Join the biggest female cycling event in the UK

RIDE THE NIGHT

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

NEW FOR 2020

Exciting new venue Lee Valley Velo Park at the Olympic Stadium

Shorter 50km route

PLACES LIMITED

Saturday 23 May 2020

For more information and to register online:

www.dream-challenges.com

01590 646410 / events@dream-challenges.com
Ride the Night is back for 2020 with three super exciting changes. After six amazing years of Women V Cancer Ride the Night, we’re returning for our seventh with a new iconic venue, a new route with more London landmarks than ever and for the first time, we’re running both a 100km and a 50km cycle!

Get ready for the ride of your life and join thousands of marvellous ladies at the famous Lee Valley VeloPark for a 50km or 100km cycle through London at night for our three invaluable Women V Cancer charities.

Before you start the challenge, we’ll get you ready and raring to go at the VeloPark, home of the 2012 Olympic velodrome, with entertainment, motivational music, speeches and an energising warm-up.

Then it’s time to set off in waves for your chosen route. Pedalling past Westminster Abbey, the London Eye, the Tate Modern, the West End Theatres and many more spectacular buildings, you’ll light up London with your bright pink Ride the Night vests and the sparkling Women V Cancer spirit. All the while, you’ll get fit and make a bunch of wonderful new friends.

Over the last six years, thousands of inspiring women have cycled through London at night and raised over £6 million for Breast Cancer Care, Jo’s Cervical Cancer Trust and Ovarian Cancer Action. Join our cause on this incredibly special challenge and help to save and support countless lives affected by cancer.
Why take part?

Help us to raise £1,000,000 for three very special women’s cancer charities by taking part in Ride the Night

Breast Cancer Care
Breast Cancer Care has merged with Breast Cancer Now to create one charity for everyone affected by breast cancer. From research to care, the charity has people affected by breast cancer at its heart, providing support for today and hope for the future. United, we can carry out even more world-class research, provide even more life-changing support and campaign even more effectively for better services and care.

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

Your questions answered

What does it cost?

Registration fee: £45

Minimum sponsorship target: £199 (per rider)

Sponsorship deadline: Friday 10 April 2020

What’s included?

The registration fee and event costs (included in the sponsorship target) cover:

- Full event management and support - the Dream Team are on hand from the moment you sign up for the challenge to provide any help you may need and answer any questions
- Our iconic start/finish venue of the Lee Valley VeloPark, home of the 2012 Olympic velodrome!
- Hot showers, changing facilities and loos at the VeloPark, free for you to use before and after your ride
- Pre-event warm-up and entertainment, with motivational music and speeches, charity and supplier stalls and a variety of refreshments available for you and your supporters to purchase
- Pasta supper before the ride starts
- Fully signposted route with marshals
- Feedstations en route, with a variety of tasty refreshments, water and hot drinks (vegan and gluten free options available)
- Ride the Night hi-viz vest
- Ride the Night 2020 medal
- Bicycle mechanics (both roaming and at the start/finish)
- First aid support (both roaming and at the start/finish)
- Control Room in operation throughout the event, with medical and route staff who can locate where you are for any non 999 emergencies and get you help as soon as possible
- Your Ride the Night resources, including training plan, sponsorship form and Rider Pack, with your Rider Manual, Bike Number and Rider Number

How do I sign up?

The easiest way to book your place is on the Women V Cancer webpage.
Your questions answered

What type of bike should I use?

Both the 50km and the 100km routes are 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.

Need to hire a bike?
Bike hire is available from British Bike Hire [http://britishbikehire.co.uk]
Please ensure you book your bike online well in advance as you won’t be able to hire one last-minute at the event.

How fit do I need to be?

Ride the Night isn’t designed for Olympic athletes - (despite our awesome venue of the VeloDrome!) - it’s designed for women from all cycles of life looking for a challenge to train and get fit for. This year, we’re also offering the 50km route, if you don’t feel confident enough to take on the full 100km.

