

Tips from Gravesend C.T.C.

(Your Local Cycling Group and part of the National Cyclists' Association)

1. Please remember that this is a Fun Ride, **not a race**. Therefore times are not taken. The Check Points only record that you have completed each section of the course.
 2. Safety: Please obey all traffic signs and signals. **Courtesy to all other road users** will ensure that future events are not jeopardised. Politeness is paramount. **It is recommended by the Police that you ride in single file. The organisers urge you not to ride two abreast during the early stages of the course and along the narrow roads.**
 3. Make sure that your bike is in a **roadworthy** condition, so that it will not let you down on the day. It is advisable to make sure that your tyres are fully inflated and please carry a repair kit which includes a spare inner tube.
 4. If you have not ridden regularly before the ride, you might find the ride hard. Therefore, some practice/ **training before** will be worthwhile, thus making your day a much more enjoyable experience.
 5. **Dress** suitably - several thin layers are better than one thick layer, you can then adjust your comfort level. Wear stiff soled shoes - flip flops will make your feet very sore. Be seen - wear bright clothing and head protection is strongly recommended. Carry a waterproof in case of inclement weather.
 6. Make sure you eat well - **food is your fuel**. There will be refreshments at some check points, but it would still be sensible to carry a drink and some food.
 7. If you encounter any **problem**, please stay on the course and a marshall will find you. Should you need to drop out for any reason, please inform a check point or ask another rider to inform a check point, giving them your rider number. Failing this, phone the **emergency number 07711 830377** for support from a sweep vehicle.
- For information about the local Gravesend CTC - contact the Secretary, Hugh Roach, 19 Spring Grove, Gravesend, DA12.1LL. Tel. 01474 564964. Hugh@gravesendctc.org.uk

Find us on Facebook 'On Your Bike - Gravesend' @onyourbikeGsend

Rotary - Putting the FUN into Fundraising



Rotary Club of Gravesend

Gravesend Rotary Club Service Fund: Registered Charity No. 271130

Rotarians welcome you to this the 26th Annual sponsored ride through North Kent. We start and finish on the Promenade beside the River Thames and have three routes to choose from.

This year we again have this very worthwhile charity as main beneficiary.

The EllenorLions Hospices

Your efforts also let us help further Rotary supported charities!

Enter a team! For the more adventurous -- come along in fancy dress to be 'the most noticeable rider' on the day. Add even more fun into your fundraising!

Thank you for your support

'On Your Bike' is intended as a 'Fun Ride', putting the fun into fundraising. The Rotary Club of Gravesend is again pleased to acknowledge help from Gravesend Cyclists Touring Club in arranging this.



We are also pleased to thank our sponsors:



Simon Lancaster Interiors
The Blinds and Curtains Specialist
www.lancasterinteriors.co.uk



King & Taylor
Accountants & Auditors
01474569777 www.kingandtaylor.co.uk

If you need further information contact 01474 568853 or www.onyourbike.org .uk

15, 30 or 45 miles!

You can choose to follow either 15, 30 or 45 mile routes all signposted. The 15 mile route, using the Sustrans cycle route, is designed to be just right for a family cycling day out.

There will be refreshments available at check points and the finish. We will have follow-up vehicles. RAYNET is providing communications for us on the day. **Checkpoints will stand down as the day progresses and the riverside finish area will close at 4.30pm.**

The Start!

There is a rolling start and you will be able to leave from 8.45am.

Please park in the town centre public car parks (nearest Milton Place) and arrive at the Promenade, beside the River Thames, to allow for queues at registration.

PLEASE MAKE SURE YOU BRING YOUR ENTRY PASS, CHECK POINT CONTROL CARD AND RIDER NUMBER. Riders pre-registered can hand their entry card to marshalls before they start. The control card will be marked at each check point en route and at the finish so that this can be shown to your sponsors.

Don't forget to fill in your entry pass and hand it to marshalls before you start.

Route Sheet

Our thanks to Gravesend CTC for the route suggestions and the compact route sheet. This is designed to be folded as you progress along your chosen route. Don't forget your sheet on the day!



26 years of wheelpower!

Each entrant must read this Fitness Notice contained in this acknowledgement of entry.

It is in your own interests that we asked you to sign the declaration on the entry form confirming you are fit and well on the event day.

Please check with your doctor if you have any doubts about your fitness, as the responsibility rests with you.

Be sure you are fit enough to enter the event. If you are not sure, or you are worried about stressing yourself, please ensure that you drop out of the ride at a sensible time. The best place for this is at one of the checkpoints.

We do not insure you. If you want insurance you must take out your own.

This event is on public roads, so the steps we can take to protect children are very limited. So parents/guardians must take full responsibility for supervising their children.



Rotary Club of Gravesend

Service Fund: Registered Charity No. 271130

April 15, 2012, will be our 26th consecutive 'On Your Bike' sponsored charity cycle ride. You and your wheel power have helped us raise over £460,000 for charities across those years. Let's make this the biggest and most successful ever ride!

Certificates and a special Gravesend coaster will be presented at the finishing line. After riding those miles you certainly all deserve them!

Sponsorship

To help more charities we need more sponsorship money.

Sponsorship of you is key to our success.

We have enclosed here a **sponsorship form**. Please feel free to copy them. Ensure that your sponsor's name is there to contact after the day. You can show your control card or certificate to them to prove you did it!

There is also the ability to have the donation gift aided. See how to do this on the sponsorship form which we will need to have back.

A **paying-in slip** is enclosed which allows you to pay in sponsorship monies at any bank. Make sure you record your name, team or organisation and rider number on the slip. Please pay in your sponsorship money as soon as possible after April 15 and before our August 31 draw deadline.

Or you can go to virginmoneygiving.com on your PC and create your own sponsorship page. Your sponsors can support you directly through the web. They can follow your build up to the day through your messages and also check on our Facebook and Twitter news.

All you keen route cyclists who take part -- get Virgin Money Giving too!

Free draw for return of sponsorship!

All riders returning sponsorship monies before August 31, 2012, will be entered in a draw for a splendid CYCLE in partnership with **TRI-THE-BIKE SHOP, WINDMILL STREET, GRAVESEND!**

Team Award! There is also a special award for the team raising the most sponsorship.

Our thanks also to the many people and organisations that have helped in any way -- as well as to you for joining us at 'On Your Bike 2012.'