emergency occurs.

All cyclists will be sent a brief nearer the time which will give safety advice; we ask that you read this carefully. We would also ask that cyclists look out for each other to ensure that anyone needing help or assistance is taken to the nearest marshal.

## *What happens if I have any problems during the event?*

On the 3 mile route, Alice Holt are providing mechanical support within the forest. Similarly there will be a mechanical support car on hand for any problems on the 9 and 25 mile routes. Contact numbers for these support teams will be provided on the day.

We will have St John Ambulance present on the day, who can be reached via the support teams for non-life threatening issues. However in an emergency please call 999 and then contact the support team.

There will be marshals along the 9 and 25 mile routes, who will be able to contact the support team if you are in need of assistance.

## On The Day

### *What should I wear?*

We recommend that you wear warm, comfortable clothes and practical footwear with your charity t-shirt on top. Wearing a good pair of trainers or cycling shoes is highly recommended, and don't forget your wet weather gear just in case!

### *What do I need to bring?*

To ensure you are prepared for the cycle, here's a quick checklist:

- Warm layers to wear during the cycle
- Camera to capture those magical pre- and post-cycle moments
- Waterproofs in case it rains
- Rucksack or panniers
- Puncture repair kit or spare inner tube
- Fully charged mobile in case of emergency
- Water and snacks for the cycle
- Sunscreen and hat if the sun is shining
- Event information that will be sent to you, including registration details, inspiration bib and your t-shirt

### *Will it go ahead if it's raining?*

Absolutely! The British weather is notoriously unpredictable so please keep an eye on the weather forecast and bring wet weather gear if it looks a little soggy. The cycle will only be cancelled if it becomes too dangerous for you to take part. Unfortunately we do not have a private picnic area for wet weather, but there are undercover picnic tables you are welcome to use.

### *Can cyclists register on the day?*

Sadly no. All cyclists need to be registered in advance and any **unregistered cyclists will not be able to take part**.

### *What if I arrive late?*

Registration is at 9am, and we do ask that everyone arrives on time. However we will do our best to enable you to participate if you arrive a little late, especially if you are taking part in the 3 mile cycle. The **latest** you will be able to start the 9 mile cycle is 11am, and the 25 mile cycle's latest start time is 10am - so try your best to arrive on time to reduce the risk of missing out!

Please also bear in mind that Alice Holt is a popular country park at weekends and should the weather be favourable, the main and overflow car park could fill quickly. We therefore would recommend you arrive in good time to ensure you get a parking space.

### *Is parking available?*

Yes, there is parking on site and we have use of the overflow car park to accommodate all of our cyclists. This car park is a short walk from the registration point, and will be signposted along with stewards helping on the day. Though we have been given priority parking in this overflow car park, we will share this with Alice Holt visitors if the main car park becomes full. We therefore again recommend arriving in good time.

Please note that the parking is pay and display with the machines accepting both credit card and change. You will be charged on exit – charges are:

£3.00 up to 1 hour  
£5.00 up to 2 hours  
£7.00 up to 3 hours  
£9.00 up to 4 hours  
£12.00 All Day

## *What happens when we arrive on the day?*

We will send you detailed instructions before the event. On arrival, you will register and collect your race number which will be attached to your bike throughout the event and given back to us at the end. The cycles will start in a staggered time as advertised on our website. After completing the cycle, you will need to return to the registration point to check back in (so we know that you're safe!).

## *Are there any storage facilities to leave things at the start?*

Unfortunately there are no secure facilities to leave possessions at Alice Holt. If you do bring anything that you cannot take on the cycle with you, you can leave it with any friends and family that are staying within Alice Holt for the picnic. You can also leave items in your car, however these are left at your own risk. We ask that you do not leave possessions with members of Charity staff or volunteers.

## *Will there be refreshments?*

Yes, we will be hosting a celebratory picnic after the cycle for you, your friends & family! We ask that you bring a picnic with you including picnic rugs and chairs. We will provide tea, coffee, a selection of soft drinks and cake! Please do ensure you eat a substantial breakfast before you set off.

Along with providing a bottle of water for each rider before the cycle, we will also have a water stop set up half way around the 25 mile route. This will be clearly marked on maps and easily seen on route – so come and say hello!

## *Is alcohol allowed at this event?*

We will not allow any consumption of alcohol before or during the event. Cyclists will be refused entry or instructed to drop out at any time should they appear to be under the influence of alcohol. You will enjoy the event far more if you are sober and safe.

## *Will there be toilets?*

There are toilets within Alice Holt for you to use before and after the cycle. There are also toilets at the half way water stop on the 25 mile route.

## *Are volunteers needed?*

We need a small number of marshals to steward the on road routes – if you would like further information on this opportunity please email [volunteering@thebraintumourcharity.org](mailto:volunteering@thebraintumourcharity.org)

## Fundraising

### *Do I have to raise a certain amount of money?*

We ask that each rider pledges to raise a minimum sponsorship of £150. Every penny you raise will go towards doubling survival and halving the harm of brain tumours. If you're not able to raise the full £150 you are still welcome to take part in the event.

### *How do I fundraise?*

When you register, we will send out a fundraising pack and sponsorship forms to the person who booked your tickets. We strongly recommend you set up an online giving page with JustGiving (we can show you how or check out their **help pages**) and use social media to let your friends and family know that you are taking part and how they can support you. Your local press will probably be interested in your story – what you are doing and why. We will send you a simple guide and press template so it is extremely easy for you to send them your story. This will help raise awareness of brain tumours and often gets you additional donations too. Our fundraising team are here to give you guidance, suggestions and useful resources and will be in touch after registration.

### *When do I get my fundraising pack and t-shirt?*

You will receive your pack in the post within a few weeks of registering which will contain your charity t-shirts and fundraising materials. This will be sent to the postal address of the person who booked your tickets.

### *Can I bring my sponsorship money on the day?*

To minimise administration and reduce the risks associated with handling money, we ask that you do not bring sponsorship with you on the day of the event but rather send us a cheque or bank transfer before or after the cycle. This is to ensure that we can keep an accurate record of how much you have raised and send you a certificate after the event.

### *Where should I send my sponsorship money?*

Please send this, together with your sponsor forms, after the event to:

The Brain Tumour Charity, Hartshead House, 61-65 Victoria Road, Farnborough, Hampshire, GU14 7PA  
(cheques payable to The Brain Tumour Charity)

#### **If you wish to make a bank transfer:**

Lloyds Bank

Account Name: The Brain Tumour Charity

Account Number: 50290568

Sort Code: 30-93-74

### *How much of the registration fee goes towards funding research into brain tumours?*

Obviously it does cost money to put on these events. However we're extremely efficient, not paying for any unnecessary frills. We are proud that as a charity over 80% of our income goes straight towards our charitable objectives.

## Anything Else?

### *What happens if I can no longer take part?*

If you're now unable to take part, please do let us know as soon as possible. We're unfortunately unable to refund your registration fee and we are also unable to transfer your place across to another cyclist. All cyclists have to register independently.

*You're all set! Please do contact us if you have any further questions.*

T: 01252 749043

E: [events@thebraintumourcharity.org](mailto:events@thebraintumourcharity.org)