



FAQ's

1. What is Escape the City Bike Ride?

Escape the City is a circular cycle ride starting and finishing in Chiswick and heading through the beautiful scenes into Surrey, all in aid of Stroke Association. There are three route options, the Tourist 30 mile route, the Sportsperson's 60 mile route and the Hero 80 mile route.

Please note that the ride is being organised on open roads and public cycle paths (all tarmac) – meaning that you are likely to encounter cars, pedestrians and other cyclists along the route. You must therefore follow the Highway Code AT ALL TIMES, and understand that you undertake the ride at your own risk. Please be particularly careful when passing members of the general public. If you are aged 16 or 17 then you must be accompanied by an adult.

2. What happens if I can't make the event?

If you're no longer able to take part in the event, please email escapethecity@stroke.org.uk or call 0300 330 0740 to let us know you'd like to withdraw your place. Please note that your registration fee is non-refundable however named substitutes will be accepted.

3. What sort of bike do I need?

Road bikes, hybrid bikes or mountain bikes are suitable for this bike ride, as the route is all on hard surfaces such as roads and paths. If you're confident, you can also choose to cycle as a duo on a tandem bike. We advise having your bike serviced in advance of the ride as you may be refused entry if your bike is not in good condition.

If you are going to be bringing a mountain bike we would suggest you put slick tyres on as it would make it easier for you on the day.

4. Do I have to wear a cycle helmet to take part?

Yes. You must wear a correctly fitting cycle helmet in order to participate. We have a no helmet no ride policy.

5. Do I need to be an experienced rider?

You need to be confident to ride on open roads and in traffic. All riders are chip timed for control purposes but please note that Escape the City is **not** a race, most people take part to enjoy a fun cycle ride. Many of our participants are not experienced cyclists, but there are 3 different route options available to cater for a range of cycling abilities.

6. Can I change my route distance once I have registered?

You can change your route distance before the event day by contacting us. All fees paid for your original route length are non refundable.

7. Does Escape the City take place on closed roads?

No, the route is not through any closed roads. Therefore, all riders should obey the **Highway Code** at all times.

8. Do we get a route map?

GPX files will be sent out approx. a week before the ride; however summary route maps are available to view on our website before this. Please note that our routes may be altered before the event, any last minute changes will be communicated on the morning of the ride during the briefing. You can also view our provisional routes here:

30 mile : https://ridewithgps.com/routes/26969559?privacy_code=Ox4ERrcjgnUNx6vl

60 mile : https://ridewithgps.com/routes/26969601?privacy_code=aViEDyRdBg4eZNy0

80 mile : https://ridewithgps.com/routes/26969740?privacy_code=OSiTRKVgJIN9pR7I

9. What happens on the day?

We will send you all your Escape the City on the day information by email prior to the day. If you have requested a t-shirt and/or cycling jersey these will be posted out on a monthly basis and therefore may take up to 4 weeks before they reach you. Closer to the event day these will be sent out weekly.

On the day you need to arrive with enough time to register and pick up your cycling number and timing chip. There will be a full health and safety briefing before you head off onto the route.

On completing the ride you will be given your finishers medal along with some water, you can then enjoy food from our range of food vendors, get a massage, get your medal engraved, pick up a drink from the bar or just take in the great atmosphere and music provided by radio Jacky with your family and friends to celebrate your cycling success.

10. What should I bring with me on the day?

The weather in the UK is notoriously variable and so we highly recommend that you come prepared for all eventualities, and pay close attention to the weather forecast in the days leading up to the ride. Although mechanical support and refreshment stops are provided on the day, you should treat the ride as you would do any training ride – i.e. aim to be self-sufficient, with enough food and water to last for the whole day.

