

# RIDER MANUAL

IT'S TIME TO GET BACK ON YOUR BIKE!



oc  
women  
V  
cancer



## RIDE THE NIGHT

# 2024

Are you ready for the UK's biggest women-only cycling event?

<https://www.dream-challenges.com/ride-the-night-london>

01590 646410 // [customer care@dream-challenges.com](mailto:customer care@dream-challenges.com)

**BREAST  
CANCER  
NOW**  
The research  
& care charity

ovarian  
cancer **action**

Jo's cervical  
cancer **trust**



[f @WomenVCancerUK](#) [t @RidethenightUK](#) [i womenvcancer](#)

 **Dream  
Challenges**



# Cycle Vietnam to Cambodia

23 November - 4 December 2024

<https://www.dream-challenges.com/challenges/women-v-cancer/vietnam-to-cambodia/>

**BREAST  
CANCER  
NOW**  
The research  
& care charity

Jo's cervical  
cancer **trust**

ovarian  
cancer **action**

To take part you need to pay a registration fee of £45 and fundraise £100 for the Women V Cancer charities.  
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).  
Ovarian Cancer Action: 1109783/SC043478, Jo's Cervical Cancer Trust: 1133542/SC01236.  
Women V Cancer is established under Giving Works. Registered Charity No. 1078770.

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# A PACK FULL OF GOODIES

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## IN THIS WELCOME PACK YOU WILL FIND:

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**YOUR RIDER MANUAL** – Read through this booklet carefully and take note of everything in it.

**YOUR RIDER NUMBER** – This number is unique to you and has your start time printed on it. You'll need to bring this with you to the event. Please fill in your emergency medical and contact details and your car registration number on the back of your rider number. This will need to be attached to the top you wear cycling on the night, with the safety pins we have included in your pack.

**ATTACHED TO YOUR RIDER NUMBER** is a bag tag. Please attach this to any small bag you would like to leave in the bag drop area at the event village in Kempton Park Racecourse. There is also a voucher unique to you for your free pre-cycle hot meal at our Pasta Party.

**YOUR BIKE NUMBER** – This number goes on the front of your bike and can be attached with the cable ties included in this pack. Medical and mechanic phone numbers are printed on it. The bike number is also used by our photographers when they upload the photos to their website, so make sure it is clearly visible on your handlebars.

## GETTING TO THE START LINE

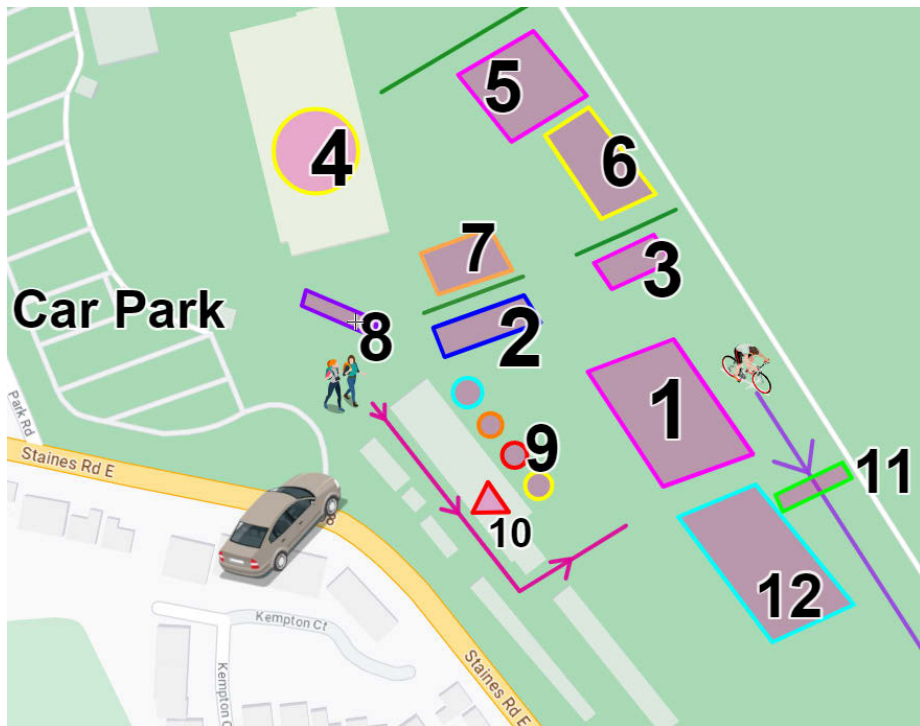
We recommend planning your travel arrangements carefully as this is a night-time event. You will be tired when you finish! Our advice is to use public transport if possible or ask someone to drive you to and from the racecourse. There is a train station at Kempton Park.

