



## Nightrider Frequently Asked Questions

### What is Nightrider?

A fun and exciting moonlit charity cycle ride through an amazing city, past iconic landmarks. The first ever Nightrider London took place in 2010 with 300 cyclists and since then over 21,000 cyclists have taken up the challenge. Nightrider is not a sportive, it is a fun charity bike ride.

### How far is Nightrider?

In each city there are two distance options - 100km or 50km. You can choose your distance when you register.

### Are the roads closed?

No, you will be cycling on open roads. The route is fully sign-posted. You will follow the signs and you can cycle at your own pace. Please also note there are no marshals en-route, other than at the designated break stops. You will need to be confident cycling in traffic.

### How old do I have to be to take part?

You must be at least 18 years old to take part in Nightrider for insurance reasons. Our Public Liability Insurance will only cover those who are 18 years old or over on the date of the event.

### How fit do I need to be to take part?

Cycling 50km or 100km at night is a challenge and therefore this event is not suitable for beginner cyclists. However if you put in some training you'll be able to get fit enough. Training advice will be given. It is your responsibility to be fit enough to participate in Nightrider and to get doctor's approval if you have any health concerns about safely completing the 50km or 100km cycle ride at night.

### How long will it take me to cycle Nightrider?

The important thing to remember is that this is an urban ride which will involve stops at traffic lights and junctions. If you are cycling the 100km route you can plan for 6-8 hours. This accounts for stopping at the breakpoints en-route. If you are on the 50km route you will be 3-4 hours. You must be able to complete the total distance in 10 hours.

### What's included?

- Fully sign-posted route
- GPS file of the route (nearer the event)
- Break stops every 25km, snacks, water and breakfast (Bacon or veggie sausage and a hot drink)
- Hi-viz vest (you will receive this on the night of the event)
- Cycle number and bike number
- Medal
- Bicycle mechanics
- First aid support
- Security staff, central control number to deal with any problems

### What's not included?

- Bike and bike insurance
- Cycle helmet - (this is compulsory and you must wear a helmet for the duration of this event)

- Any cycle parts the mechanics might need to use - (please ensure you bring money to cover any costs for spare parts)
- Energy drinks and fresh fruit snacks (please bring any snacks or energy drinks that you prefer)

### **When time does the ride start?**

The ride starts at 10.30pm. You will be set off in Start Waves for safety reasons. You will select a Start Wave time when you register.

### **What is the policy on wearing cycle helmets?**

It is COMPULSORY to wear a cycle helmet for the whole ride. If you arrive at the start without a helmet you will not be allowed to participate.

### **What kind of lights do I need?**

It is COMPULSORY to have a working set of front and rear bike lights. If you arrive at the start without either you will not be allowed to participate for your own safety. Please bear in mind you may be on the road for 6-8 hours so if you have lights with rechargeable batteries ensure they will last long enough. In Liverpool, Glasgow and Bristol there are short sections with no streetlights. You will therefore need good lights to light the way for you as well as keeping you visible.

### **Is the Nightrider™ event accessible for disabled participants?**

Nightrider has been completed by disabled participants in the past. Upon registration you will be asked to disclose any disabilities you have so that we are aware and can make any necessary arrangements. We would recommend the 50km route for hand-cyclists.

### **How much does it cost to take part?**

You pay a registration fee (non-refundable/non-transferable to Classic Tours Ltd) and pledge to raise the minimum sponsorship for your charity. The Registration Fee will be:

£25 – if you sign up before 31 December 2019

£35 – if you sign up before 31 March 2020

£45 – if you sign up before the event deadline (approximately two weeks prior to the event)

### **What happens if I can't raise enough sponsorship money?**

If you are unable to meet the sponsorship money requirements, you will forfeit your place. However, you may choose to make up the balance yourself. Please contact us as soon as possible to discuss options.

### **Does the minimum sponsorship amount include Gift Aid?**

No, the minimum sponsorship amount set by your charity does not include Gift Aid.

### **What happens once I have registered?**

Once you have registered online you will receive a confirmation email from the Nightrider Team. We will be in touch to support you with fundraising. The Nightrider Team will email you regularly prior to the event in regard to everything you need to know about the event.

### **What happens if I need to cancel?**

Please email [nightrider@classicchallenge.co.uk](mailto:nightrider@classicchallenge.co.uk) and advise us. Any money paid to Classic Tours Ltd is non-refundable. Places are not transferable to anyone else. If you have opted to take out Booking Protect Event Cover then you may be able to claim back your registration fee from them.

