RIDE THE NIGHT 2019
LONDON
women v cancer
Cycle 100km through London at night and raise funds to beat women’s cancers

Saturday 25th May 2019
For more information and to register online:
www.dream-challenges.com
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PLACES LIMITED

@WomenVCancerUK  @RidethenightUK  @womenvcancer  RideTheNight  RideTheNightLondon

TO TAKE PART YOU NEED TO PAY A REGISTRATION FEE OF £45 AND RAISE MINIMUM SPONSORSHIP OF £199.
Gear up, ladies: Women V Cancer Ride the Night is back for 2019 to kick off the start of summer with a bright pink boost for our three women’s cancer charities.

Cycling 100km through London at night, you’ll befriend thousands of other super inspiring women from all cycles of life that share your drive to get fit for an amazing cause. Starting and finishing at the beautiful Royal Windsor Racecourse, you’ll soak up the electric Ride the Night vibe with motivational music, speeches and warm-ups. By the time you saddle up at the start line, you’ll be revved up and raring to go.

Our flagship Women V Cancer challenge takes you past many of London’s iconic landmarks, including Westminster Abbey, Trafalgar Square, Buckingham Palace and many more - and they look even more beautiful at night with bright and colourful lights.

Over the last five years, thousands of women have cycled through London at night and raised over £6 million. Join this amazing team of women and help raise funds and awareness for the three invaluable charities, Breast Cancer Care, Ovarian Cancer Action and Jo’s Cervical Cancer Trust.
Your questions answered

What does it cost?
The minimum sponsorship requirement is £199 in support of the three Women V Cancer charities, with a registration fee of £45.

What’s included?
- Full event management, including the fully signposted route, event marshals, roaming first-aid support and mechanical support
- Pink hi-viz cycling vest and your rider number
- Your official Ride the Night medal
- Water, tea, coffee and snacks at the feed stations
- Supper before the ride (gluten free available)

What do I need?
You can bring your own bike or arrange to hire a bike from British Bike Hire [www.britishbikehire.com](http://www.britishbikehire.com), which will be ready for you to collect at Windsor. Please ensure you book your bike hire online well in advance. It is essential that you bring a cycling helmet and have front and rear lights fitted on your bike. You’ll definitely need spare batteries too. We provide bike mechanics; but we 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, so 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. You’re also welcome to use an electric bike. We recommend that your bike is serviced before the challenge to minimise the chance of any mechanical problems.

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; but if you can’t wait, you can download your free Ride the Night training plan from the challenge page on our website: [www.dream-challenges.com/challenges/women-v-cancer/ride-the-night-london-2019](http://www.dream-challenges.com/challenges/women-v-cancer/ride-the-night-london-2019)
Your questions answered

What do I need to be aware of when cycling at night?

**Safety first** – safety is always our priority and we ask you to please follow the safety briefing we provide for you online, in the weeks running up to your ride. You’ll also get a short safety briefing before you set off on the night of the challenge, so you’ll be well prepped.

**Be visible** - It is very important that road users can see you. We provide you with a Women V Cancer Ride the Night hi-viz vest and we recommend you wear additional hi-viz clothing. It’s, of course, also essential for you to have working front and rear bicycle lights and that you bring spare batteries for them.

**Follow the Highway Code** - Please note there won’t be any road closures for this challenge and you need to follow the Highway Code. 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.

**Remember people are sleeping** - You do need to remember that the local residents will be trying to get some rest, so please respect them and keep noise levels to a minimum.

**Cycle together** - We recommend that you don’t ride alone at any part of the challenge. Not only is it safer to cycle with other people, it’s more fun, too! Please don’t be worried about signing up on your own, though! The majority of women sign up for Women V Cancer challenges on their own and you will soon make new friends. There’s also a [Ride the Night Facebook group](#), where you can make friends beforehand and you’re likely to find someone in your local area who you can meet up with to train or fundraise with.

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.
Your questions answered

What about insurance?
We recommend that you have cover in place for personal accident or injury and for loss or damage to your bicycle. Often this is provided by your home insurance policy but otherwise specialist cycling policies can be obtained.

What happens if I don’t reach my fundraising target?
If you don’t reach your fundraising target, you can either top up the additional funds yourself or simply forfeit your place on the challenge and lose your registration fee.

Where can I park?
There’s free parking (with plenty of space) at the beautiful Royal Windsor Racecourse, which marks the start and end point of our challenge.

