



# Event guide

## Sunday 19th September 2021

IN EMERGENCY, CALL EVENT CONTROL 07866 935496

The information and practical advice provided in this leaflet will help you get the most out of the day and ensure the health and safety of everyone taking part in the event. Below are the recommendations for cyclists taken from the Highway Code, please ensure you read them for your own safety.

### Preparing for the cycle ride

- Ensure your bike is roadworthy – there is no guarantee we can collect cyclists or bikes unable to complete the course.
- Please bring a puncture repair kit or spare tyre with you.
- We strongly advise that you wear a cycle helmet.
- If you are bringing children, please make sure that they are experienced at cycling on public roads.
- There is a limited supply of water available at stops throughout each of the routes, please bring your own water to stay hydrated.
- Don't forget to bring money with you should you wish to buy refreshments.
- Be prepared for all weather conditions and wear suitable clothing and footwear. In the event of severe weather conditions, please check our website at [www.farleighhospice.org/cycle](http://www.farleighhospice.org/cycle) and our Facebook and Twitter pages to find out if the event has been changed or cancelled. Or ring 01245 457411 (during office hours).

### On arrival

- This year's ride will start from Farleigh Hospice, North Court Road, Chelmsford, CM1 7FH.
- You will be asked to pledge your sponsorship on the day at the registration desk.
- You will be given a specific participant number on the day to cable tie onto your bike (cable ties supplied).
- NO cyclist will be able to leave the start before 8.15am for the 100km route, before 9.15am for the 50km route and before 10.15am for the 20km route.
- Toilets are available at start area. There will be toilets available on the 50km and 100km routes.

### Parking and signing in

- If you are driving to the start of the route, please park at Chelmer Valley High School, Court Road, Chelmsford CM1 7ER.
- There is no parking available at Farleigh Hospice. Chelmer Valley High School parking is a 5-minute walk/cycle away which will be fully signposted.
- All participants must sign in on the day at Farleigh Hospice. The information in the letter with this pack details your signing in instructions for the event. Please arrive at the allotted time. Due to the number of cyclists taking part in the event start times will be staggered.
- You will need your barcode from your registration confirmation to sign in. You will then be given your cycling number.



Thank you for raising money to help people affected by life-limiting illnesses in mid Essex.  
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### During the cycle

- Please keep hydrated by drinking plenty of water. A limited supply of water and snacks will be provided at checkpoints along the route.
- Toilets are available at Farleigh Hospice (start and finish of the route), the Black Horse Inn pub car park (50km & 100km), and the Village Hall at Finchingfield (100km).
- All routes will be signposted but participants are advised to refer to the route instructions provided at sign in for a comprehensive guide. Strava and GPX/Garmin route plans will be available via our website at [www.farleighhospice.org/cycle](http://www.farleighhospice.org/cycle) closer to the day.
- Please dispose of your litter responsibly. Rubbish/recycling bags will be available at water stops and at Farleigh Hospice.
- Please keep to the signposted route and pay attention to the signage and instructions given to you by marshals.
- Please attach your participant number to the front of your bike. There are regular checkpoints on each route, please stop at each checkpoint to enable marshals to note your number. For your safety it is imperative that your number is recorded at all checkpoints.

### Stay safe and have a good time

- If you need to leave the event at any point, please let us know by informing a Farleigh Hospice representative or marshal.
- There will be marshals situated at various points along the route.
- Please be aware of other vehicles on the road and be very careful at all junctions. Please note that this event is taking place during harvest time – extra care should be taken with slow moving farm vehicles.
- Please be aware that at some points along the ride, the roads are very narrow, so watch out for oncoming vehicles and be patient with other cyclists, overtaking may not be possible!
- By entering this event you are declaring yourself to be medically fit to cycle and that your bicycle is roadworthy.
- All participants entering this event accept that photographs or video recordings taken during or in connection with this event could be used to publicise future Farleigh Hospice events.
- Please see below the Highway Code rules for cyclists.

### At the end of the cycle

- It is essential that you sign out at the end of the event in the Farleigh Hospice car park.
- Refreshments will be available at the hospice.
- You will receive a medal on completing the event.
- Please send in your sponsorship money by Friday 19<sup>th</sup> November 2021 in any of the following ways:
  - Hand in your sponsorship money on the day to our information desk or bring your sponsorship money to the hospice after the event and leave with the Welcome Team during office hours.
  - Send a cheque made payable to Farleigh Hospice to FREEPOST RRLJ-BKTZ-ACEH, Farleigh Hospice, North Court Road, Chelmsford, CM1 7FH.
  - Pay in via our website (<https://www.farleighhospice.org/donate/donate-online>). In the Reason for Donating, please select “An event held in aid of Farleigh Hospice” and add “Cycle for Life 2021” to the Additional Information.
  - If you used the paper sponsor form, please return this either by post to the address above or by sending a scanned copy by email to [events@farleighhospice.org](mailto:events@farleighhospice.org)
  - If you have an online giving page (Justgiving/Virgin Money/Facebook etc.) there is nothing more for you to do as the funds will come directly to us.