The address for the start/finish line is: **Kempton Park Racecourse, Staines Road East, Sunbury-on-Thames, TW16 5AQ**



# SADDLING UP: THE BIG NIGHT

## SITE MAP



1. Bike racking
2. Rider information / Sign in / GEOTracks
3. Bag drop
4. Pasta Party
5. Seating and charity desks
6. Outdoor seating
7. Stage / warm up / announcements
8. Toilets
9. Mechanics / Event Bike Hire / Scimitar / Supporter catering
10. First Aid
11. Start/Finish
12. Spectator standing zone

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# SADDLING UP: ARRIVING

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## ARRIVING BY CAR



The car park will open at 5pm on Saturday, with last access at 8pm. Parking at the racecourse is free but limited and car-sharing is recommended to ease congestion. On arrival to the Rider Entrance at the racecourse, a Ride the Night steward will greet and direct you.

**If parking overnight, please ensure you write your car registration details on the back of your rider number.**

Please note that camping is not possible at Kempton Park Racecourse and vehicles cannot be slept in overnight.

## DROPPING OFF/PICKING UP



If you are being dropped off, please ask whoever's driving you to enter the racecourse rider entrance along with the other cars. From there, a Ride the Night steward will direct you to the drop-off area and then your driver can exit. The same information applies for pick-ups.

## ARRIVING BY PUBLIC TRANSPORT



Kempton Park Racecourse is lucky enough to have its own train station. This is served by the Shepperton Line, 16 miles down the line from London Waterloo.

## FINDING A BED



If you haven't done so already, you may wish to book a room at a local hotel or guesthouse on the Friday and/or Saturday night. This will mean you have somewhere to lay your head for a few hours before and after the ride.



### TOP TIP

Wherever you book, request a late check-out so you can sleep in.

# SADDLING UP: DROP OFF YOUR BIKE

## TAKE YOUR BIKE TO BIKE RACKING

On arrival at the racecourse, follow the signs to Bike Racking, where you can leave your bike securely. Please ensure you have attached your bike number to your handlebars using the cable ties sent to you with this pack. If you have forgotten them or need more, please go to the information desk next to GEO Tracks.

## NEED A MECHANIC?

Near the bike racking area will be mechanical support if you require it before the ride. This will be very busy near to starting each wave so we recommend you see them as soon as you arrive on site.

## GEO TRACKS

We have teamed up with GEO Tracks for Ride the Night 2024 and every participant will be issued a GEO Tracks device free of charge.

**Download the app: <https://geotrackslive.com/pages/event-live-tracking-app>**

GEO Tracks enables us to know where you are at any point if required and you can share your event virtually with your friends and family to follow you on your challenge. The best way for them to do this is on the app and we suggest you and your friends and family download it before the night. The app allows them to focus on just one rider if they want to

**It is a safety requirement for all riders to carry one while on the event and will be available to collect after you have racked your bike.**

- There are two collection points. One for the 100km and one for the 50km.
- To collect your tracker, please tell the Geo Tracks staff member your name or bib number.
- The Geo Tracks staff will issue you a GPS tracker in water proof bag. The tracker needs to be stowed securely in a pocket on your person.
- Don't store the tracker under any other kit, it needs to be as close to the outside as possible.
- The tracker is issued to you turned on and ready to go, you do not need to do anything to it. The battery will last the duration of the event.
- Geo Tracks staff will be waiting at the finish to retrieve your GPS tracker from you.
- Please don't leave the event without handing in your GPS tracker to the Geo Tracks Staff at the finish point.



# SADDLING UP: REGISTRATION

## GET YOUR PINK HI-VIZ

When collecting your GEOTracks device, you will also be given a pink hi-viz vest. All cyclists must have a Ride the Night hi-viz vest to ride.

Ensure that your rider number is attached to the front of your cycling top, is visible, and that you have completed the back of the rider number.

Attached to your Rider Number you will find a bag tag. Please use this to attach to any bags you would like to leave at the racecourse through the night, at our bag drop area.

