

Welcome to the Chiltern Challenge 100 Bike Ride

We want you to enjoy today's ride so please read the following to make sure you have all that you need. In your packs you will receive;

A rider number

Please use the pens provided to complete the details on the back. We need your name, address and telephone number, your next of kin, their telephone number and any medical conditions you should tell us about.

Please attach this to you the back of your jersey or jacket using the safety pins provided and keep it displayed at all times.

There is an emergency number supplied on the front of your rider number. Please call this if you need help in a medical emergency, if you get lost or if you require assistance with your bike.

A bike number

Please secure this to the front of your bike using the cable ties supplied.

A map

These have been supplied, courtesy of Ordnance Survey. The route however is signposted with signs like these »

Other things – lunch, snacks and all drinks will be provided free of charge along the route. There are 3 drinks stops and 1 lunch stop on the routes. A photographer will be capturing shots along the route and at the finish. You will be able to view and purchase these from Monday (pm) by visiting our website – www.action.org.uk and using the link provided.