And don't forget... you can fundraise right up to the event and afterwards. The sponsorship money you raise by taking part in this year's Cycle for Life for Farleigh Hospice will make a real difference to local families, when they need it most. The more money you raise, the more of a difference we can make!



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### The Highway Code – Rules for Cyclists

[www.direct.gov.uk/en/TravelAndTransport/Highwaycode/DG\\_069837](http://www.direct.gov.uk/en/TravelAndTransport/Highwaycode/DG_069837)

#### 59. You should wear:

- A cycle helmet which conforms to current regulations, is the correct size and is securely fastened
- Appropriate clothes for cycling. Avoid clothes which may get tangled in the chain or in a wheel, or may obscure your lights
- Light-coloured, reflective or fluorescent clothing which helps other road users to see you in daylight and poor light

#### 64. You MUST NOT cycle on a pavement.

#### 66. You should:

- Keep both hands on the handlebars except when signalling or changing gear
- Keep both feet on the pedals
- Not ride more than two abreast, and ride in single file on narrow or busy roads and when riding around bends
- Not ride close behind another vehicle
- Not carry anything which will affect your balance or may get tangled up with your wheels or chain
- Be considerate of other road users, particularly blind and partially sighted pedestrians. Let them know you are there when necessary, for example by ringing your bell – it is recommended that a bell be fitted

#### 67. You should:

- Look all around before moving away from the kerb, turning or manoeuvring, to make sure it is safe to do so. Give a clear signal to show other road users what you intend to do
- Look well ahead for obstructions in the road, such as drains, pot-holes and parked vehicles so that you do not have to swerve suddenly to avoid them. Leave plenty of room when passing parked vehicles and watch out for doors being opened into your path
- Be aware of traffic coming up behind you
- Take extra care near road humps, narrowings and other traffic calming features
- Take care when overtaking

#### 68. You MUST NOT:

- Carry a passenger unless your cycle has been built or adapted to carry one
- Hold on to a moving vehicle or trailer
- Ride in a dangerous, careless or inconsiderate manner
- Ride when under the influence of drink or drugs, including medicine

#### 69. You MUST obey all traffic signs and traffic light signals

#### 71. You MUST NOT:

- Cross the STOP line when traffic lights are red

Rules 60-63, 65 & 70 are not applicable to this event. Special thanks to our event volunteers for their time, and to all the local companies and organisations for their help and contributions.



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### Cycle for Life Frequently Asked Questions

#### What time do I sign in and what do I need?

- 100km between 8am-10am
- 50km between 9am-11am
- 20km between 10am-12pm
- You will need to bring your unique barcode on your registration confirmation which was sent to you when you originally registered for the event.

#### What does my pre-event information include?

Your pre-event information includes on the day information, a sponsor form and a fundraising guide. This will also include times to sign in on the day. Your pre-event information will be sent to the email address you registered with.

#### Can I register on the day?

Registration is open on-line via the Farleigh Hospice website until 9 am on the 19<sup>th</sup> September. After that time no other registrations will be accepted.

#### Where can I park?

There is no parking available at Farleigh Hospice. Parking is available at Chelmer Valley High School, CM1 7ER (5-minute walk/cycle away) which will be fully signposted.

#### What is the address of the start of the route?

This year, the cycle is starting from Farleigh Hospice on North Court Road, Chelmsford, CM1 7FH.

#### Will there be any food available?

Friends of Farleigh will be offering teas, coffees and homemade cakes. Please remember to bring money with you if you wish to buy refreshments.

#### Has the route changed?

No, it is the same route as 2019. The route is fully signposted and marshalled.

#### Where can I find photos taken on the day?

We will put our best selection of photos on Facebook after the event.

#### How do you get my permission for photos?

By taking part in this event, you give your permission on your registration form for Farleigh Hospice to use your photograph for marketing purposes.

#### Can I make changes to my registration?

You can make amendments to your registration by calling 01245 457411 and speaking to a member of the Fundraising Team before Monday 6th September 2021.

#### I haven't received my pre-event information, what do I do?

Please call us on 01245 457411. However, please leave 5-7 days to receive it after registering.

#### Can I hand in my sponsorship money on the day?

Yes, you can hand your sponsorship money in to our information desk. However, you can still continue to fundraise on the day and after the event. Please ensure all sponsorship monies are handed in by Friday 19th November 2021.

*We look forward to seeing you on the day!*



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