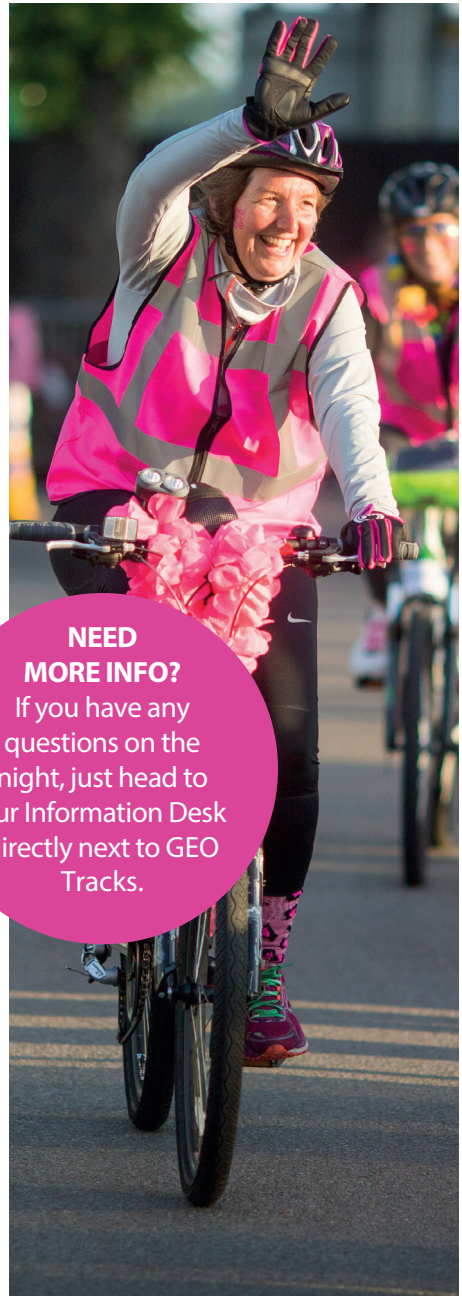
You will also find a voucher for your hot meal at our Pasta Party that is included with your entry to the event. There are gluten free and vegan options available.

## HIRED A BIKE?

If you have hired a bike from our bike hire partners 'Event Bike Hire', you will find them next to the bike racking area, waiting for you to collect your ride.

You must book with them before the event day.

<https://www.votwoevents.co.uk/collections/event-bike-hire>



### NEED MORE INFO?

If you have any questions on the night, just head to our Information Desk directly next to GEO Tracks.

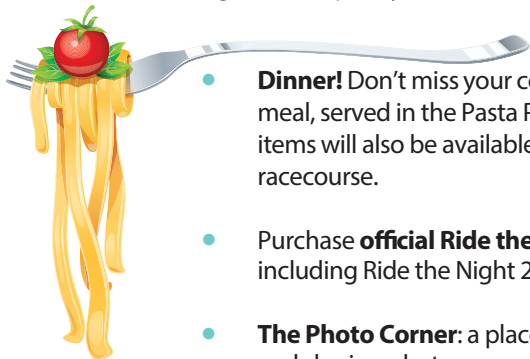
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# SADDLING UP: THE VILLAGE

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## THE RIDE THE NIGHT VILLAGE – AND FREE PASTA PARTY!

Once you've received your GEO Tracks device and Hi-Viz Vest, it's time to pump yourself up in the Ride the Night Village. Here, you can meet fellow riders and get set for the challenge. There's plenty to do and see before you start cycling, including:



- **Dinner!** Don't miss your complimentary grab and go pasta meal, served in the Pasta Party Hall from 6pm. Other food and drink items will also be available for purchase from vendors at the racecourse.
- Purchase **official Ride the Night merchandise** from Scimitar Sports including Ride the Night 2024 cycle jerseys.
- **The Photo Corner:** a place for taking pictures with your fellow riders and sharing photos.
- You can visit our Glitter Bar, to make yourself sparkle for the night ahead!
- Stalls from the Women V Cancer charities: **Breast Cancer Now**, **Ovarian Cancer Action** and **Jo's Cervical Cancer Trust**. They'll all be there to thank you for the fab fundraising targets you've achieved, and help you find out more about the wonderful work they do each day to help women fight cancer.

There will be **nowhere to withdraw money at the racecourse**, so do bring spare cash with you. And as no bikes are allowed in the Village, please leave your ride in Bike Racking.