Cycling 100km (approx. 62 miles) - or, indeed, 50km (approx. 31 miles) - at night is a challenge, but it’s definitely achievable with a reasonable amount of training.

A number of the women who will take part in this exciting challenge will have a low 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 charities.

We will email 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 here.
Your questions answered

What’s the Ride the Night route?

Starting and finishing at the awesome Lee Valley VeloPark in Stratford, we’ll be more focused on Central London than ever and take in even more of the city’s beautiful landmarks than on any of our previous rides! Our 100km and 50km routes will, of course, differ from each other, so that the 100km riders won’t just do the same route twice!

Our routes are mostly flat and we’ll pedal past the iconic London Eye, Westminster Abbey, the OXO Building, the Tate Modern, the National Theatre and many, many more spectacular landmarks. We’ll reveal the full details at a later date.

Both routes will be well-lit and clearly signposted throughout, with marshals and roaming first aid support and mechanics. We’ll also have Feedstations en route with a variety of free, tasty refreshments to keep you energised throughout your challenge, along with toilet facilities and staff to provide any assistance you may need. We anticipate having three Feedstations on the 100km route and one on the 50km route.

How long will the Ride take me?

Ride the Night is not a race and there are no event timings. We expect faster cyclists will complete the 100km route in five hours, whilst slower cyclists will take up to ten hours. The 50km route will likely take half that time, so three to five hours, depending on how fast a cyclist you are. 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.
Your questions answered

How do I get there?

The Lee Valley VeloPark, where Ride the Night starts and finishes, has fantastic transport links and is only a 10 minute walk from Stratford Station, where you can get both the train and the tube (Jubilee, DLR, Central and TFL Rail). The Night Tube should be running for Central and Jubilee lines, but we recommend you check the TFL website for updates.

There are also several buses you can take, including the 388, 309, 339, 97 and N205 (night bus). These all stop near the VeloPark.

If you plan to drive to Ride the Night, please see the downloadable map on the Lee Valley VeloPark website, which marks different routes to the venue.

If you plan to use public transport, please check the operator for bike restrictions. Useful links for this are:

- Transport for London (TfL) for London Underground, Overground and DLR
- Abellio Greater Anglia
- Southeastern

Need more info on the venue?

Please visit Lee Valley website here, which is full of useful information.

Where can I park?

There's no parking available at the Lee Valley VeloPark, where your challenge will start and finish; but the venue is very close to the Stratford International Train Station, where you'll be able to find a number of multi-storied car parks nearby, priced at around £6 per vehicle. Please see the Stratford International website here for more information.

Is there accommodation nearby?

There's lots of nearby accommodation at a range of rates for you to choose from, if you plan to stay the night before the event and when you come back from your ride.

We recommend you book your room as soon as possible to get a better rate - and to request a late check-out on Sunday morning, so you can sleep in after your night cycling!

CLICK HERE to check out the 10 closest hotels to the Lee Valley VeloPark
Will there be somewhere to leave my bag?

Yes, there will be a bag drop area in the Ride the Night village at the VeloPark.

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.

What about bicycle problems?

There will be bike mechanics at the start of the challenge, at all of the Feedstations and roaming mechanics along the route. We recommend servicing your bike before the challenge and that you bring a spare inner tube specific to your bike.

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

- It’s vital that you follow the Highway Code throughout the ride. Please note that there won’t be road closures on this challenge.
- The route is well lit, clearly signposted 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.
- Please remember that while you wonderful Ride the Nighters will be cycling, most normal people are likely to be sleeping - we ask that you respect the local residents along the route and keep noise levels to a minimum.
- We’ll have a safety briefing for you to look at online and a short safety briefing prior to setting off on the night of the challenge.
- 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 throughout your ride. It’s essential that you have working front and rear bicycle lights for the duration of the challenge and that you bring spare batteries for them. We also recommend that you wear additional hi-viz clothing.
Everything you need to know about fundraising for Women V Cancer Ride the Night

Your Fundraising Target: £199 per rider
Deadline to raise this: Friday 10 April 2020
Please set up your JustGiving page for Women V Cancer Ride the Night

Fundraising FAQs

How do I get my funds from JustGiving to Women V Cancer?

