

Frequently Asked Questions

Chiltern Bike Ride

Q. How old do I need to be to take part?

A. 16 and over.

Q. How fit do I need to be?

A. Relatively but you need to have cycled at least 50 miles in one day and be prepared to train for the ride.

Q. Do I need to have cycled 100 miles/100km before?

A. No.

Q. Do I need to be a member of a club?

A. No.

Q. Do I need insurance?

A. Please see our Terms and Conditions.

Q. Can family and friends come along to support me?

A. Yes.

Q. Will food be available?

A. Yes lunch is included in the cost of the ride and snacks and drinks are provided.

Q. Do I need to tell you if I have special dietary requirements or if I am vegan/vegetarian?

A. Yes please.

Q. What is included?

A. You will receive a t-shirt, certificate, a medal, goody bag and all support and first aid throughout the ride.

Q. Do I need to wear a cycle helmet?

A. We would advise you to, but it's not compulsory.

Q. Is the ride signposted/marshalled?

A. It will be signposted.

Q. Are the roads closed?

A. No.

Q. Can I ride as part of a team?

A. Yes we are encouraging more teams to enter so please do enter a company or club/gym team.

Q. What kind of bike should I use?

A. Road or mountain bike, but make sure you have road tyres as this is a road event.

Q. What if my bike breaks down?

A. We have support vehicles available on the ride. We will give you an emergency number to call and you should describe your location as clearly as possible on the map. Try to make sure you have serviced your bike before the ride and that you carry spares for it. The bike repair vehicle will welcome donations towards the costs of spare parts.

Q. Are spare parts available?

A. For most bikes but if you have a specialist bike then please do carry your own.

Q. What support will there be on the route?

A. First aid, communication, bike repair.

Q. Where can I view the route?

A. A route is available to download in a link on the web page.

Q. Will I receive a map/route card?

A. A map will be made available to you on the day of the ride.

Q. How many checkpoints are there?

A. None, just start & finish, there are also 3 drink stops and a lunch stop.

Q. Is any of the route off road?

A. No.

Q. How do I contact the organiser if I have a problem on the day?

A. Call numbers will be provided on the day.

Q. What happens if I get lost?

A. Please call the emergency number on your bike number and describe your location on the route using your map.

Q. How long do I have to complete the ride?

A. Until 7.00pm

Q. What happens if I can't complete the distance?

A. We will ask you to take a ride with us in our sweeper vehicle to the finish.

Q. When do I get my rider number?

A. At ride registration on the day of the ride.

Q. Is the ride timed?

A. No.

Q. Are there timing chips?

A. No.

Q. Are there any rules that I need to adhere to?

A. The Highway Code and respect other road users and riders on our event. Please listen to all instructions provided by marshals and event organisers. They are for your own safety.

Q. Is the ride affiliated to British Cycling?

A. No.

Q. If I haven't pre registered can I still turn up and enter on the day? And if so, how much will you charge?

A. Yes £25 on the day.

Q. What happens if I can't attend but I've paid to enter?

A. We cannot refund your entry, sorry.

Q. How much money do I need to raise in sponsorship?

A. Please try to raise as much as you can but we do ask that you raise at least £25. The average on some of our rides is £140.

Q. When do I have pay my sponsorship money?

A. Within six weeks of the ride.

Q. How does AMR benefit?

A. Please go to our website at www.action.org.uk

Q. Is there parking at the start/finish point?

A. Yes, and if full there is public parking in nearby Henley Town Centre.

Q. Is there overnight accommodation nearby and if so, have you secured any preferential rates with nearby hotels/B&B's?

A. There is accommodation nearby but we do not have any preferential rates.

Q. Where is the nearest railway station?

A. Henley-on-Thames from the Paddington - Reading line.

Q. Can I leave my belongings at the start?

A. You can leave your car at the start but we cannot take responsibility for anything left at the Rugby Club.

Q. Are there changing facilities at the start?

A. Yes, and showers.

Q. What time do I need to be at the start point?

A. 7.00am.

Q. What time will the ride start?

A. 7.00 – 8.30am start window.

Q. Are there toilets on the route?

A. Yes, at Ewelme, Crowmarsh Gifford and Dunsden Green

Q. Are there showers and changing at the finish area?

A. Yes.

Q. What time does the ride finish?

A. 7.00pm.

Q. Is there food and drink available at the finish?

A. Yes.