



# Chester to Worcester Cycle

## Frequently Asked Questions

### What are the routes and planned timings for the 2 days?

#### Day one:

- Depart SRH by 8.30am with an approximate arrival time in Chester of 12.30pm
- Chester to Shrewsbury 42 miles, 1,600ft of ascent (68k, 600mts) through Cheshire & Shropshire's villages.

#### Day two:

- After a good breakfast, we would expect cyclists to be on the road by around 8.30am.
- Shrewsbury to St Richards, Worcester 60 miles, 3,300ft ascent (96k, 1,100mts) skirting the River Severn.

Routes will be provided electronically in GPX format so they can be loaded onto navigation apps i.e. Ridewithgps, Kamoot, Strava, etc. for use on Cycling Satellite Navigation devices. A basic paper route with turn-by-turn directions can also be provided.

### How will we be transported to Chester?

By coach. We will meet at St Richard's Hospice, Wildwood Drive, Worcester, WR5 2QT and be transferred to the starting point in Chester where you will be met with your bikes.

### How will our bikes and luggage be transported?

These will be taken in a removal-supplied van. We will need to drop our bikes off at SRH in plenty of time to allow these to be packed into the van.

It is essential that you put some packing around your bikes to protect them i.e. grey foam pipe lagging around the frame as they will be leaning against other bikes in the van. We will provide some cardboard, etc. but please do protect your bike.

We will send out photographs showing examples of what to put around your bicycle.

Luggage will be taken in a separate vehicle and dropped off at the hotel on day 1 and then moved back to St Richards on day 2. Please aim to travel light with a small clearly labelled bag.

### What accommodation is being provided?

Our overnight stay will be at the Premier Inn, Smithfield Road, Shrewsbury, SY1 1QB. The rate includes bed and breakfast. It is advisable if people can share.

As the hotel is centrally located there will be plenty of eating establishments for the evening.

## **Will there be somewhere secure to store our bikes overnight?**

You will be able to store the bikes in your hotel room with you.

## **What bike can I use?**

You can of course use any bike. But we would recommend a road/hybrid bike with suitable road tyres and sufficient gears to suit the changing terrain. eBikes are welcome but please ensure you are confident the battery can last 60 miles+ and that you have a charger.

## **Will there be any medical support out on the road?**

There will be no specific support on the road i.e. paramedics, etc. It will be the responsibility of the riders to resolve any issues.

We will have a support on the road, they could be some distance from any incident. They will not be First Aid trained.

On registration riders will be required to disclose ICE (In Case of Emergency) details to the organisers and carry these with them as well.

Upon registration riders will be asked to disclose any pre-existing medical conditions, and their ICE details again at point of registration pre-ride. Riders to carry mobile phones.

## **Will there be food & drinks available on the route?**

We will provide a list of cafes & Pubs that could be used on both days 1 & 2. But these are only a guide, and riders are of course welcome to find their own stopping points. Two vans will be on the route; however one will be focussed on transporting cyclist's overnight bags.

Both vans will carry some limited supplies of water and snacks, a limited number of tools and a track pump. Volunteers are not trained bike mechanics. Please ensure whilst on the road you have refreshments i.e. bottles of water, snacks, a pump, spare inner tubes, basic bike repair kit and tools.

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## **Will there be a cyclist briefing before we start?**

A full briefing pack will be issued via St Richards Hospice 2 weeks before the ride starts with final details confirming any route amends, etc. Before the ride weekend, the route will be fully reced to identify any potential issues, roadworks, etc. This will be advised to riders' days before if necessary or on the day.

On the day a briefing for example will include guidance for riders to be considerate to other riders and road users and where appropriate use calls, hand signals for obstructions, potholes, etc.

## Will there be food available at St Richards Hospice?

Yes, we will be providing tea/coffee and pastries before we leave on our adventure.

In addition, on your return to celebrate your achievement we will provide tea/coffee and cakes.

## Cancellation

St Richard's Hospice reserves the right to cancel the event due to severe weather or other exceptional circumstances. Unfortunately, we cannot offer refunds on any tickets, unless St Richard's have to cancel.

## Do I have to raise sponsorship money?

We suggest a fundraising target of £200. It is through sponsorship that you can make a real difference in the lives of those we support each year. To set up a page or make a donation **[please click here.](#)**

We understand some people want to take part in our events without the pressure of raising sponsorship. If you would rather leave a donation instead you can do this at the time of booking your ticket on on the Just Giving page linked above.

## Rider Safer & Risk Assessment

Each participant accepts that:

- Riding open roads on country lanes and towns (Chester & Shrewsbury) which means there are potential hazards – heavier & busy traffic, animals, etc.
- There may be inclement weather, so suitable clothing is appropriate.
- Your bike is safe and maintained, ensuring it is in working order.
- Wearing suitable cycling kit including bike helmet
- Accept responsibility to complete simple bike repairs and where necessary cyclists to get themselves to Shrewsbury or SRH.
- All riders take some joint ownership for supporting others out on the road.
- Riders are advised that they should bring lights for safety on the roads and if they arrive in the dark.
- Cyclists who do not return MUST contact to us to let us know.

## Disclaimer

Riders must be aware that cycling is an activity that carries an element of risk, and it is their responsibility to decide if they can join the ride. Bikes must be in safe working condition and helmets must be worn – it is advisable to have a fully serviced bike. Riders should make their own choice about clothing based on the conditions and forecast. Admin and event hosts cannot be held responsible for riders' safety.