

F.A.Q's

**When and Where**

This year’s “Do it for Charity” London to Brighton Cycle Ride will take place on 16th September 2018. We start in Clapham Common between 06:30 and 09:00 and we finish on Madeira Drive on the wonderful Brighton sea front.

**How fit do I need to be?**

The London to Brighton cycle ride is challenging but achievable. In order to maximise your enjoyment you do need to train and get out on your bike before the ride! You can download our sample training plan now [here.](http://www.doitforcharity.com/documents/cycling-training-guide.pdf)

**Which charity can I cycle for?**

You can cycle for any of the charities listed on our [**"Which Charity?" page**](http://www.londonbrightoncycle.co.uk/whichcharity.aspx) or you can simply cycle for your own charity.



Ace of Clubs has reserved 15 places on the London to Brighton Cycle and would be delighted to have you on their team. Go their website : <http://aceofclubs.org.uk/> for a link, or select Ace of Clubs as your chosen charity on <http://londonbrightoncycle.co.uk/>

**How much do I have to raise?**

Your chosen charity will ask you to raise at least £150. This is easily achievable and both “Do it for Charity” and your chosen charity will be able to give you lots of help and fundraising ideas.

**How much will it cost me?**

We simply ask you to pay £50 on registration which covers everything including: the fully signed route, your race number, amazing buffet lunch, mechanical support two water stops and a shiny “Do it for Charity” medal to prove you have taken part!

**What kit do I need to bring?**

We recommend you have a well-serviced bike – it doesn't need to be carbon–framed or anything special but it should be comfortable and well maintained. As well as your bike it is essential you have a helmet. It's up to you whether you carry a bag with you but we recommend this is fixed to your bike (search for 'bike panniers' online) rather than worn on your back which can become very tiring.

**Is there an age restriction?**

You will need to be 16 or over but there is no upper age limit. However all participants of whatever age should ensure they are fit enough to take part in the event. If you are in any doubt please check with your doctor.

**Is transport provided back to London at the end of the ride?**

Bike and coach transport will be available back from Brighton to south London at an extra cost of £30 which can be booked upon registering or prior to the event.

Your bicycle will be securely transported back to the start point in south London where it will be returned to you upon arrival.

Local train services in Brighton will only permit a limited amount of bikes so we strongly advise you arrange to be picked up from Brighton or book our bike and coach transport (subject to availability).

**How do I book my place?**

Go to the Ace of Clubs Website : <http://aceofclubs.org.uk/> and look for a link there, or else go to [<http://londonbrightoncycle.co.uk/>](http://www.londonbrightoncycle.co.uk/)click on the “BOOK NOW” button, and then select Ace of Clubs when asked to choose a charity.

**How do I contact Ace of Clubs?**

Ace of Clubs is a day-centre for Homeless and Vulnerable people in Clapham. Every day they serve 80 to 100 meals, as well as providing showers, clothing, access to a nurse, advice and support. Look on their website for more information <http://aceofclubs.org.uk/>

To contact Ace of Clubs about the London to Brighton Cycle ride please contact Andrew Tyers by e-mail (andrewtyers@aceofclubs.org.uk) or phone 0207 7720 2811