



Supporting young people. Building better lives.

## THE NIGHTRIDER JUNE 8 2013

### FREQUENTLY ASKED QUESTIONS AND ANSWERS

#### **How old do I have to be to take part?**

You must be at least 18 years old to take part in Nightrider™.

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

Cycling 100km at night is a challenge and Nightrider™ is not suitable for beginner cyclists. The event is aimed at people of average fitness who are prepared to train beforehand. It is your responsibility to be fit enough to participate in Nightrider™ and to get doctor's approval if you have any health concerns about safely completing the 100km cycle ride at night. You will be provided with a set of training guidelines when you register.

#### **How much does it cost to take part?**

There are 2 ways to take part in Nightrider™:

- Option 1: Pay £39 registration fee (non-refundable) then raise £175 approx. sponsorship for Eikon. We will need to receive 100% of your minimum sponsorship by 1 May (approx. a month before the event).
- Option 2: Pay £99 full event cost (non-refundable) then raise as much sponsorship money as possible for Eikon

#### **What happens if I can't raise enough sponsorship money?**

If you are unable to meet the sponsorship money requirements, you will forfeit your place. However, you may choose to make up the balance yourself. Please note that Eikon is always on hand to help with fundraising tips and advice, and you will be introduced to your point of contact at Eikon as soon as you register.

#### **Who do I speak to for queries regarding fundraising?**

Call us here at Eikon, and ask for Jessica, should you have any queries (01932 347 434 or email [jessica@eikon.org.uk](mailto:jessica@eikon.org.uk)).

#### **What's included in the event package?**

Fully signposted route, map & GPS file of the route (nearer the event), break stops every 20km, snacks, water and breakfast, hi-vis vest, cycle number, medal, bicycle

mechanics, first aid support, security staff, central control number to deal with any problems, sweep vehicle at the back, insurance (excluding cover for your bike).

### **What's not included?**

Bike and bike insurance, cycle helmet, any cycle parts the mechanics might need to use, hot drinks at intermediate break stops (provided at half way point and finish line).

### **Is there a choice of start point and start time?**

Our start point is Crystal Palace in South London - the start time for all Eikon cyclists is 22.55pm

### **Can I join as part of a team at the same start point/time?**

You will automatically be part of the Eikon team – a fantastically fun and motivated team!!

### **What is the route?**

You will set off from Crystal Palace - and cycle in an anti-clockwise direction around London. It is a circular route and cyclists finish at the same place from where they set off. The route takes in over 50 of London's famous landmarks. There are break stops every 20km. The Nightrider™ route is a truly unique way to explore the city. Witnessing sunrise over London is likely to be an unforgettable memory.

### **How hilly is the route?**

The ride is fairly flat, varying between 14 and 150 feet / 4 and 45 metres above sea level, with the exceptions of the climbs via Alexandra Palace to Whitestone Pond (London's highest point) in Hampstead, and to Crystal Palace. Gradients are generally quite gentle, the two climbs mentioned average 2.8% and 2.1% respectively with the steepest part at Queens Wood Road in Highgate at 10%. Total ascent: 1257 ft / 383m Total descent: 1257 ft / 383m (it's a circular route!) Highest points: Whitestone Pond 456 ft / 139m, Crystal Palace 330 ft / 100m Lowest point: Evelyn Street in Bermondsey 14 ft / 4m

### **Will I receive a route description and GPS details?**

A description of the route and details for GPS devices will be available to download in the Participant Area of the Nightrider™ website in early 2012 (once you have signed up). You can request free cycling maps of London from the 'Cycling' section of the TFL website [www.tfl.gov.uk](http://www.tfl.gov.uk) or by calling 020 7222 1234. Maps 4, 7, 11 and 14 cover the whole route. Map 1 of central London is also useful.

### **What sort of bike should I bring?**

Nightrider™ has been completed on everything from top of the line road racing bikes, to fixed gear bikes and simple mountain bikes. Most appropriate is a road bike, either drop or flat handlebars, with a reasonably wide range of gears (there are a couple of stiff climbs on the route) and tyres should be at least 25mm wide (not all London roads are in great condition). If using a hybrid or mountain bike, we recommend fitting it with narrow road tyres. We strongly recommend that you get your bike serviced to ensure that it is in road worthy condition and ready to ride

100km. Though the route is on well-lit roads, it is essential that you have working front and rear lights – and bring spare batteries. Wearing a cycle helmet is a condition of participation.

