Join the biggest female cycling event in the UK

RIDE THE NIGHT
EDINBURGH

Cycle through Edinburgh at night and raise funds to fight women’s cancers.

Saturday 19th September 2020

For more information and to register online:
www.dream-challenges.com
01590 646410 / events@dream-challenges.com

PLACES LIMITED

TO TAKE PART YOU NEED TO PAY A REGISTRATION FEE OF £45 AND RAISE MINIMUM SPONSORSHIP OF £199.

Registered Charity Nos. Breast Cancer Now is a working name of Breast Cancer Care and Breast Cancer Now, a charity registered in England and Wales (1160558) and Scotland (SC045584), and a business name of the registered charity in the Isle of Man (1200). Jo’s Cervical Cancer Trust: 1133542/SC041236, Ovarian Cancer Action: 1109743/SC043478. Women V Cancer is established under Giving Works. Registered Charity No.1078770.
Over the last six years, thousands of inspiring women have cycled through London (and now Edinburgh!) at night and raised over £6 million for Breast Cancer Care (now merged with Breast Cancer Now), Jo’s Cervical Cancer Trust and Ovarian Cancer Action. This year, we aim to raise another awesome £500,000 for our charities and make an even bigger impact in the battle against breast, cervical and ovarian cancers. Join our cause on this incredibly special challenge and help to save and support countless lives affected by cancer.

Women V Cancer Ride the Night Edinburgh is back!

**Due to the phenomenal success of our inaugural Scottish cycle and demand for a second round, we’re absolutely delighted to bring Women V Cancer Ride the Night Edinburgh back for 2020!**

The new city, the magical sites (literally – Edinburgh is after all, the birth place of the Harry Potter books) and our spectacular route, blew the tartan bonnets off our Ride the Nighters’ helmets and so it just makes sense to experience the amazing challenge again in 2020 and give even more inspiring ladies the opportunity to join the ride.

Join hundreds of wonderful ladies in Scotland’s bonny capital city for a fabulous 50km or 100km cycle through Edinburgh at night, in support of three invaluable women’s cancer charities, Breast Cancer Now, Ovarian Cancer Action and Jo’s Cervical Cancer Trust.

Kicking off from the gorgeous Queen Margaret University on Saturday 19 September 2020, we’ll get the party started with motivational speeches, music and warm-ups.

Then, just as the sun starts to set, it’s time to hop on your bike and take on either a 50km or 100km route (you decide!) through the enchanting city of Edinburgh. Together with hundreds of other Ride the Night heroes, you’ll paint the town pink with your hi-vis vests, vibrant accessories, fairy lights and that sparkling Women V Cancer spirit, as you pedal yourself to the peak for people affected by women’s cancers.

Along the way, you’ll make a bunch of new friends and pass loads of beautiful, historic landmarks, including the Royal Yacht Brittanica, Arthur’s Seat, Edinburgh Castle and many more, until you cross the finish line back at Queen Margaret University.

Heads UP LADIES:

Places are limited on this massively popular challenge and they’re likely to go like hot Scottish shortcake, so please register today to secure a place in your preferred start wave. The easiest way to register is on our website: www.dream-challenges.com/challenges/women-v-cancer/ride-the-night-edinburgh/
Why take part?

Help us to raise £500,000 for three very special women’s cancer charities by taking part in Ride the Night Edinburgh.

Breast Cancer Now
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.breastcancernow.org

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 7 August 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 start/finish venue of the Queen Margaret University
- 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-vis vest
- Ride the Night Edinburgh 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 Ride the Night Edinburgh webpage.

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 and strongly advise to bring a spare inner tube and puncture kit with you on the ride – just in case!

How fit do I need to be?

Ride the Night isn’t designed for Olympic athletes - 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 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 level of fitness when they sign up. Women V Cancer Ride the Night Edinburgh is the perfect motivation to train and get fit, all whilst raising funds for three amazing causes.

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.

Please note that Ride the Night Edinburgh is hillier than our ride in London, simply due to the nature of Edinburgh’s terrain, so when training for the challenge, do make sure to incorporate some hills in your practice rides. Also, please don’t neglect your strength training, as these are particularly important for tackling hilly terrain.
What’s the Ride the Night Edinburgh route?

