Join the biggest female cycling event in the UK

women V cancer

RIDE THE NIGHT

SATURDAY 5 MAY OR SATURDAY 26 MAY 2018

Cycle 100km through London at night and raise funds to fight women’s cancers.

For more information and to register online:
www.ridethenight.co.uk
01590 677854
info@ridethenight.co.uk

PLACES LIMITED

TO TAKE PART YOU NEED TO PAY A REGISTRATION FEE OF £45 AND RAISE MINIMUM SPONSORSHIP OF £199.
Join the biggest female cycling challenge in the UK

Women V Cancer Ride the Night is back for 2018 and it is set to be bigger and better than ever! Due to the huge demand for places on this iconic challenge we will be offering two challenge dates (5 May 2018 and 26 May 2018). Over the last four years thousands of women have cycled through London at night and raised over £4 Million. Join this amazing team of women and help raise funds to fight women's cancers.

The challenge is on to cycle 100km throughout the night on a circular route starting and finishing at the beautiful Royal Windsor Racecourse. The route will take you into London past famous landmarks including Westminster Abbey, Trafalgar Square, Buckingham Palace and many more! It will be a challenging ride that is achievable with plenty of training beforehand. The friendship and camaraderie along the way however will be very special as women of all ages and from all walks of life come together to do something amazing.

Funds raised by Women V Cancer Ride the Night will support Breast Cancer Care, Jo’s Cervical Cancer Trust and Ovarian Cancer Action.

Please note places are limited for this hugely popular challenge, which sells out every year.

Please register now to avoid missing out.

www.ridethenight.co.uk
Your questions answered PART 1

How does it work?
To take part in Women V Cancer Ride the Night you are required to pay a non-refundable registration fee of £45. You must also raise minimum funds of £199 for the Women V Cancer charities. Your charitable funds must be paid in by Friday 30 March 2018. In return we provide a fully signposted route, marshals, water and snack stops, a pasta supper before the ride starts, free car parking at Royal Windsor Racecourse, pink hi-viz cycling vest, cycle number, medal, roaming bicycle mechanics and first aid support etc. The more money raised by participants on the challenge the higher the percentage of funds that directly support the work of the three charities. You are therefore encouraged to exceed the minimum fundraising target.

What do I need?
You need to bring your own bike and a cycling helmet is essential. It is also essential that you have front and rear lights fitted on your bike. Please bring spare batteries too. We provide bike mechanics but do ask that you bring a spare inner tube that is specific to your bike, should you get a puncture on the challenge.

What type of bike should I use?
The cycle route is all on road – therefore we recommend using a road or hybrid bike. If you plan to use a mountain bike we would advise fitting road tyres for the challenge. We recommend that your bike is serviced before the challenge to minimise the chance of any mechanical problems. Bike hire is available from British Bike Hire www.britishbikehire.com. Please ensure you book your bike online well in advance.

How fit do I need to be?
Cycling 100km (approx. 62 miles) at night is a challenge but something that is definitely achievable with a reasonable amount of training. A number of the women who will take part in this exciting challenge will have little or no fitness level when they sign up. Women V Cancer Ride the Night is the perfect motivation to train and get fit, all whilst raising funds for three amazing causes. We will e-mail you training guidelines to help you get fit for the challenge.

What do I need to be aware of when cycling at night?
It is vital that you follow the Highway Code throughout the challenge. Please note that there will not be road closures on this challenge. The route is well lit and on quieter roads wherever possible - however once you arrive in central London there will be traffic and you should be confident to deal with this. We recommend that you don’t ride alone at any part of the challenge. We also ask that you respect the local residents along the route and keep noise levels to a minimum. There will be a safety briefing online and a short safety briefing prior to setting off on the night of the challenge.
Your questions answered PART 2

How can I make myself visible on Women V Cancer Ride the Night?
It is very important that you are visible to road users. We will provide you with a Women V Cancer Ride the Night hi-viz vest to wear on the challenge. It is essential that you have working front and rear bicycle lights for the duration of the challenge and that you bring spare batteries for them. It is recommend that you wear additional hi-viz clothing.

