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Dear Cyclist

Re: Coast2Coast 2015

Thank you for showing an interest in taking part in the Coast2Coast Cycle Challenge in support of Kids UK.

We will be linking with C2C Hassle Free (www.C2Chasslefrees.co.uk) as they provide transport, bunk house accommodation, cooked breakfast and a packed lunch each day and make the whole experience a little bit more enjoyable. We used this company in 2013 and they were excellent.

The **2015** ride is booked from **Friday, 14th August to Sunday, 16th August 2015**, however we need to travel up on the afternoon of **Thursday 14th** to start the cycle on the Friday morning. We are planning to stay overnight on Sunday 16th for a celebratory drink and BBQ and then return home in the morning **Monday 17th**. We will arrange transport for riders and bikes on Thursday 14th to the start point and return home on Monday 17th.

The three days cycling are completely different and after each day's ride each night we'll enjoy an evening meal at one of the local pubs and stay in bunkhouse accommodation.

The ride will be led by Pete who has cycled this route a few times. We are planning to have a support vehicle on the ride in case of mechanical, physical or mental failures!

To take part in this fundraising event, you will be expected to;

- Pay a £50 non-refundable registration fee before the end of February 2015. The registration form is the very last page of this document. Fill it in and send it to us.
- Attend at least one of the longer practice training rides organized by Kids UK (details to follow).
- Raise a minimum of £500 in sponsorship. The sponsorship money you've collected should be paid into the Kids UK account on or before;
 - £250 by June 30th 2015 to qualify for participation in the ride.
 - The remainder £250+ by August 30th 2015
- Provide your own bike* and equipment i.e. drink bottle energy food to eat 'on the go' etc.
*If the current state of your bike, or even getting a bike is a problem, talk to us.
We will have some suggestions that could help you and help KidsUK.

Many thanks for even considering this fundraiser event and if you have any further questions please feel free to contact either Andi or Pete

Andi Markham
Director & Founder of Kids UK
info@KidsUK.org

Pete Kelsall
Trustee
C2C@petekelsall.com

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Coast 2 Coast 2015 cycle challenge



:: Full Information Pack ::





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Coast2Coast Cycle Challenge

Introduction:

The sponsored bike ride will be along the Sustrans C2C route starting with your back wheel in the Irish Sea at Whitehaven and ending with your front wheel in the North Sea at Tynemouth. We will be using the services of C2Chasslefree based on the route a few miles from Penrith. This service run by Julie & Robert Pickthall of Mains Farm, really does take the hassle out of organising a project. All we have to do is pedal.

The ride will be like a 'club ride' where we stay more or less all together with a leader who knows the way (Pete Kelsall) and together we ensure no one is left behind. The group will regroup frequently during each day especially at junctions and hill tops. We will, overall, ride at the speed of the slowest (with certain conditions).

It's going to be fun! The sense of achievement at the end of each day will be huge. There will be jokes and banter along the way and great scenery so bring your sense of humour and a camera.

The schedule:

Thursday 13th August

Arrive at Mains Farm and settle into the bunkhouse accommodation. We'll all muck in to help cook a tasty meal in the kitchen that will give us energy to ride the next day.

After the meal there will be a briefing and map sheets will be handed out along with phone numbers and a short but essential "What if" guide. Then it'll be time to turn in and get some rest (bring ear plugs – some people will snore).

Friday 14th August

Up early and enjoy a bacon roll breakfast in the farmhouse kitchen provided by Julie & Robert. Our bikes will be loaded onto a specialist cycle trailer which is towed behind the minibus that will take us to Whitehaven. All being well, we will be at Whitehaven for a photo shoot and then we begin the ride by about 9.15am.

All we have to do then is cycle 63 miles back to Mains Farm to shower, change and get a lift to the local pub for an evening meal and then crash into bed. Ear plugs will probably not be needed as you'll be tired enough to sleep through an earthquake.

Saturday 15th August

Up early and enjoy another breakfast in the farmhouse kitchen provided by Julie & Robert. We then ride off for a short but very tough day over the big hills in the middle of the country. Our destination is the Rookhope bunkhouse.

After a shower and change we'll go next door to the pub for an evening meal then crash out and sleep well.



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Sunday 16th August

Up early and make our own breakfast from loads of provisions in the bunkhouse. We ride off for the final day which ends with miles of gentle downhill to the river Tyne and then on to Tynemouth where we will be met by the minibus and cycle trailer. Our bikes will be loaded on the trailer towed by the minibus taking us back to Mains Farm. After a shower and change we'll celebrate with a BBQ. We stay overnight in the bunkhouses. If you need to leave on Sunday we can work out how to make that happen.

Monday 17th August

Up for breakfast in the farmhouse kitchen before we make our way home.

