



*Get to the Rec*

In Aid of

**acorns**

Care for the child,  
support for the family

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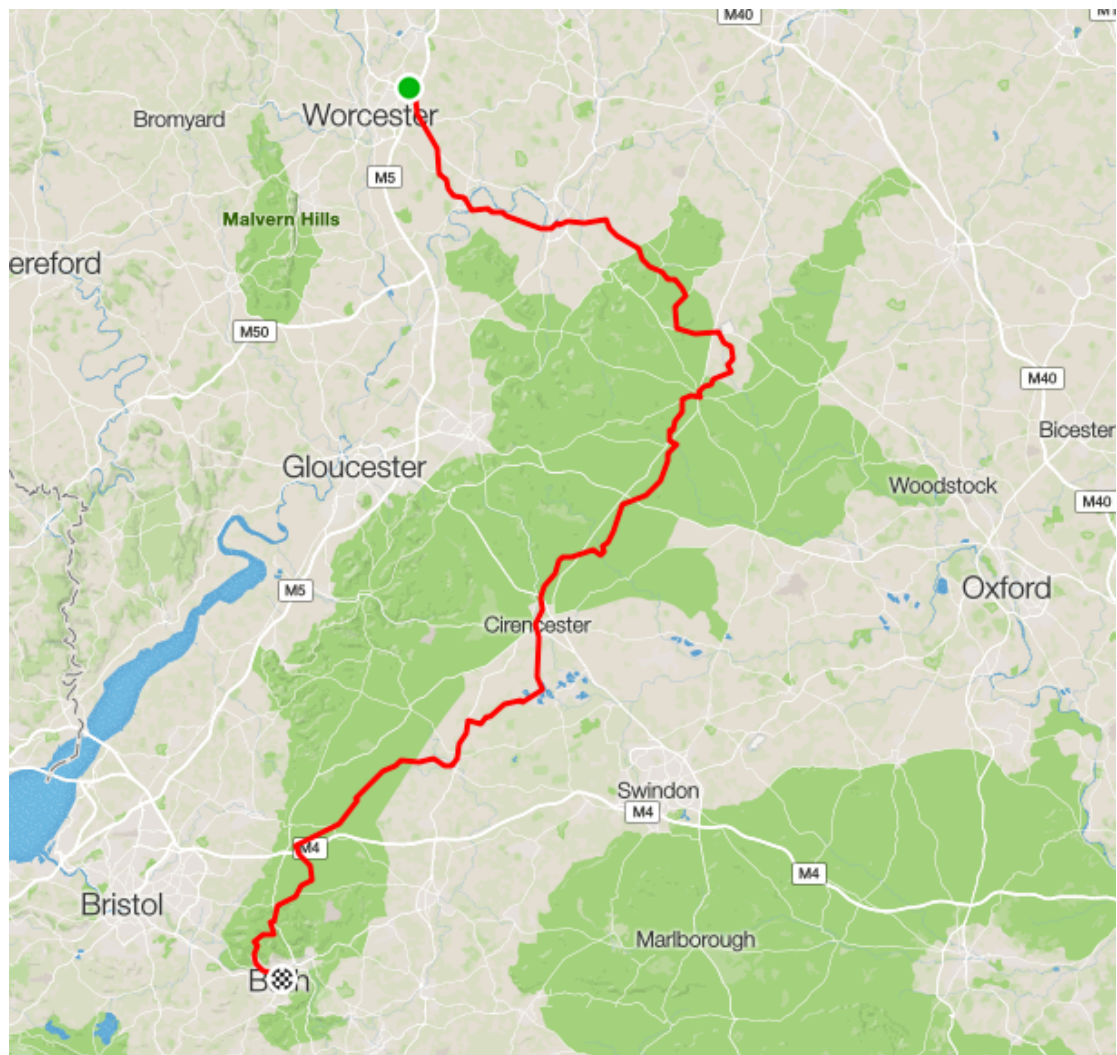
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## Introduction

Thank you for signing up to the LetsGoVelo charity sportive from Worcester Warriors Sixways to Bath Rugby Club in aid of Acorn Children's Hospice.

This cycle event will be a great challenge and full of adventure.

It is going to be a really great ride!



## Essential Information

### Entry Fee

There is a £35 entry fee to sign up for the 'Get To The Rec' sportive. Please go to [www.letsgovelo.co.uk](http://www.letsgovelo.co.uk) to enter.