What about bicycle problems?
There will be bike mechanics at the start of the challenge, at all of the rest stops and roaming mechanics along the route. We recommend servicing your bike before the challenge and that you bring a spare inner tube that is specific to your bike.

Are there rest stops along the way?
There are three rest stops along the way. Each rest stop will have water and snacks available plus first aid support, bike mechanics and toilet facilities.

What about insurance?
We have public liability insurance. However we cannot insure your bicycle on this challenge, so please make sure your bicycle is covered on your home contents insurance or that you take out a specialist bicycle cover.

How will we be set off?
You will be set off in groups of 75 women at 2 minute intervals. You can select your start time when registering (9.00pm, 9.30pm, 10pm or 10.30pm). Each start wave has a limited number of spaces so please register now to secure your preferred start time.

What time will Ride the Night start and finish?
Check-in will open from 6pm onwards and the first group of women will be set off at 9pm. The cut off time is 7am on Sunday morning but no one will be left behind as we will have a sweeper van behind the final group of cyclists.

How long will Ride the Night take me?
The faster cyclists will complete Ride the Night in 4 hours, whilst slower cyclists will take up to 8 hours. Ride the Night is not a race and there are no event timings.

Will there be parking?
There is free parking for all participants at the start/finish point of the challenge Royal Windsor Racecourse.
Your questions answered PART 3

Will there be somewhere to leave a bag?
Yes there will be a bag drop area in the Ride the Night village.

Will there be somewhere to change or have a shower?
There won’t be any changing or showering facilities so please come prepared in your cycling clothing.

What is the minimum age limit?
You must be at least 18 years old to take part in Women V Cancer Ride the Night unless given permission by the event organisers.

How do I pay my sponsorship money in?
You are encouraged to pay all funds in via Just Giving. We will also accept cheques and CAF vouchers. You must pay in £199 (excluding gift aid) by Friday 30 March 2018 to be confirmed on the challenge. Please note offline pledges on your Just Giving page will not count.

Does the minimum sponsorship target include Gift Aid?
No the minimum sponsorship target does not include Gift Aid.

What happens if I don’t reach my fundraising target?
If you don’t reach your fundraising target you will forfeit your place on the challenge and lose your registration fee. However, you can of course make up the balance yourself.

How do I sign up?
To register please visit:

www.ridethenight.co.uk

Please note places are limited for this hugely popular challenge, which sells out every year.

Please register now to avoid missing out.
What do our previous cyclists say?

Alice

It’s not often I e-mail but I feel compelled to this time round. Thank you so much for an absolutely totally awesome and fab night last Saturday! I had a complete blast and loved every moment of it. The route was so well planned out and really fun to ride. The volunteers were awesome and so friendly. Fortunately I didn’t need the ride angels or mechanics but it was reassuring to know that they were there. Thank you so much for a brilliant event…roll on next year!

Judith

Firstly I would like to say a huge thank you and well done to everybody involved with Ride the Night. I had such an amazing time, I think it was the most enjoyable ride I have ever done and great to see so much money has been raised! I will definitely be signing up for next year!

Claire

I just wanted to thank you for putting on such an outstanding event. The organisation was faultless, the signage was superb (absolutely NO chance of getting lost even if you were feeling sleepy) and the marshals and other staff at the feed stations were outstanding. I could not believe how many marshals we passed and every single one was so friendly and encouraging. Bless them, they must have been there for hours and they really helped to make the event. What a memorable night!

Sally and Friends

After experiencing Ride the Night I want to congratulate you all for putting together and hosting an incredible event. The night was amazing! We had so much fun but felt completely safe at all times. From the moment of registering for the event you made sure everyone had the most detailed information, the venue and course were superb. Once on the ride we experienced nothing but camaraderie and encouragement from fellow cyclists. A HUGE thank you too to the marvellous marshals who remained cheerful and helpful throughout the night even at 4.30am! Thank you all for giving us the opportunity to take part in a truly incredible event.

Clair

An amazing night and even though there were nearly 2,000 riders, I never once felt like a ‘number’. Wonderful support, route and atmosphere! Already signed up for next year!