We recommend that you therefore bring the following as a minimum:

- Helmet (mandatory)
- Bike (a road bike is ideal, but hybrids are also suitable)
- Fully charged mobile phone
- Cash
- Pump that fits on your bike / in your jersey pocket
- Spare inner tubes that fit your wheels
- Puncture repair kit
- Small tool kit / multi-tool
- 1 or 2 water bottles or similar (e.g. a water bladder such as a camelback)
- Appropriate cycle clothing
- Wet weather gear
- Food / energy bars
- Change of clothes for the end

11. Will I receive regular emails from the Stroke Association?

Yes – we'll be in touch regularly with all the updates you need to know about, so please make sure you read our emails. We'll also give you some great tips on training, nutrition and fundraising. You can also join our [#TeamStroke cyclist Facebook group](#), where you can share tips with others taking part in a cycling challenge for the Stroke Association.

12. What time does the event start?

Cyclists are not given individual time slots and can choose to arrive any time between the first and last wave. Please see the timings below:

TIME	Hero – 80miles
0645-0845	Event registration
0730-0900	Departure waves
0900	Final departure time
1700	Route closes

TIME	Sportsperson – 60miles
0745-0945	Event registration
0830-1000	Departure waves
1000	Final departure time
1700	Route closes

TIME	Tourist – 30miles
0845-1045	Event registration
0930-1100	Departure waves
1100	Final departure time
1700	Route closes

You will need to sign in on the day to collect your cycling number and chip. So please ensure that you leave enough time before your set off time to ensure you have everything you need.

We would be grateful if you could adhere to these timings as latecomers will not be permitted to ride for safety reasons.

13. What happens if my bike breaks down half way round?

All our cyclists will be given an event control number to call in emergencies. We will send out a support vehicle to assist you. The vehicles will try to help with the repair but will have limited parts, if we can't help we can ferry you back to the start.

14. Are there regular water and refreshment stops?

Our 30 mile cyclists will have access to one refreshment stop on route, our 60 mile cyclists will have access to two refreshment stops and our 80 mile cyclists will have access to three refreshment stops. Our refreshment stops will have a range of snacks and water available for you. Do however make sure that you also have enough water to last you between stops on the day.

Our stops will be at:

- Three Rivers Academy - Hersham Rd, Hersham, Walton-on-Thames KT12 5PY (*30 mile route only*)
- St Anns Heath Jnr School - Sandhills Lane, Virginia Water GU25 4DS (*60 & 80 mile routes*)
- Lancaster Hall -28 Send Rd, Send, Woking GU23 7ET (*80 mile route only*)
- Horsley Campsite - Ockham Rd N, West Horsley, East Horsley KT24 6PE (*60 & 80 mile routes*)

15. Are there any toilets on route?

Toilets will be available at all the refreshment stops and at the event hub.

16. Will I be able to find out how long it took me to complete Escape the City?

Escape the City is **not** a race however we will be using chip timing in order to ensure all riders are tracked from start to finish. Your time will be available to view online, a link to this will be sent to all cyclists after the event has finished.

17. Can my friends and family come and watch me?

We welcome all your family and friends to join us in celebrating your success. We recommend that they meet you at the refreshment stops on the route or at the event hub in Chiswick where we will be providing facilities for our event. There won't however be any onsite parking at the refreshment stops or the event hub.

18. Is there somewhere drop bags before I set off on the route?

There will be a bag drop facility at the event hub when you arrive. Please note that all bags are left at the owner's risk. Stroke Association cannot take responsibility for any lost or damaged items whilst in the bag drop area.

19. How do I get to and from Escape the City?

The event hub is at Kings House Sports Ground in Chiswick, The full address is Kings House Sports Ground, Riverside Drive, Chiswick, W4 2SH (Please use postcode W4 2RZ if you are using sat nav.)

We strongly recommend that you plan your travel in advance and, if using public transport, check if there is any planned engineering work on the weekend of the event and that your train will accommodate bikes.

The start line for Escape the City is at Kings House Sports Ground in Chiswick.

By Train: Barnes Bridge (South West Trains from Waterloo and Clapham Junction). Cross the footbridge over the River Thames alongside the railway then turn left. After approx. 100 metres bear right, cross the road and walk along a narrow path. Follow the King's House Sports Ground sign on your left.