## Win a free overseas trip!

You could win a free place on a Dream Challenges overseas challenge up to the value of £2,500!

The top fundraiser will be announced in the Event Village at 8pm.



# SADDLING UP: FANS



## FOR YOUR FANS

Friends and family are more than welcome to come to the racecourse and support you. Refreshments will be on sale there for much of the night. If your supporter is driving to Ride the Night, they can park at the racecourse. However, they will need to be aware that the car park will shut at 8pm and will only re-open when the last rider leaves the racecourse at approximately 11pm. They will not be able to exit the racecourse during that time.

Family and friends who want to support you out on the course can find details of suggested locations at the Information Desk next to registration.

## BE SNAP HAPPY

Our official Ride the Night photographers will be waiting around the course to take your picture. If you do not have your bike number attached to the front of your bike, you will not be able to find your photos online after the event.

View photographs and purchase prints at [www.sportsactionphoto.co.uk/p/rtn\\_london\\_2024](http://www.sportsactionphoto.co.uk/p/rtn_london_2024)

All the official photos will be available to see and buy on the Sports Action Photo website above from Tuesday 7th May 2024.

# SADDLING UP: FANS



## A MANLY MESSAGE

Although we love them dearly, please do not ask male friends or partners to join you on the ride. This is a women only cycling challenge, and for insurance purposes, we just can't have the fellas taking part.

We do, however, really need Ride Makers on the course and at the start/finish line, so if your male friends want to come along we would love them to get involved.

For more information about volunteering, please email [customercare@dream-challenges.com](mailto:customercare@dream-challenges.com)

# SADDLING UP: THE START

## STARTING OUT

The start area will be marked by a large gantry near to bike racking. You won't be able to miss it!

Once your start wave has made its way there, it will be filtered into groups of about 60 riders. You will then receive a short safety briefing from the Ride Director.

## IMPORTANT:

You will need to be wearing your helmet and your Hi-Vis vest from the start. You will also need to have front and rear working lights. We strongly advise you bring spares to the challenge.

## No lighty? No likey!

You can help us with the smooth running of the start by ensuring you are fully equipped and prepared before entering the start area. We recommend leaving plenty of time to get ready. Don't try to collect your bike early as you may be asked to come back later.

Start Wave Time	Collect Bike and Head to Start Line
9pm	8.30pm
9.30pm	9pm
10pm	9.30pm
10.30pm	10pm

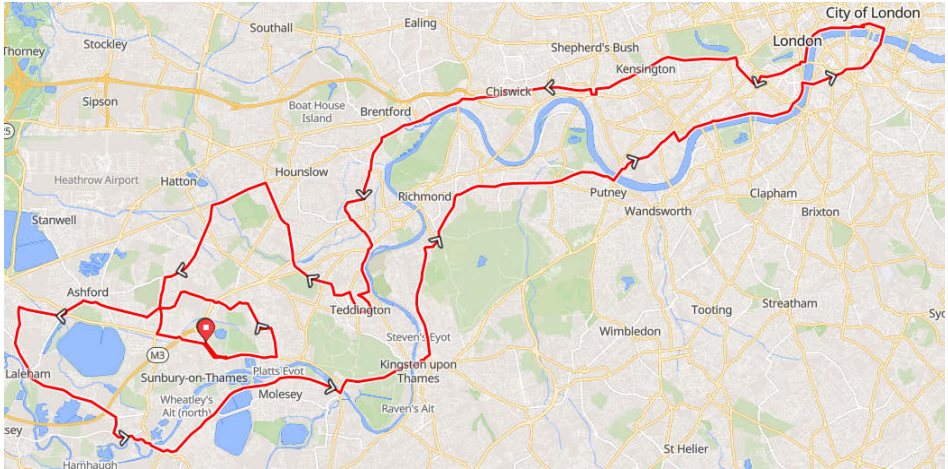
## TIME TO RIDE

All riders will be on the road by 11pm on Saturday. For safety reasons, riders will need to be off the road by 7am on Sunday. A sweep vehicle will be following at the rear of the ride and Ride the Night marshals will ask you to leave the road if you are still riding at that time. If this happens, you and your bike will be returned to the racecourse. But don't worry - you will, of course, still be presented with your well-deserved Ride the Night 2024 medal!

The decision of the marshals will be final and must be respected.