Vicki

I had a wonderful, amazing, fantastic and brilliant night cycling around London! The wonderful sights, meeting 2,000 great women and the support from total strangers was amazing! A great big thank you to Action for Charity, the Ride Angels and the volunteers couldn’t have done it without you and we raised so much money!
Why we ride

Ride The Night is about uniting women to fight against cancer – and we know that this means something different to everyone!

Whether you have overcome cancer yourself, supported a loved one, worked with cancer patients, or simply want to help raise funds for a worthy cause; we want to know what this experience means to you.

Do you have a personal story you’d like to share?

Why do YOU ride?

Share Your Story

Our aim is to inspire and encourage women in the fight against cancer, and this starts with promoting our brilliant riders (that’s you!) and highlighting the amazing work they do.

Here’s how you can get involved and share with others what Ride the Night means for you…

Share your event pictures with us by tagging @RideTheNightUK on Instagram and using the hashtag #RideTheNightUK

Get involved on our Facebook Page (RideTheNightUK), by tagging yourself in our pictures, commenting on our posts, or direct messaging us with your stories

You can also Tweet us @RideTheNightUK, or use the hashtag #RideTheNightUK, and tell us why you ride.
Why take part?

Help us to raise £2,000,000 for three very special women’s cancer charities by taking part in Ride the Night

Breast Cancer Care
Breast Cancer Care are the only specialist UK-wide charity providing support for women, men, families and friends affected by breast cancer. Every year, 58,000 people in the UK are told they have breast cancer. Our free services include our helpline, online forums, information and local group support. From the moment you notice something isn’t right, through your treatment and beyond, we’ll be there. For more information visit [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

Jo’s Cervical Cancer Trust
Jo’s Cervical Cancer Trust is the only UK charity dedicated to women affected by cervical cancer and cervical abnormalities. Three women die every day in the UK from cervical cancer with a further nine being diagnosed and facing an uncertain future. We are there to offer support and information at every step of their journey while campaigning to ensure every woman has the best care possible. For more information visit [www.jostrust.org.uk](http://www.jostrust.org.uk)

Ovarian Cancer Action
Ovarian Cancer Action is on a mission to stop women dying from ovarian cancer. It is a disease that claims the life of another woman in the UK every two hours. We’re here to champion the cause, fund the innovators in the labs who will find new treatments and bring people together to overcome a disease that strikes at the heart of what it means to be a woman. Let’s take action and nail this disease once and for all. Join us. Fight with us. Act Now. [www.ovarian.org.uk](http://www.ovarian.org.uk)

Conditions of entry

1. A non-refundable registration fee of £45 is required to participate in Women V Cancer Ride the Night. In addition you must raise a minimum of £199 in sponsorship money and donations for the charities, which must be paid in by Friday 30 March 2018.

2. If you are unable to raise the minimum sponsorship required you will forfeit your right to a place on the event or you may choose to make up the balance yourself.

3. If you do not take up your place for any reason, you must inform Action for Charity immediately. You must contact all of your sponsors to ask if they wish to make a donation or have their sponsorship money returned.

4. It may be possible to transfer your place to another person or to next year for an admin fee of £15. Please contact the event organiser to arrange this.

5. The good reputation of the charities is paramount. You must agree to act lawfully and follow the fundraising guidelines laid out by the organisers of the event.

6. Funds raised on Women V Cancer Ride the Night cannot be transferred to or from other Women V Cancer challenges.

7. You must be at least 18 years old before Saturday 5 May 2018/26 May 2018 to take part in Women V Cancer Ride the Night unless given permission by the event organisers.

8. You must wear a cycling helmet and have working bicycle lights for the duration of the challenge.

9. You must adhere to the Highway Code at all times.

10. You participate at your own risk and are responsible for your personal safety at all times. Action for Charity or the charities cannot be responsible for any loss or damage however arising, or theft of your bicycle or for any injuries or illness that occur as a result of this event.

11. If you decide to pull out of the event at any stage on the night of the challenge you will contact our event base immediately.

12. Action for Charity may, at their sole discretion, withdraw places on the event or stop individuals cycling on the night of the challenge if they believe it is in the best interest of the charities to do so.