The route and riding it

The Sustrans C2C route is well marked and thousands of people follow it each year. Long sections, especially at the beginning in Whitehaven and at the end towards the Tyne are on traffic free cycle trails. The rest is on quiet roads. The only time we encounter much traffic is in a couple of towns and near the end at Tynemouth. We will be not taking any 'off road' mountain bike options.

We will ride as a group so no one gets left behind. If people shoot off ahead and get lost it can cause real problems. The ride leader will keep an eye on our average moving time and will always be aware of how much further we have to go and the time left in which to get there. If a rider is having problems keeping up or if a problem develops with a bike that we cannot fix at the roadside that rider may have to consider using the bailout option of calling for the support vehicle.

The first day is a long ride. There's no two ways about it, 63 miles is a long way. It's not a race and we don't have to get back until evening meal time. That gives us about eight hours which is plenty of time.

The second day is a much shorter ride at about 35 miles but it's over the hilliest part of the route. There are some long steep climbs and we will not manage to pedal up all of them. They are called pushbikes for a reason! Again, we have a lot of time to get to Rookhope.

The third day is around 45 miles. At the start of the day there are two long steep climbs but after that the most of the rest of the day is spent riding on traffic free trails gently dropping downhill to the River Tyne. Along the Tyne, through Gateshead and on into Tynemouth the route follows urban cycle routes close to the river.

Eating and drinking well is important for long distance rides. We will have the opportunity for good evening meals before each day's ride. We will provide porridge to supplement the bacon butty breakfasts. Packed sandwich lunches will be provided by the places we stay. These can be carried in the support vehicle until lunchtime.

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Each rider will need to carry at least one drink bottle. Keeping hydrated is just about the most important thing. The fittest person needs to drink plenty to be able to use their fitness. Failing to drink enough causes lack of concentration and makes it easy to get fed up and ready to give up. There are plenty of places to refill a drink bottle on route.

Each rider should carry something like energy bars, cereal bars, jelly babies, flapjack, energy gels, whatever is their own preference for 'food on the go'. It's important to keep energy going in as energy is being used up. Good foods help you stay active but some foods actually slow you down (fry ups, chips, mars bars etc). We will take planned stops at cafes each day. We will take unplanned breaks so long as time allows.

The Evening Meals

We will be having pub meals in the evenings on ride days. Each person buys their own. Riders should limit the amount of alcohol drunk in the evening before a ride and avoid it during a ride.

The following food will be provided:

- Evening meal before the first days ride.
- Breakfast each day.
- Packed lunch each cycling day.

The Bikes

The route can be ridden on most bikes that are suitable for riding on roads. Narrow, thin tyres will increase your risk of puncture on some of the trails especially those that do not have a tarmac surface. One option is to change to puncture resistant tyres for this trip. Mountain bike tyres with lots of knobs on will make it a bit harder; 'semi slicks' can be fitted to 26" wheels.

We will ask **every** rider to carry

- two spare inner tubes suitable for the tyres fitted to the bike (we will not mend punctures at the roadside, just change the tube and do repairs in the evening).
- a set of tyre levers (for taking a tyre off to change a tube).
- a puncture repair kit.
- a pump with the correct adapter for the valves on the tubes.

The ride leader will carry a bit more of a tool kit. If a mechanical problem cannot be fixed at the roadside and the combined wit of all of us in the group cannot solve the problem, it will be the bike owner's decision whether to take the bike for repair to a bike shop at their own expense or to drop out and call for the support vehicle.

The risk of serious problems like broken chains, failing bearings and snapped cables can be reduced by getting the bike serviced before the ride starts, to spot and replace any worn parts.

We are teaming up with Jim Everett of Trike+Bikes and Bike2Life to help people with servicing and even getting hold of an inexpensive, second hand bike if needed.

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Final Thoughts

Thousands of people of all sorts of ages and shapes ride this route every year. We will see loads of them while we are riding. The fitness level required is not Olympian but you must:

- Be used to riding a bike at an average speed of around 10mph for around 40 miles and be used to riding a bike for four hours or more.
 - If you often ride long distances but at higher speeds, you will need to get used to the idea of riding with a group that goes more slowly and you will be in the saddle for a longer time.
 - If you are not used to riding these distances at all, you will need to get your legs, neck, shoulders and arms used to sitting in the riding position and pedalling for a long time. Most importantly your backside needs to get used to sitting on a saddle for hours. It's worth pointing out that using a static exercise bike will not help much at all.
 - Long rides are as much a challenge for the brain as the body. There will be times during a long day on a bike when you just want to give up! You will get frustrated that the ride is going too fast or too slow. Practicing long rides will help you learn how to summon up determination.
 - If you get used to being able to do forty miles then you will be able to do a longer day when it comes to it.
- Be used to riding on roads with occasional motor vehicles coming past.
 - If you are only used to riding in Sutton Park or the Kingsbury Water Park then you will need to learn what it's like to ride on a road where cars come by. The roads on our route will be quieter roads but traffic will come past.
- Being used to riding up and down steep hills.
 - We will arrange practice rides that include some gradients like those on the ride. We will head out into real hills to find these. Learning to ride safely and competently downhill is as important as being able to cycle up them.

