



# 2019 ISG Bike Ride

## Event Information

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**Name:** ISG's Cycle for Charity 2019

**Date:** Thursday 19 September 2019

**Start and finish Venue:** Sonning Lane, Reading, Berkshire, RG4 6ST

**Cost of entry:** £50 per person (100% goes to charity) includes:

- Rider pack comprising jersey
- A water bottle
- Hot breakfast on arrival (including tea or coffee and a choice of breakfast roll for all riders)
- Refreshments at pit stops on route
- Post-hospitality refreshments

**Capacity:** Limited spaces are on a first-come first-served basis

**Distances:** 40-mile and 74-mile routes

**Entry fee:** This year's entry fee is £50 (100% of the fee goes to the charity)

**Car parking:** There is sufficient, free-of-charge car parking at Reading Hockey Club for all participants. We do however encourage car-sharing where possible.

**Start times:** The 74-mile ride will start from 10:30 in waves of 20. The 40-mile ride will start from 12:00 in waves of 20.

**Routes:** The routes have been carefully planned but are subject to change. This includes on the day of the event, road closures, accidents, bad weather and other unforeseen circumstances. The final routes will be fully signposted on the day of the event. Please follow the route signage carefully.

**Pit stops:** Complimentary refreshments and toilets will be available at pit stops on each route, but participants are advised to bring a water bottle to refill at the stops.

There are two pit stops on the 74-mile route and one pit stop on the 40-mile route. If you have any specific energy drink or supplement requirements, please ensure you bring these with you as these are not provided.

**Rider numbers:** All participants will be given their own individual rider number that must be worn throughout the ride.

**Helmets:** A cycling helmet must always be worn during the event. Any rider without a helmet on the day will be banned from participating.

**Highway Code:** All participants must comply with the Highway Code.

**Chipped timing:** The event will be chip-timed with riders handed a timing chip at registration on the morning of the event. The chip is linked to a sensor at the start and finish of the event that will record each rider's time. Confirmation of final ride times will be available on the day.

**Terms and Conditions:** View the 'Terms and Conditions' for taking part in the event [here](#).

**Facilities:** There are plenty of toilets at Reading Hockey Club. Changing spaces and showers will also be made available.

## **FAQs**

**Will there be any changing or cloakroom facilities provided?**

Yes. Changing spaces and a bag drop area will be available.

**Are there any cash machines?**

There are no cash facilities on-site.

**Is there free WiFi?**

More information to be shared soon.

**What facilities are available for those with disabilities?**

More information to be shared soon.

**Can I invite friends and family along to support me?**

Friends and family are welcome to come along and support you on the day, both at the start and finish of the ride. Please let friends and family know your start time and your estimated finish time.

**Can my friends and family sponsor me?**

Yes of course. Visit the event JustGiving page for more information [here](#).

**Will food and drink be available?**

Please note that food and drink will be available for participants before the start of the race and then available again from 12:00 at Reading Hockey Club. BBQ food and drinks will be available at the bar later.