

WIRRAL BIKEATHON

SUPPORTING **Bloodwise** (formerly Leukaemia and Lymphoma Research)

INFORMATION FOR BIKEATHON ENTRANTS

PREPARATION FOR THE BIKEATHON

OBJECTIVE: We are trying to raise as much money as possible for **Bloodwise**. Thank you for your kind support; we do appreciate what you are doing.

SPONSORSHIP: Using the Sponsorship Form please try to get as many sponsors as possible. See the notes overleaf on "Raising Sponsorship". Please note that the entry fee is needed to cover our costs: printing, postage, T-shirts, medals. It is the sponsorship money **you** raise which goes to the charity **Bloodwise** to fund research.

YOUR BIKE: Please CHECK YOUR BIKE well before the Bikeathon day to ensure that tyres and brakes are in good condition and that it is generally roadworthy. Take it to a Bike shop to be serviced. We are grateful to Rob of **Bikes & Boards West Kirby**, Jay of **the Bike Shop, Moreton** and Dave of **K Cycles Eastham** who will be available on the day in the Start Area and at the checkpoint at Dovepoint with their bike repair services to help riders.

* * * * *

AT THE BIKEATHON

CAR PARKING: If you are coming by car please **PARK AT ARROWE PARK HOSPITAL, Arrowe Park Road, Upton, Wirral, CH49 5PE**. The hospital is kindly allowing us the use of their car parking facilities. **Enter the hospital grounds at the main entrance, turn left at the top of the road where there is a large parking area adjoining the park.** It is a short walk to the Bikeathon Start area through the park, the path is well-signed. **Please do not park** at the Golf Centre in Arrowe Park or on the **main road** where parking is **forbidden**.

MAPS: ROUTE AND START/FINISH AREA: A map of the Bikeathon route is in your entry pack together with a map of Arrowe Country Park indicating the parking areas and start/finish area.

ARRIVAL: If you have already paid and have your pack please go to a **Check-In Table** in the Control/Start area to have your **Control Card** checked and **to inform the Marshal of the amount of sponsorship money you expect to raise**. The Control Card allows you to participate in the Bikeathon and will be marked by marshals at checkpoints and at the finish to certify how many miles you have covered.

ENTER ON THE DAY: There will be an **Enter on the Day** table located in the start area. Please note **THE FEES FOR ENTERING ON THE DAY ARE HIGHER: ADULTS: £25.00; 16 AND UNDER : £5.00.**

* * * * *

THE START

START TIME: You will be allocated a time between **9.30 am and 11.30 am**. Riders will start in groups to ensure that the roads are not flooded with cyclists. **No one will be permitted to start Section 1 after 11.30 am and Section 2 after 1.00 pm.**

THE BIKEATHON: The route is clearly marked on the map, it is also well signed and marshals will be at major intersections and at other locations. Whilst there are some short **off-road sections** on recognised cycle tracks there will be **alternative on-road routes** if people wish to use them instead. **Please see the marshal for the alternative routes**, these are not signed or marshalled. **Remember to get your Control Card stamped at each Check Point.** Signs will be removed and marshals will go off duty at **1.30 pm for the first section and at 4.00 pm for the second section and the start/finish area,**

REFRESHMENTS: Free light refreshments will be available at Control Points. Hot snacks will be available in the **Start Area** and hot and cold snacks will be on sale in the **Red Room Restaurant** at the Golf Centre in the park or bring a picnic lunch to eat in the park!

SAFETY

PLEASE FOLLOW THE HIGHWAY CODE, OBEY ALL TRAFFIC REGULATIONS, ROAD SIGNS, TRAFFIC LIGHTS AND ANY POLICE INSTRUCTIONS. CYCLE IN SINGLE FILE AND KEEP TO THE LEFT.

CYCLE HELMETS: We advise all entrants **to wear protective helmets** during the event.

CHILDREN: Children must be **at least 8 years old** to ride on their own bike. Children **between the ages of 8 - 12 years must be accompanied by an adult and have the signed consent of their parent/guardian to take part.** There is a column on the Entry Form for this signature. Children younger than this are welcome to take part and can ride for example in a tag-along, in a trailer bike, a tandem, or on a seat behind an adult depending on their age/size. **Group entries** with children aged 8-12 years old must consist of **no more than 10 riders and be accompanied by at least two adults.** Please remember that your children are your responsibility.

THE BIKEATHON ROUTE HAS BEEN CAREFULLY PLANNED, IS WELL SIGNED WITH MARSHALS ALONG THE ROUTE AND AT CHECKPOINTS. PLEASE NOTE THAT WE CANNOT BE HELD RESPONSIBLE FOR ANY ACCIDENTS. PLEASE REPORT ANY INCIDENTS TO THE NEAREST MARSHAL.

THE FINISH: A Commemorative Medal will be given to all participants.

* * * * *

AFTER THE BIKEATHON

SPONSORSHIP MONEY: Please help the organisers by collecting your sponsorship money promptly and pay it in by **31 July.** You may find it easier to collect it immediately after the event. You can send a cheque or postal order made payable to **“The Wirral Bikeathon”** and send it to: **Mr Robert Smith, Treasurer, Wirral Bikeathon, 33 Bertram Drive, Meols, Wirral, CH47 OLG.** Please write your Rider Number on the **BACK** of the cheque/postal order. **PLEASE RETURN YOUR COMPLETED SPONSORSHIP FORM AT THE SAME TIME TO ENABLE US TO RECLAIM GIFT AID** if you are eligible.

More than ever, this year we need your help to hit the £1,000,000 mark. We are close, only you can make us achieve this. Please be generous

Alternatively, you could register with www.justgiving.com or <http://uk.virginmoneygiving.com/giving/> for an easy and efficient way for your sponsors to donate and raise money for your charity online.

RAISING SPONSORSHIP

You will forgive us for repeating that the main purpose of this event is to raise as much money as possible for **Bloodwise** so that more and more lives are saved. When asking for sponsorship please remember that:

MOST PEOPLE ACTUALLY WANT TO SUPPORT Bloodwise

They may be aware of many sad stories and some happy ones, but here are a few statistics to help you to get sponsorship and perhaps to inspire you in your efforts on behalf of this cause.

- ❖ Lymphoma is the most common blood cancer in young people aged 15 to 24;
- ❖ Lymphoma is challenging to treat because there are over 35 different types of this cancer;
- ❖ Of the 7,600 cases of leukaemia diagnosed in the UK every year, 94% are adults.
- ❖ Now 9 in every 10 children recover from Leukaemia because of the progress made in research;
- ❖ But 7 out of 10 adults with Leukaemia will die.

Bloodwise is still the only national research charity solely devoted to improving treatments, finding cures and learning how to prevent leukaemia, lymphomas and related blood disorders in both adults and children.

So who should you ask for sponsorship? You can ask your family, friends, neighbours, colleagues at work, at school or college, bosses, staff, members of your club, church, society or at the pub. Visit www.justgiving.com or <http://uk.virginmoneygiving.com/giving/> to donate and raise money for this event online.

***** THANK YOU! HAVE A GREAT DAY FOR A GOOD CAUSE *****