All the funds you raise on your JustGiving page are transferred automatically to the Women V Cancer charities, so once you’ve raised the minimum sponsorship target of £199 per rider on your Women V Cancer Ride the Night JustGiving Page, you don’t need to do anything else.

As long as you have raised £199 on JustGiving by Friday 10 April 2020, 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.

IMPORTANT: please make sure you set up your JustGiving page for Women V Cancer Ride the Night - otherwise, the funds you raise won’t go to the Women V Cancer charities and we won’t be able to confirm you on the ride!

Can we fundraise as a team?

If you’re taking on Women V Cancer Ride the Night with a friend or family member (or several), you can, of course, fundraise together and set up a joint JustGiving page. Please note that the fundraising target is per individual, not per team, so you will need to raise a minimum of £199 each.

If you set up a joint JustGiving account that covers two or more people – please e-mail us at events@dream-challenges.com with the link to the page and the full names of the people the page is for, so we know the funds have been raised by all of you.

Please remember: The £199 minimum sponsorship target for Ride the Night is per individual, regardless of whether you’re in a team or not. So if you have a team of five people, that means each of you needs to raise £199, so if you’re fundraising together, your team would need to raise a minimum of £995.

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 can either top up the additional funds yourself or simply forfeit your place on the challenge and lose your registration fee.

Where can I get a Women V Cancer Ride the Night 2020 sponsorship form?

Simply click here to download your Women V Cancer Ride the Night 2020 sponsorship form. You can also download one at any time from the Women V Cancer Ride the Night page on our website.

Why is there a minimum sponsorship target?

In short, the minimum sponsorship target is there to ensure we deliver an excellent return for our three amazing Women V Cancer charities, whilst delivering a fun, safe and well executed event.

All the funds you raise for Ride the Night goes directly to the Women V Cancer charities and they use some of this money to cover the event costs on your behalf. The percentage of funds that then go directly to the invaluable work of the charities depends on how many people take part in the challenge and how much money you all raise, but it is normally at least 75%.

Of course, we try to keep the event costs to a minimum, so that as much money as possible goes directly towards the charities’ cause. However, there are a number of costs involved in delivering a challenge like this, from insurance to venue to first-aid and mechanic hire – and that’s just to name a few. In order to cover these costs, while ensuring a fab return for our charities, we need the guarantee that everyone who takes part does fundraise a minimum of £199 per person.
Please don’t be worried about reaching the minimum sponsorship target. Once you get started and into the swing of it, it’s easier than you think – and you’ll even find it fun.

To help you get the ball rolling, we have loads of seasonal fundraising ideas to inspire you! Please click the links below to see our numerous blog posts on our Dream Journal:

- Summer Fundraising Ideas
- Autumn Fundraising Ideas
- Christmas Fundraising Ideas
- Valentines Fundraising Ideas
- Easter Fundraising Ideas

It’s also well worth getting a few ideas from your fellow Women V Cancer supporters on Facebook. We regularly share posts from supporters tagging Women V Cancer in their fundraising events, such as masked balls, gin tasting and wine tasting evenings, fashion shows and more, so if you join the Women V Cancer Ride the Night group and like the Women V Cancer page, you’ll see our shares.

Some amazing women taking on Women V Cancer Cycle Costa Rica 2019 even organised the Worcester Saucy Women Calendar to raise funds for the challenge, inspired by the Calendar Girls movie. You can check out our blog post about it here – and who knows? You might want to give it a go for 2020!
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 feedstations 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 feedstation 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 feedstations, 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.” – **Debbie**
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 10 April 2020**.

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. 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.

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

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

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

8. 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.

9. 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.

10. You must be at least 18 years old before **Saturday 23 May 2020** to take part in Women V Cancer Ride the Night unless given permission by the event organisers.

11. 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.

12. The protection of your personal data is extremely important to Dream Challenges and the Charities. Dream Challenges will only process your personal data in accordance with its privacy policy and Booking Conditions.