# ROUTE MAP



## ROUTE MASTERY

You can see and download your route here:

**RTN 100KM** - <https://ridewithgps.com/routes/42605096>

**RTN 50KM** - <https://ridewithgps.com/routes/45525769>

We recommend having your route handy on the night, but this is completely optional as both routes will be very well sign-posted, with marshals peppered at key points along the way to point you in the right direction. All the signs will be A3 and florescent yellow with a black arrow or writing. Just look out for these signs.

Both the 50km and the 100km routes are well lit and on tarmac. However, you will still need to have your bike lights on throughout your cycle and to keep spare batteries to hand.

### 50 km Finish

**This will be at the Turnahm Green feed station in chiswick. Look out for the signs and a big purple finish arch! Coaches and vans will bring you back to Kempton Park.**



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# ON THE COURSE: USEFUL TIPS

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## USEFUL TIPS AND NEED-TO-KNOWS

- The route is on open tarmac roads and is generally very well lit.
- There will be directional signage throughout the whole of the course (see previous page for examples) and some marshals at key junctions. Please be prepared to slow down at these points and obey the marshals' instructions.
- It is your responsibility to navigate the course safely and successfully, so make sure you are following the Highway Code at all times. There are no road closures for this event, so be prepared for other vehicles to be driving alongside you.

**Don't forget: you will need to stop at any traffic lights that are red.**

- Please take care when cycling and always check over your shoulder before overtaking.
- You must have working lights for the whole of the ride. You will need these to see other people, to see the road and any potholes, and, even more importantly, to be seen by other road users. We strongly advise you to bring spare batteries for your lights, even if they are fully charged.
- There are three feed stations along the course for 100km ride and one for 50km ride, all providing snacks and drinks free of charge for our night riders. We recommend fitting a water bottle holder to your bike and bringing a bottle with you. This can then be refilled as you go.
- A sweep vehicle will be helping any cyclists who decide not to complete the course. If you find yourself in any difficulty, speak to a member of the team, a Ride Angel or a Ride Maker will do everything they can to help you finish the ride.

### ANGELS IN THE NIGHT

Keep your eyes peeled for our Ride Angels in their heavenly hi-vis vests. These experienced cyclists are there to give you moral support and will be riding alongside you throughout the night. There will also be Ride Chaperones cycling the route. These male and female members of staff have been specially selected by our Ride Director to enforce the rules of the road. They will also be there to help with any basic mechanical issues.

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# ON THE COURSE: ROAD SAFETY

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## RIDE SAFETY ESSENTIALS

- This is not a race and you are not being timed. It is a non-competitive ride.
- Please cycle single file or maximum two abreast.
- **Red means STOP** – do not jump traffic lights.
- Observe the road signs: they apply to cyclists too.
- There are no road closures for this event, so please respect all other road users.
- Obey any instruction given by Marshals or Ride the Night staff.
- Be prepared for adverse weather by dressing appropriately.
- If you look after your bike, it'll look after you – so book your two-wheeler in for a service before the big night.
- You are responsible for bringing at least one spare inner tube (correct for your bike), a tyre pump, tyre levers, spare lights and batteries.
- Brush up on your road cycle safety on the British Cycling website:  
**[www.britishcycling.org.uk](http://www.britishcycling.org.uk)**.
- Anyone still riding at 7am on Sunday will be returned to the racecourse by the sweep vehicle. The marshals' decision on this is final and must be respected.
- Finally, please remember that you – and only you – are responsible for your own cycling.



### WATCH IT!

If you haven't already done so, check out our safety video on YouTube:

[www.youtube.com/watch?v=q-q1LSD5THA&t=3s](https://www.youtube.com/watch?v=q-q1LSD5THA&t=3s)

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# ON THE COURSE: ASSISTANCE

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## MEDICAL AND MECHANICAL ASSISTANCE

We strongly recommend saving the following numbers into your phone contacts before you set off on the ride. These are also printed on the front of your bike number:

**Medical – 07719 928284** (serious incidents should be called through to 999)

**Emergency Line 1 – 07719 928285**

**Emergency Line 2 – 07719 928286**

These numbers will take you through to Event Control, who will be able to assist you with medical/mechanical support. If you do not have a medical or mechanical emergency, please keep riding to the next feed station where you can receive assistance.

Important: please make sure you know how to fix a puncture on your bike in time for Ride the Night and bring your puncture repair kit with you on our ride, along with a spare inner tube. If you are struggling to fix a puncture on the ride, please flag down a Ride Angel or Ride Chaperone.