During the months before the ride there will be some practice rides and meetings for riders to get together. We want everyone to take part in at least one of these as a condition of coming with us. This helps get to know each other, as we will be relying on each other to help us get through what is a real challenge.

Finally we looking forward to doing this together, having lots of fun and laughter on the way. It's not a competition for speed, novelty bikes, fancy dress or anything like that. Just a group of people, completing a challenge and having fun together in the process.

If you have any questions please feel free to contact us and Pete or Andi will be happy to answer your questions.

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✉: Kids UK, 238 Dower Road, Sutton Coldfield, B75 6SY ☎: 07932 965034 ✉: info@KidsUK.org 🌐: www.KidsUK.org



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Sponsorship Tips

Doing a sponsored event for a worthwhile cause is not the easiest way of raising money however it is vital in raising the profile of the organisation and providing much needed funds to continue the ongoing work. Below are several helpful tips to aid you in reaching and exceeding your fundraising target.

- Give your sponsorship forms to your family and friends and see if they can raise money on your behalf.
- Try leaving the forms in the canteen or reception/social areas at your work place, as they are often the busiest areas!
- If you belong to any sports clubs churches or any other groups ask them to sponsor you.
- Keep plenty of sponsorship forms on you at all times, as you never know when you might bump into prospective sponsors.
- Tell people your sponsorship target to help spur them on with their donations.
- Save some legwork! Email and Facebook twitter all your friends to tell them about your jump. Get them to pledge their support for you by donating online at www.KidsUK.org.
- Read up on what the event entails and keep a copy of the information pack with you. That way you can show your prospective sponsors and help them understand what you are planning on doing and it is not for the faint hearted and therefore worthy of a donation.
- Get familiar with the work of Kids UK by visiting our website so you can explain your sponsors what Kids UK is about and why it is a worthwhile cause.
- It is often a lengthy process collecting all your sponsorship money after the event. To save on time, why not ask your sponsors to give you cheques post dated after the event (maximum of 3 months) or by donating online at www.KidsUK.org.
- Always ask the donor whether they are a UK taxpayer and if so get them to tick the Giftaid box. This adds 25% to the amount donated.

Good luck and enjoy the experience of a lifetime!!

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Sponsorship Form Coast2Coast Cycle Challenge

Title: _____ Forename: _____ Surname Address: _____

Address : _____ Post-code : _____

Tel (inc Area Code): _____

Please ask your sponsors to complete this form legibly in CAPITALS, giving the information indicated.

Kids UK needs this information in order to receive an additional 25p for every £1 given, at no extra cost to your sponsors. All you need to do is check they agree with the Gift Aid declaration printed below,* fill in the amount pledged, the amount given, the date given and tick the Gift Aid box.

Sponsors can also donate online via the Kids UK website. www.KidsUK.org

* **Gift Aid Declaration.** I want all donations I make to Kids UK now & in the future to be Gift Aided until I notify you otherwise. I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I give on or after 6 April 2008.

Title, forename & surname	House name or number	Post-code	Amount pledged	Amount given	Date given	Gift Aid
[EXAMPLE] MISS ANN	156	ABC 123	£0.00	£0.00	01/01/2013	X
			subtotal	£	£	

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Thank you. Your help will make a big difference in sharing the gospel truths with children & families

Date money was paid to Kids UK	/	/
Total money raised	£	

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Registration Form

Coast2Coast Cycle Challenge

I enclose the **£50** non-refundable registration fee for the KidsUK Coast2Coast Cycle Challenge.
Please make cheques payable to Kids UK and send to;
The Kids UK Office, 238 Dower Road Sutton Coldfield West Midlands B75 6SY.

Your Details;

Name: _____

Address: _____

Post Code:

Email address:

Gift Aid;

* **Gift Aid Declaration.** I want all donations I make to Kids UK now & in the future to be Gift Aided until I notify you otherwise. I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I give on or after 6 April 2008.

1

(Please Tick)

Agreement;

By registering for the KidsUK Coast2Coast Cycle Challenge 2015 and paying your £50 non-refundable deposit, you are agreeing to raise at least £500 in sponsorship money that will be collected and paid into the KidsUK bank account on or before August 30th 2015. (£250 by June 30th 2015 and the remainder £250+ by August 30th 2015). You are agreeing to provide your own bike that is suitable for the Sustrans C2C route and personal equipment i.e. drink bottle energy food to eat 'on the go' and be responsible for any repairs that may accrue to your bike during the cycle challenge and you agree to attend at least one of the longer practice training rides organized by KidsUK.

Your Signature: **Date:** / /

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