What’s the Ride the Night London 2019 route?
Starting and finishing at the Royal Windsor Racecourse, the 100 km route will take you through central London, passing many of our capital city’s iconic sights and parks and seeing a diversity of areas as you ride through the different zones. There will be three rest stops along the way, with refreshments and toilets.

How long will it take me?
Ride the Night is not a race and there are no event timings. We anticipate that faster cyclists will complete Ride the Night in four hours, whilst slower cyclists will take up to eight hours. The cut off time is 7 am on Sunday morning, but no-one will be left behind, as we will have a sweeper van behind the final group of cyclists.
Your questions answered

Will there be somewhere to leave my bag?
Yes, there will be a bag drop area in the Ride the Night village at the Royal Windsor Racecourse.

Will there be somewhere to change or have a shower?
There won't be any changing or showering facilities, so please come 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 London, unless given permission by the event organisers.

How do I pay my sponsorship money in?
All funds for Women V Cancer Ride the Night are raised on JustGiving. Please make sure you set up your JustGiving page for Women V Cancer Ride the Night London 2019 and raise a minimum sponsorship target of £199 by Friday 12 April 2019 on your JustGiving page. All the money on your JustGiving page is transferred directly to Women V Cancer so you don’t need to do anything else. You don’t need to pay in or transfer any funds to Women V Cancer or Dream Challenges, as it’s all done automatically. As long as you’ve raised the minimum sponsorship target for the correct JustGiving account by the deadline, your place is confirmed on the ride and you’ll receive your final details, including your rider number, in the post two weeks before your challenge.

Does the minimum sponsorship target include Gift Aid?
No, the minimum sponsorship target does not include Gift Aid.
What do our previous cyclists say?

"I feel privileged to have ridden in this incredible event with 3000+ wonderful, inspiring, crazily dressed and mad women! Raising £1.3million for Ovarian Cancer Action, Breast Cancer Care and Jo’s Cervical Cancer Trust. Thank you, Women V Cancer, for putting on a great, well-run event, I will be back!" – Amy Williams (Winter Olympics gold medal winner)

"It was a truly amazing experience. A privilege to be part of and so much fun. The organisation was fantastic! Amazing feed stations and volunteers. We’ll be back next year!" – Anna

"What an amazing experience!! Thank you so, so much to all the organisers, as it was totally ACE! All the helpers and support, encouragement and smiles, chaperones and angels, it was totally AMAZING and a total laugh a minute. I loved it. Thank you, thank you, thank you! How fantastic and what an awesome event for such a great cause! An experience I will never forget" – Victoria

"This was a ride like no other!!! Storms - the like of which I had never been out in, let alone riding through - amazing camaraderie and a huge amount of grit and determination. Although I didn’t need any mechanical support, the marshals, Ride Angels and feed station helpers were really wonderful on a truly busy night for them. This was my way of celebrating a year post chemo and in total remission! Well done to everyone involved, riders, families, support staff. We did it!" – Maggie

"Ladies, Ride the Night is a fantastic event for the Women V Cancer charities. Five of us did it this year: four of us in our 50’s and 60’s and one just under 50 years of age. What a night - a carnival atmosphere before you start, fantastic feed stations, brilliantly marshalled, it’s not a race, you get around at your own pace. It’s well worth putting in a bit of effort. Two of us have signed up again for next year, would have done the Edinburgh one as well if I could make the date." – Debbie
Why we ride

Women V Cancer Ride the Night is about uniting women against cancer – and we know that 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 fantastic 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 to come together against cancer and this starts with shouting about our amazing Women V Cancer heroes (that’s you!) and sharing all the incredible work you do.

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

Join the Women V Cancer Ride the Night Facebook Group and share your training and fundraising achievements with the community. You can post as little or as often as you like.

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

Whenever you’re posting about Ride the Night, be sure to tag us:

Facebook: @WomenVCancerUK
Twitter: @RidethenightUK
Instagram: @womenvcancer

You can also Tweet us @RidethenightUK and tell us why you ride.
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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 is the only specialist UK-wide charity providing support for women, men, families and friends affected by breast cancer. Every year, 62,000 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

**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. Nearly 3 women die every day in the UK from cervical cancer and every year, 220,000 are diagnosed with cervical abnormalities. 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

**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

RIDE THE NIGHT 2019 LONDON

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 12 April 2019.

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 Dream Challenges 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 Dream Challenges 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 25 May 2019 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. Dream Challenges 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. Dream Challenges 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.