

## Final Confirmation

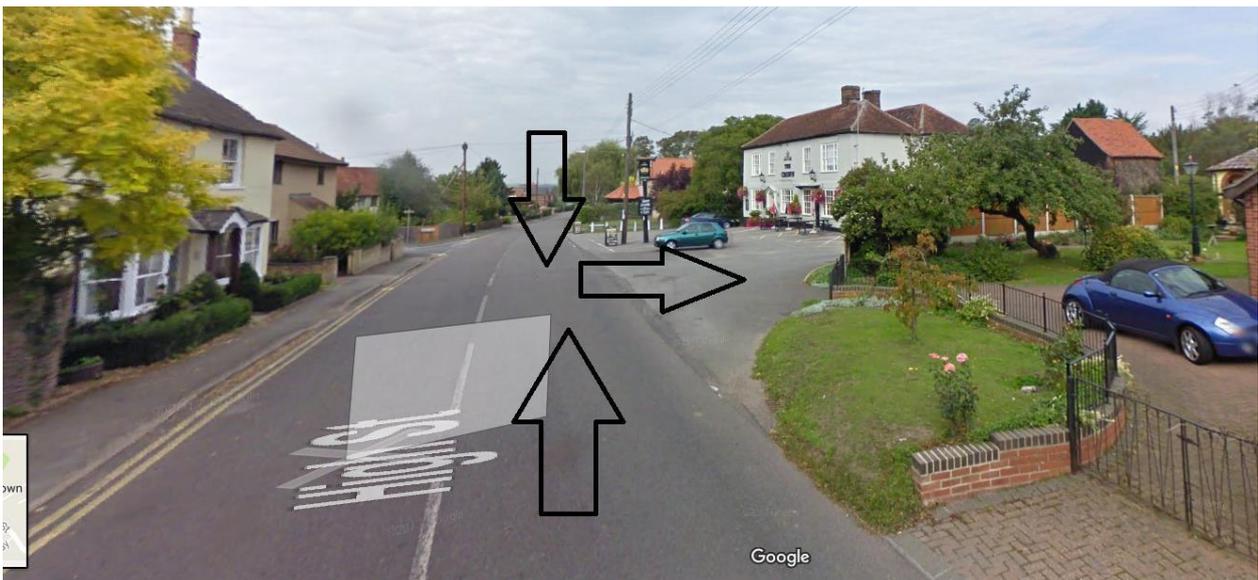
Dear cyclist, Thank you for registering for the **WoW Sudbury** charity bike ride on the 21st July 2019 in Sudbury. We're really looking forward to the event, keeping our fingers crossed for good weather and we hope you are too.

There may be some changes to the final arrangements for the event so please keep checking [www.stnicholashospice.org.uk/wowsudbury](http://www.stnicholashospice.org.uk/wowsudbury) and the **Women On Wheels** Facebook page [www.facebook.com/wowsuffolk](http://www.facebook.com/wowsuffolk) and [www.facebook.com/groups/wowsudbury/](http://www.facebook.com/groups/wowsudbury/) for updates, but here's what you currently need to know for the day:-

### Start/Finish

The ride will start at Acton Village Hall, The full address for Acton Village Hall is:

Acton Village Hall, Behind the Crown Pub off the High Street , The Green, Acton, Sudbury, CO10 0AT



There is limited public parking available at Acton Village Hall between 50-60 spaces, Of course, we encourage you to cycle the event if you're able to do so to reduce your carbon emissions.



## Registration

**Registration** will be situated in the Hall and **opens at;**

7.30am and closes at 8.20am For the 50 mile

8.20am and closes 8.50am For the 20 mile

### **Ride Start times;**

The **50 mile ride** starts at 8.30am

The **20 mile ride** starts at 9.00am

Please allow plenty of time to arrive, register and get ready to go before your ride starts.

You must sign in at the registration desk on arrival. **Upon registration you will be given your race number please attach using the cable ties provided to the front of your bike and you will be asked to confirm your emergency contact details. Please bring with you emergency contact details if you haven't already registered one.**

Once you've signed in, you'll be able to purchase refreshments inside the Hall. There are also toilets and changing facilities available.

**The rides will finish back at Acton Village Hall.** Encourage your family and friends to be there to cheer you across the finish line!

