



Active Sunderland BIG Bike Ride 2019 Sunday 16 June 2019 - St Peter's Riverside

ABOUT THE EVENT

What is The BIG Bike Ride?

With a focus on leisure, recreational and family cycling, the Sunderland BIG Bike Ride offers three alternative rides, providing a route to suit all ages and abilities. The 20 and 35 mile routes will start and finish at St Peter's Riverside next to the Sunderland University Campus. The rides take place on the city's expansive cycle network and some roads. Due to the varying surfaces on the route, road bikes are not recommended.

Is this a charity fund raising event?

No. It is a mass participation event and any income generated is used to stage the event and to support future events. However, if you wish to do the ride in aid of a chosen charity, you could either set up a Just Giving page or ask your friends, family and work colleagues to sponsor you.

Is it a race and will I be given times on completion?

No. The BIG Bike Ride it is not a race, rather it is a participation event designed to encourage people to be physically active, consequently times will not be provided.

Do participants need to have any previous experience and who can take part?

The event is designed for people of all abilities but less experienced cyclists should be aware that it could take up to 5 hours to complete the longer 35 mile route.

Please note any cyclist under the age of sixteen must be accompanied by an adult.

If I have a disability, will I be able to participate?

Please contact us before the event on 0191 **5616000** and we will advise you on the suitability of the various route options.

What time does it start?

The Active Sunderland BIG Bike Ride will start at 9.30am.

ENTERING THE BIG BIKE RIDE

How do I enter the event?

Entry is available online only at www.sunderland.gov.uk/bigbikeride2019

How much is it to enter?

The cost is £11.00 per person when entering online which includes an Active Sunderland t-shirt, medal and goody bag. An early bird offer and discounted group entries will be available for this event. Entries are also available on the day at registration but please note we cannot guarantee an event t-shirt for on the day entries. Please go www.sunderland.gov.uk/bigbikeride2019 to check early bird, group entries and on the day entry fees.

Will I receive confirmation of my entry?

Yes. Confirmation will be sent via email following your online entry. Additional information will follow in the weeks before the event. Please also check your spam email folder if the confirmation is not received.

Why can't I enter by post?

Entries to the BIG Events programme are via an online system only. This ensures a much quicker and more efficient entry process. In addition participants can be sent acknowledgements and event information much more efficiently and without delay.

Can I enter as part of a group?

Yes. A group discount is available with a minimum group size of 20 people. For more information on group bookings please email active@sunderland.gov.uk

If I don't turn up on the day will I get a refund?

Refunds can be processed upon request but only up to the date that the online entry system closes. In the event that Active Sunderland cancels the cycle ride, in extreme adverse weather conditions for example, then refunds will be issued to all participants.

ON THE DAY**What do I need to wear?**

Please dress appropriately for the weather conditions on the day. If rain is forecast it is advisable to carry a lightweight waterproof jacket. If the sun is very bright please remember to apply a suitable sun block.

Are the routes signposted?

Yes. All routes will be signposted throughout with fluorescent directional signs fastened to lamp post, posts, gates and fences. In addition marshals will be located at key positions to assist you further.

Are there toilets and changing on site?

Toilets are available on site at the start. Additional identified toilet facilities are available at Washington Wetland Centre and Rainton Meadows Nature reserve. No changing facilities are available.

What if I feel ill or injure myself?

St. Johns Ambulance will provide cover on the day of the event in the form of a mobile response unit. In addition marshals are based at regular intervals on the route and can offer assistance should it be required.

How soon before the event need I arrive?

Registration will take place from 8.00am and will be located close to the start line.

Is parking available on site?

Yes. Ample parking is available on site. Stewards will guide you to the appropriate car parking at the campus.

If I turn up late and miss the 10am start can I still participate?

Yes, but only until 10.30am at the latest. Please note the BIG Bike Ride will finish at 4.00pm, all marshals will leave their positions and the start/finish area will be closed.

Will the event go ahead if it's raining?

Yes. The event would only be cancelled in the event of an extreme weather event and if the safety of participants was considered a risk.

Are refreshments available at the event?

Yes. Some limited provision will be available before the start of the event at 9.30am consisting of hot/cold drinks and snacks. Water dispensers are also available at the start area for riders to fill their own bottles.

Where can I find further information about this and other Active Sunderland events?

Information about all Active Sunderland BIG Events and other events in the city in 2019 can be found at www.sunderland.gov.uk/big or find us on Facebook to keep up to date with all the latest information.