In 2020, you can choose to take on either a 50km or 100km distance and both routes will take in loads of Edinburgh’s magical landmarks. You can bet they’ll look even more spectacular at night with all their colourful lights.

We know you’re eager to know where our brand new 50km route in Edinburgh will take us and we’ll reveal the exciting details at a later date, as soon as they are finalised. We’ll of course, make sure we incorporate loads of the landmarks that the 100km riders get to see.

Our 100km riders will follow the same awesome route we enjoyed so much in 2019, which you can see here. If you know the geography of Edinburgh well, you’ll see that we’ve incorporated lots of landmarks to enjoy along our way, including:

1. Edinburgh Castle
2. The Royal Yacht Brittania
3. Hollyrood Park, home to Holyrood Palace, Arthur’s Seat, Hunter’s Bog and St Anython’s Chapel
4. Lauriston Castle
5. Summerhall
6. Blackford Hill and Pond
7. Covenanter’s Memorial
8. Faside Estate
9. The Meadows
10. Bristo Square

This isn’t even to mention the nine wizarding landmarks we pass. Let’s not forget that Edinburgh is where JK Rowling lives and where she spent a lot of time writing and gaining inspiration for Harry Potter - and brought magic to the muggle world. Along our ride through the night, we’ll see the cafe where JK worked on the earlier Harry Potter books, the hotel where she finished the final one (Harry Potter and the Deathly Hallows), the graveyard which provided names of some key characters, the street that inspired Diagon Alley and many more. Check them out here.

Please note that Ride the Night Edinburgh will be hillier than our ride in London, simply due to the nature of Edinburgh’s terrain, so when preparing for the challenge, do make sure to incorporate some hilly rides into your training.

*Please note this route is subject to change

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.
How do I get there?

Ride the Night Edinburgh will both start and finish at the gorgeous Queen Margaret University, which lies on the outskirts of Edinburgh.

Public Transport

With Musselburgh train station literally just across the road, your start/finish venue will be easy to get to and from via train. Please note, train services from Musselburgh start from after 10am on the Sunday. For more information, please visit the Queen Margaret University website here and/or the Scotrail website here.

Driving:

There will be ample free parking for all participants at the Queen Margaret’s University. For those of you driving to Ride the Night Edinburgh, please see the below driving directions:

Accessing Queen Margaret’s by vehicle

Cars can access the campus via a sliproad off the A1 southbound, between the exit for Newcraighall/Craigmillar and the Old Craighall Roundabout. Please note that the access by car is not permitted via Whitehall Farm Road (by Musselburgh Station).

Exiting campus by vehicle

There’s only one exit from the university campus, which will take you back onto the A1. You should follow the road to the Craighall Roundabout, where you will be able to exit as necessary. The roundabout will allow connections to the east, west, south, into Edinburgh city centre and anywhere northbound.

Where can I stay before / after the challenge?

There are a number of hotels near our venue, where you can stay before and/or after the challenge. We advise you to book your accommodation as soon as possible, as with thousands of you lovely Ride the Night-ers staying in the same area, these are likely to be booked up quickly.

With Musselburgh train station literally just across the road, your start/finish venue will be easy to get to and from as well! Please note, train services from Musselburgh start from after 10am on the Sunday. There will also be ample free parking for all participants at the Queen Margaret University.
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 Edinburgh, 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-vis 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 7 August 2020
Please set up your JustGiving page for Women V Cancer Ride the Night Edinburgh

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 Edinburgh JustGiving Page, you don’t need to do anything else.

As long as you have raised £199 on JustGiving by Friday 7 August 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 Edinburgh - 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 Edinburgh 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 the 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)

“I have done this ride twice it is amazing the atmosphere is like nothing else!” – **Emily**

“Can’t recommend this Ride highly enough- still buzzing after doing it 3 weeks ago! Very well organised and an amazing experience - and I was not a bike rider at all until I had to train for this! Loved it!” – **Lynne**

“I had the absolute best night ever, loved it and have booked for London next year!” – **Jenny**

“I had such an amazing time, I think it was the most enjoyable ride I have ever done!” - **Judith**

“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 Edinburgh. In addition, you must raise a minimum of £199 in sponsorship money and donations for the charities, which must be paid in by **Friday 7 August 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 Edinburgh 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 19 September** to take part in Women V Cancer Ride the Night Edinburgh 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**.