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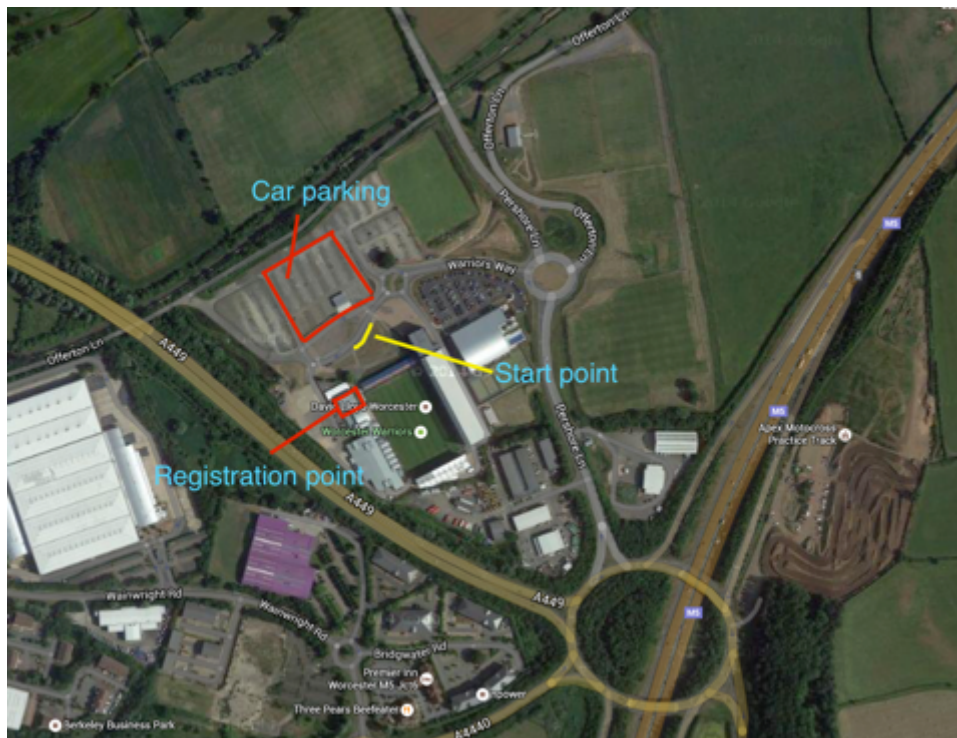
## Distance

The route is approximately 100 miles through the glorious Cotswold countryside.

## Getting there

All participants are to meet at Worcester Warriors Rugby Club. For those of you that don't know where that is, below is a map and arrow pointing to where you are to meet.

Post code: WR3 8ZE



## Parking

Parking is available where vehicles will be able to park overnight if necessary.

## Accommodation

For those of you that are staying the night and celebrating your achievement in the evening, there are a couple of ways to find overnight accommodation...

- Airbnb – this is a website site that advertises room or houses to rent from 1 day to 1 month, anywhere in the UK.
- Booking.com – This has all different types of accommodation to suit all budgets.



## What to bring

I'm expecting you all to have a bike! In addition to the obvious please bring the following:

- Spare pump
- Spare inner tubes
- Helmet
- Cycling glasses
- Basic tool kit
- Water bottles with water in
- Water proof cycling gear just in case
- Fully charged mobile phone
- Food supplements for the journey (there will be refreshment stops as well)

## Toilet

There will be toilet facilities at the start and finish and portable toilets at the refreshments stops during the ride. You will also pass through quite a few towns and villages where you can take advantage of their facilities.

## Photography

I will have an official photographer who will take professional photos during the event. Participants will have the opportunity to purchase these photos separately.

I will be capturing video footage of the event throughout the day and will edit the footage. This will be put on the LetsGoVelo website and social media pages post event.



## Do's and Don'ts

This is not a race and, although some will be more capable of going faster than others, you are free to ride at your own pace.

Please do:

- Enjoy the scenery
- Challenge yourself



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- Stop and have a coffee, (why not?)
- Follow the Highway Code.
- Wear a helmet at all times!
- Always stay vigilant!

Please don't:

- Drop litter
- Impede traffic
- Ride in a large group in the middle of the road
- Ride on the wrong side of the road

## Pre Ride

### Registration

This will be taking place from 6.30 -7.00 am next to the main Club House. All participants are to report in and make sure all details are correct e.g contacts details.



### Rider Briefing

There will be a short briefing regarding safety, timings, finish line and refreshment locations.

### Timing

I would like all participants to arrive at 6.30am to aim for a 7-7.30am start. This is essential; the sooner you leave the sooner you'll arrive in Bath.



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## During the Ride

### Signage

The whole route will be signposted at each junction, turning and where caution needs to be heeded. The sign as shown below will be attached to signposts, wooden stakes, traffic lights etc.



**FRESHMENT  
STOP**



**LEFT**



**CAUTION**



**RIGHT**

### Route maps

A GPX file of the route will be available for download from [www.letsgovelo.co.uk](http://www.letsgovelo.co.uk).

### Refreshment Stations

There will be refreshment stations at approximately 25 mile intervals- these will have water and food supplies to help you on your way.



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## Post Ride

### Finish Line

There will be a team to meet you at the finish line and congratulate you on your achievement. There will also be a massage tent where participants can get a rub down and help to relax the legs muscles.

There will a pig roast and drinks and an awesome atmosphere!



### Food

A hog roast will be provided for at the finish line. This is included in the entry fee.

### Party time

For those of you who are staying overnight there will be general celebrations throughout the evening.

## Getting back

The following options are available to you:

### Train

There are a number of trains departing throughout the day from Bath Spa to Birmingham New St and Worcester Foregate Street.



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## Car

If you can persuade a friend or a family member who is willing to meet you in Bath and drive you back, that would be great.

## Cycle

For those of you that are fit or courageous enough you may consider cycling back that day or even the following morning.

## Sponsorship

### How to sponsor

The whole reason for this challenge is to raise money for Acorns Children's Hospice. I would like to set each of you a relatively achievable target of £200 per person.

There will be two ways in which to raise money for Acorn Children's Hospice

1. The money pledged on the sponsorship forms. It will be your responsibility to get the money off all of those generous people!
2. Set up a Justgiving account. This is the most efficient way of getting sponsored. Please go to [www.justgiving.co.uk/acorns](http://www.justgiving.co.uk/acorns)

## Event organiser contact details

Toby Fellows

Contact details:

Mobile number - 07877526297

Email address – [toby@letsgovelo.co.uk](mailto:toby@letsgovelo.co.uk)



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