### **Can I rent a bike?**

You will need to bring your own bike.

### **Can I ride on a tandem?**

Yes - both cyclists should register separately but request the same start point and start time!

### **Can I ride on a hand bike?**

Yes – but please contact Eikon in advance so that we can let the organisers know, who will arrange disabled toilets and make a couple of small changes to the route to make it fully accessible.

### **Are there any issues I should be aware of when cycling at night?**

It is vital that you follow the Highway Code and all road laws for your own safety. We specifically remind all riders that traffic signals apply equally to all road users and must be obeyed. Nightrider™ is not a race and we ask cyclists to respect each other and other road users. Never ride more than 2 abreast and do not attempt to pass in dangerous places. Keep a safe distance between yourselves and others. The route is on well lit roads and quieter roads where possible, but in the centre of town there will be traffic and you should be confident to deal with this. Throughout the ride, particularly in quieter areas, we recommend that you do not ride alone. Please also respect the local residents of the areas you are cycling who will be sleeping whilst you cycle. Please try to keep noise to a minimum in residential areas.

### **What about insurance?**

Included in the cost of the event is insurance which will cover you for pre-event cancellation cover, personal liability and personal accident cover – this is organised by Classic Tours LTD, rather than Eikon (please note that Classic Tours insurance, like most travel insurance policies, specifically excludes cover for bicycles under the personal effects section of the policy. Bicycles should be covered under a household all risks contents insurance policy).

### **What happens if I decide to cancel?**

You should notify the Eikon Team by email. Any refunds to sponsors are strictly between you and Eikon. All monies paid (£39 – Option 1 / £99 - Option 2) are non-refundable.

### **If I cancel can someone else take my place?**

No, your place on the event is non-transferable.

## **On the Night**

### **What time does the ride start?**

All Eikon Nightriders will set off from 22.55pm at Crystal Palace.

### **Is there car parking at the start / finish points?**

Nightrider™ is a circular route so you will start and finish at the same place. Car parking is available at Crystal Place but there are limited spaces. Car parking is on a first come first served basis, subject to availability and all cars are parked at your own risk. From a safety point of view we do not recommend that you drive after spending a sleepless night cycling if at all possible. It would be better to use transport or arrange to be dropped and collected by someone else.

### **Will there be a cloakroom to leave personal possessions?**

There will be a cloakroom available at Crystal Place. All belongings are left at your own risk – please do not bring valuable items with you. Space is limited so please keep any items to a minimum.

### **How will I find my way?**

The route is fully signposted and where this is not possible (short sections of the route) there will be marshals marking the junctions.

### **What if I get lost?**

The route is fully signposted but in the unlikely event that you get lost there is a Central Control number to call where staff can quickly direct you back to the route.

### **Is the ride timed?**

No, Nightrider™ is NOT a race.

### **Are there break stops en-route?**

There is a break stop roughly every 20km. Snacks, water and toilets will be provided. In addition, hot drinks will be available to purchase at most breaks. There will be a mechanic and a first aider based at each stop. Please see the [Route Map](#) for more details of where the break stops are located. They are as follows (subject to change): Potters Field Park near Tower Bridge, Mile End Stadium, Alexandra Palace.

### **What food & drink are provided?**

Snacks (fruit, sweets, biscuits) and water are provided at the 3 intermediate break stops. At the half way point there is a cheese or ham roll and hot drink. After the ride you will receive a well earned breakfast - sausage, bacon or egg roll and hot drink.

### **Are there toilets en-route?**

Yes, there will be toilets at the start / finish points and at every break stop.

### **What happens if I get ill or injured?**

There is a first aider based at each break stop, but in serious cases you should dial 999.

**What if I suffer a mechanical problem?**

There will be a bicycle mechanic available at the start points and at each of the break stops. If you need a mechanic to come to help you en-route, you should call Central Control. The mechanics can't help with repairs that could and should have been done before the ride – make sure your bike is in good order before you come! Please remember to bring at least one spare inner tube with you.

**How long is it likely to take me?**

Previous Nightriders have completed the route in 6 – 8 hours on average.

**What times does the event finish?**

The route will close at 10.00am on Sunday 9 June by which point we expect everyone to have finished cycling based on previous events. After this time there will no longer be any technical support available, though the route signs will still be in place until later in the day.

**What will I receive at the end of the ride?**

You will receive a Nightrider™ medal and a well earned breakfast - sausage, bacon or egg roll and hot drink. You will also receive a welcome reception from the Eikon Team.