By Bus: 190 from Hammersmith Station (Piccadilly, District, Hammersmith & City lines) or from Richmond (District line, Overground and South West Trains). Staveley Road stop is a short walk from Riverside Drive.

By Road: There is no car parking at the Kings House Sports Ground for participants. If you are planning on driving on the day, we have secured Chiswick Schools car park (Burlington Ln, Chiswick, London W4 3UN) which is approx. a 5min cycle away. You will need to book a space in advance; you can do this by emailing your full name and car registration number to Escapethecity@stroke.org.uk. Please note that will be a £5 charge that you will need to pay on arrival to the car park.

20. How long will Escape the City take me to complete?

This really depends on how experienced a cyclist you are and how fit you are, but the average rider completes the Tourist route in 3.5 hours, the Sportsperson route in 5 hours and the Hero in 6.5 hours. However, please remember it is **not** a race.

If, for whatever reason, you can't make it back to the finish and decide to retire early, you **MUST** call Event Control so we know you are safe. The Event Control phone number will be on your timing chip that you collect at registration.

21. Is there a cut off time that I must complete the route by?

All routes will close at 5pm. All signage will be taken down by this point.

22. How do I know where to go when cycling?

This is a fully signed ride, and all signage will be taken down as the last cyclist passes through. Please also keep an eye out for “caution” signs, as these indicate areas where you should take extra care.

Please look out for our signs on route:



23. Is there a minimum age limit for Escape the City?

Yes, all cyclists taking part in Escape the City must be 16 years of age or older on the day of the event. This is so the ride complies with the health and safety obligations of our insurance policy, set by an external independent adviser. Cyclists aged 16 and 17 must have parental consent to take part and be accompanied by a responsible adult.

24. Can I hire a bike?

To take part in Escape the City, you will need to provide your own bike. If you do not have one, then please do hire one before the event. There will be no facilities to hire at the event hub on the day or through the Stroke Association prior to the day.

25. How can I fundraise for Escape the City?

The easiest way to fundraise for Escape the City is by setting up a [JustGiving page](#). Setting up an online giving page is a really easy way to get sponsorship from friends and family. The money comes straight to the charity so there is no faffing around chasing people for sponsorship!

Those who set up their pages early raise on average 36% more. So what are you waiting for? Set up a [JustGiving page](#) today!

Once your page is up and running you can boost your fundraising potential by personalising it. Tell people about your challenge and why you have chosen to support the Stroke Association, include photos and update the page regularly with your training progress. Make sure you email your page to family and friends and post it on social media pages or even have your fundraising page in your email signature.

There's still a place for a good old-fashioned **sponsorship form** too. Keep one in your back pocket, put one up on the noticeboard at work and why not send your family and friends off with their own copies – often people are very willing to help if you ask!

26. Do I need to raise sponsorship?

Although we don't have a minimum sponsorship target for this event your registration only helps us to cover the cost of us putting on the event and therefore we rely on your fundraising to keep up our work - so please raise what you can, to help us to continue to support those affected by stroke.

Check out our **fundraising tips** to help you hit your personal target.

27. How do I send in the sponsorship I have collected?

I have an online fundraising page - With an online giving page the money comes straight to the charity and there is nothing more you need to do.

I have cash donations - We ask people not to post cash to us as it can go missing along the way. Instead we advise you to pay the money into your own account and to do one of three things:

- Pay the amount onto your online giving page
- Send a cheque to me at the address below
- Transfer the money into our account. Account Number: 73083772, Sort code: 20 00 00, Reference: ZFR18695 followed by your name

I have cheques from sponsors - Please send cheques with a very brief cover letter (name, event) to:

Supporter Care
The Stroke Association
1 Sterling Business Park
Salhouse Road
Northampton
NN4 7EX

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**We look forward to seeing you on Sunday 30<sup>th</sup> September!**