

Pre-Event

How do I register?

You can sign up online here.

Do I have to fundraise?

There will be no minimum fundraising amount. However, we are asking all cyclists to aim towards raising a minimum amount of £100. Please do be aware that the registration fee only covers the cost of running the event so we do rely on sponsorship to help support those affected by stroke.

What is the best way to fundraise?

The quickest and easiest way to fundraise is by setting up a JustGiving page but there will be more tips and suggestions in your welcome pack and in the e-newsletters you receive. If you ever want any other fundraising ideas, just email us on events@stroke.org.uk or call **020 7940 1359**.

When will I receive my T-shirt and event details?

Your welcome pack will be sent to you in email within 48 hours of you registering. Your final information pack including your T-shirt and route map will arrive two weeks before the event.

Can I purchase a cycling jersey?

We are offering every adult cyclist the option of purchasing a cycling jersey when registering. These jerseys are high quality professional standard cycling tops and available to purchase for £20 when registering. If you have already registered and would like to purchase a jersey simply contact us on events@stroke.org.uk or call **020 7940 1359**. You can also buy one on the day from Southwark Park.

Where does the event start and finish?

The extended and standard routes begin in Southwark Park. The family route starts at Hurst Park. All three routes finish at Hurst Park, near Hampton Court.

I can no longer take part, what should I do?

Unfortunately we are unable to offer refunds on registration costs but we can transfer your booking to a new cyclist. Please email us at events@stroke.org.uk or call 020 7940 1359 to request a cyclist booking transfer.

Can I change my route?

Let us know asap if you would like to change your route by emailing or calling us. If we still have places available we will try to accommodate your request. Please note some additional charges will occur if upgrading your route.

Can I fundraise for another charity?

Stroke Association plans, manages and covers the cost of this event and relies heavily on the sponsorship raised by participants to go towards fighting stroke through support, research and campaigns. Therefore we ask that participants in the Thames Bridges Bike Ride only fundraise for the Stroke Association.

What is the minimum age?

The minimum age is 16 for the extended route and 10 for the standard route. There is no minimum age for the family route. All participants under the age of 16 must be accompanied by an adult at all times.

When will online registration close?

Online registration will close on **Thursday 7 May at 08:00**.

Event Day

Can I register on the day?

There will be a limited number of on the day registrations available. For standard or extended entry please head to the start area at the northern end of Southwark park (please arrive at 8.00-9.30am for extended route and 10.30-11.15am for standard) to register on the day. Please be aware that registration prices will be more than the advertised website price. For the family route details will be confirmed soon.

What time does the ride start?

Start times are staggered every half hour between 8.00am and 11.30am.

How do I get to Southwark Park?

If you are arriving by overground, the nearest stations are London Bridge and Waterloo which are around 10-15 and 15-20 minute cycle ride away. Some underground lines permit cycles to be transported. Please visit the [TFL website](#) for a map.

Is there car parking available at the start and finish?

Where possible, we strongly advise cyclists to travel using public transport as there is only very limited parking at both the start and finish areas and we cannot reserve parking spaces.

Do I have to wear a helmet?

We strongly recommend that every cyclist wears a helmet to reduce risk of serious injury in an accident.

Will the roads be closed to traffic?

No roads are closed for this event. Please be aware that cyclists will be cycling alongside traffic.

Will there be water stops en route?

Yes, there are 3 pit stops on the standard and extended routes where cyclists will be provided with water and a snack at pit stop 2 although we do also recommend that cyclists carry a drink and extra snacks with them.

What happens if I break down?

There are mechanics at each pit stop who will fix your bike where possible as well as a roving mechanic who travels the length of the route.

Are there marshals and signage?

Yes, the entire route is fully sign posted and the standard and family routes will be marshalled. Please note that these marshals are volunteers for Stroke Association so please give them a wave and thank you when riding past.

What kind of bike should I use?

Ultimately you can ride the route using any bike. However, although most of the route is tarmacked, some sections of the route run along tow paths which road bikes may find a little hard going.

How long does the route take to cycle?

This very much depends on your level of fitness and confidence in cycling (and how long you stop for lunch!) but as a guide we would advise leaving 1-2 hours for the 8 mile family route, 3-6 hours for the 34 mile standard route and 4-8 for the 50 mile extended route.

What happens when I finish?

Well done! You will be presented with a finisher's medal and left to relax and enjoy our finish area with music, entertainment and food and drink available to purchase. The finish area is situated in Hurst Park near Hampton Court.

Can my friends and family come to meet me at the finish?

Absolutely! Our finish area at Hurst Park is the perfect place to meet friends and relax after your challenge. There will be food and drink available to purchase as well as music and entertainment to enjoy. Please be aware that there is very limited parking at the finish area.

How do I get home after the event?

The nearest station is Hampton Court. From here South West trains run twice an hour and go to Waterloo via Clapham Junction. These trains carry extra carriages for event day and have capacity for bicycles.

PostEvent

How do I send my sponsorship money in?

If you are fundraising using JustGiving or Virgin Money Giving the money you raise will come direct to the Stroke Association without you having to do anything! For any

other money or cheques you have collected you can send them to us, more information on how to do this will be sent to you after the event.

What does the Stroke Association do with my sponsorship?

The Stroke Association relies on events such as the Thames Bridges Bike Ride to support the 150,000 people a year who have a stroke through services, research and campaigning. With your help we are raising awareness of stroke and providing more much needed support for people affected by stroke across the UK. For more information about how your sponsorship is spent visit our [Where your money goes](#) section of our website.

How can I see photos from the day?

Photos from the day will be available to view on our Facebook page soon after the event. We'll let you know when they're up!

Other Queries

How can I volunteer for this event?

First of all, thank you very much for your interest! For more information about the roles we have available on the day and how to apply see our [Volunteers Page](#) or simply email us at events@stroke.org.uk or call 020 7940 1359.

Any other queries

Just contact us by emailing events@stroke.org.uk or call 020 7940 1359.