**New for this year** TriSudbury will be organising a FREE Junior Bike Skills – between 10:00 - 13:00 open to all children (no unaccompanied children). To take part a bike and helmet are required, for further information contact [lindsayhobden@hotmail.com](mailto:lindsayhobden@hotmail.com)

**Again, you must sign out at the registration desk once you've finished the ride,** where you'll be given your goody bag, including a ride memento. **Wow Event Staff will look to contact you and your emergency contact after the event if you happen to forget to sign back in.**

## Photography

Images/videos will be taken during the event, these images/videos will be used by the event organisers and key partners to share news about the event and to publicise future wow events. Images/videos may be used in press releases, printed publicity and on social media. **If you would not like your image to be used please inform the Registration desk as participants who do not wish for their images to be used will be given a red ride numbers to identify this.**

## The Ride

Outline maps of the two routes are available on the link below;

<http://www.stnicholashospice.org.uk/wowsudbury>

Route maps will be available on the day. However, the routes will be fully signed/marshalled so you don't have to worry about memorising them.



Please also be aware that the routes involve cycling on roads and involve crossing roads, where you must give way to motor traffic—there will be marshals at some junctions, but they will be there to help with visibility, not to stop traffic.

**You will be taking part in the ride at your own risk, so do take care around motor traffic and please follow the Highway Code at all times, e.g. riding in single file on narrow roads, particularly when vehicles want to pass.**

**The 20 mile route is 22 miles and the 50 mile is just short of 50 miles. The 20 mile and 50 mile rides split in the Chelsworth area, so keep an eye out for this, although it will be well-signed and marshalled.**

If we are unlucky and the weather prevents the event from running, you will be contacted as soon as possible beforehand.

## Refreshment/Toilet Stops

**Acton Village Hall** – Refreshments and homemade cakes for sale provided by the Long Melford WI

**20 Mile** – Café Como, Street Farm, The Street, Brent Eleigh, CO10 9NU – Refreshments & homemade cakes

**50 Mile** – The Institute at Woolpit, The Street, IP30 9QH (Next to Teacups Tearooms) Refreshments & homemade cakes. For the 50 mile if you would like an additional stop you can also stop at the 20 mile refreshment stop at Café Como

## Ride support

First Aid will be on-site at the start and finish. If you require non-emergency medical support whilst on the ride, please call **Lisa Dagnall** Event Manager, on **07960 860093**. In the case of any emergency medical please call 999 or 112.

Mobile mechanical support will also be available, we certainly encourage you to attempt to fix small mechanical issues, such as punctures if you can. However there are back riders on all routes who will be able to rectify small mechanical issues. If you're really stuck and can't get your bike going again please call Lisa Dagnall (contact details as above). We'll then send someone out to you.

If you have any other issues whilst on the ride, e.g if you get lost please **call Lisa Dagnall** as above. On the route there will be signs to indicate how many miles you have ridden, these will also assist us to help locate your position if you do become lost. We'll try our best to resolve any issues as speedily as possible.

## What to bring

Below is a list of essential items to bring along with you on the day:

- Helmet – without a helmet you will not be permitted to ride
- Appropriate clothing for the weather conditions, including high-vis
- Puncture repair kit or spare inner tube appropriate to your bike
- Snacks (especially for the 50 mile riders)
- Plenty of water (all riders)
- Money ( for refreshment stops)
- Mobile phone (for emergencies)
- Sun cream (dependent on weather )

## Sponsorship



**Women On Wheels** is a local event in aid of St Nicholas Hospice Care. Why not support the Hospice and raise sponsorship for your efforts? The money raised will support people in West Suffolk and Thetford living with life-shortening illnesses.

To find out more about St Nicholas Hospice Care and to request a sponsorship form, please either call **01284 715559** or e-mail [fundraising@stnh.org.uk](mailto:fundraising@stnh.org.uk)

## Finally...

**WomenOn Wheels** aims to be a fun, social ride aimed at anyone who wants to give it a go. For some cycling 50 or 20 miles will be a major achievement for other it might be a leisurely ride with friends, but for all, we want you to **enjoy yourselves!** Thank you again for registering to take part in what we hope will be a great event.

Kind regards,

Lisa Dagnall  
Events Manager  
[lisa.dagnall@acleisure.com](mailto:lisa.dagnall@acleisure.com)