If you think you may need any medication on the event, including Ibuprofen and Paracetamol, please bring this with you along with your own cream and plasters to stave off blisters.

**If you have a serious incident call 999.**

**If you are able, please then call our medical line to inform us of the incident.**



## HELP FROM ANDY COOK CYCLING

Our good friends at Andy Cook Cycling are providing full mechanical support during the Ride the Night challenge, and will be at Kempton Racecourse by the bike racking for any tweaks or mechanical problems you have before the ride kicks off.

There will also be roaming mechanics on the course for any mechanical issues that occur en route, with extra help positioned at each feed stations.

Andy Cook Cycling will provide any parts or spares when necessary, and will charge for these at normal retail price.

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# ON THE COURSE: THE BIG NIGHT

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## FEEDSTATIONS

- There are three feed stations along the route for 100km ride and one for 50km ride. These are located approximately every 25km, and will be clearly sign-posted.
- Each feed station will have water, food and toilets – **all free of charge**.
- Each feed station will also have first aid and mechanical support.
- To minimise queues, listen to instructions and follow the flow of riders.
- You do not have to stop at the feed stations.
- If you do decide to pull in to a feedstation, try not to spend too long there. The longer you stop the harder it can be to start again!





# ON THE COURSE: THE BIG NIGHT



## APPLYING THE BRAKES

If at any point you decide you can no longer ride you have two options:

1. **Call a taxi company local to your location when you stop, and catch a lift back to Kempton Park Racecourse.**

Here are a couple of numbers we have come across: 24HR Taxi **020 8191 0295** or Sunbury and Ashford Taxis **01932 770007**. Uber also operates in the area so it may be worth downloading the app if you aren't an Uber user already. You will, of course, be charged for any taxi service that you call, and in the middle of the night these services may be limited. Oh, and don't forget to mention that you have a bike with you!

2. **Keep cycling to the next feed station, then wait for the rider-return minibus at the back of the ride.**

This will return you to Kempton Park Racecourse, while your bike will be collected by the rear van and taken back to Bike Racking, free of charge. Please note: this is not a taxi service and you may have to wait a while if you pull out near the beginning of the ride. Your bike may not be returned to the racecourse until around 7-8am.

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# ON THE COURSE: THE BIG NIGHT

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## A FANTASTIC FINISH

- The 100 km finish is in the same place as the start, and marked by a large gantry.
- The 50 km finish is at Turnham Green where coaches and vans will bring you and your bike back to Kempton Park
- Once you have passed under the gantry, you have finished: time to celebrate and sleep! But first...
- Dismount your bike and walk up the finish straight to receive your well-earned Ride the Night medal.
- A medal engraver will be near the finish line at Kempton Park who can engrave the back of your medal for £5.
- Hi Viz vests are plastic so we will be collecting them all back in to be used again on future events. Please return them to the bins at the finish line.
- The ride officially finishes at 7am. The racecourse will stay open until 9am Sunday, by which time all riders must have departed.
- We recommend having a bag packed with warm clothing for when you finish.
- Whatever you do when you finish, don't drive home tired!



## THANK YOU TO OUR TOP FUNDRAISERS

The funds you raise year after year are so important to the charities of Women V Cancer. Every penny makes a difference.

There are loads of great prizes for top fundraisers including a free overseas challenge and a weekend stay in London, so keep the funds rolling in!



## GOOD LUCK

We at Dream Challenges and Women V Cancer wish you the best of luck with your final preparations and training before the big night.

In the meantime, if you do have any questions please don't hesitate to contact us on

**[customercare@dream-challenges.com](mailto:customercare@dream-challenges.com)**

or on **01590 646410**.





# RIDE THE NIGHT

## MANCHESTER

Following 12 successful Ride the Night events in London, Edinburgh, and Manchester, Women V Cancer is bringing the UK's biggest women only cycle to Manchester again on 28th September 2024!

For more information and to register online:

<https://register.enthuse.com/ps/event/RidetheNightManchester2024>

T: 01590 646410 E: [bookings@dream-challenges.com](mailto:bookings@dream-challenges.com)

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Jo's cervical  
cancer **trust**



Registered Charity Nos. Breast Cancer Now: 1160558/SC045584, Ovarian Cancer Action: 1109743/, Jo1590 646410's Cervical cancer Trust: 1133542/SC041236.

Women V Cancer is established under Giving Works. Registered Charity No. 1078770.