

Information for Riders

Before the Ride

GET EXCITED!

You're helping an excellent cause; HoverAid brings relief and development to remote communities forgotten by other aid agencies. Your fundraising will help us bring medical treatment, clean water and health education to those who need it. We are the only charity in the world using hovercraft which are uniquely suited to reach communities along river systems without road or air access.

Get Sponsorship:

Paper Sponsors: Find our easy to use sponsorship form ready to print at the end of this document!

Just Giving: Or you can make a Just Giving page and get people to donate online. We have an event page, so you can join in the fun and be part of the whole team fundraising together. Join the HoverAid team and create your own page on;
<https://www.justgiving.com/teams/Hover-Ride-2017>

Text Giving: Your friends and family can donate with text giving, simply text HAUUK17 £5 to 70070 to donate £5 to HoverAid.

Those who did best last year used all forms for sponsorship!

Prepare yourself with some regular training

A suggested training schedule is included in this information. Please be aware the Island is hilly, and you should train for this.

Age restrictions

The ride is only open to those aged 16 and up. 16-18 year olds must be accompanied by a responsible adult and you must ride together.

Bikes

HoverAid will provide you with a bike for the ride itself, all you need to do is tell us your height and we will do the rest!

Our bike hire comes with island assistance for the whole weekend, at this is highly recommended. We will also provide bike locks and helmets.

If you insist on using your own bike then please insure you tell us, however you will need to get your bike to Ryde before the start of the event and HoverAid cannot accept responsibility for your bike. Please be aware, the hovercraft cannot carry bikes and will not be able to transport bikes if you turn up with them on the day.

On the Day (24th and 25th June)

Registration

This will take place at the HoverTravel hover port in Southsea at **8.30am**. You will need to sign in at the hover port, look for HoverAid staff wearing caps.

Camping

We will be camping at Stoats Farm, Totland Bay (near the Needles).

Make sure you bring a tent to sleep in at the end of day 1. If you can share with a friend or 2 that would make life lovely and easy but don't worry if you've registered on your own. There will be lots of participants and some friendly HoverAid staff there to give you a hand with pitching the tent.

If you do not have a tent, let us know, we may be able to pair you up with someone.

Dress for the occasion!

Check the weather forecast on Friday night and be prepared! We also advise padded cycling shorts (just good sense) and high visibility clothing. You will be provided with a white HoverAid t-shirt at the start line, this will help us distinguish participants from the public during the ride so please wear it over your cycling gear.

We advise you bring the following:

- High visibility vest
- Waterproofs - jacket and trousers
- Padded cycling shorts/trousers
- Waterproof day pack
- 2-litre hydration pack or water bottle
- Cycling gloves
- Small first aid kit (including painkillers, plasters, antiseptic wipes.)
- Energy food - jelly babies, mars bars, kendal mint cake, glucose tablets
- Money
- Sunblock
- Lipbalm
- Fully charged mobile phone for emergencies
- Sunglasses
- Small torch

Driving, Parking and Public Transport

As it is so expensive to transport vehicles to the Island we advise you park for the weekend in Portsmouth or travel to Southsea by public transport. Advice on how to get there and where to park can be found on HoverTravel's website, click the "Travel Info" tab at the top of the page:

<http://www.hovertravel.co.uk/>

There is a good and safe car park immediately next to the hover port which costs approx £20 for the weekend.

During the Ride

Wear Your Helmet!

HoverAid require you to wear a cycle helmet for the duration of the ride, this will be provided.

Start, Finish & Checkpoints

A Map and Route Notes area enclosed and we are following the signposted Round the Island Route Clockwise. This is marked as:



Clockwise

There will also be HoverAid signposts to help you along your way.

We will meet at **8.30am** on 24th June at Southsea Hoverport, and you should be back in Southsea by **3.30pm** on the 25th.

HoverAid Staff

Please follow the instructions of HoverAid staff at all times for your own safety and convenience. They will be wearing HoverAid t-shirts HoverAid Caps. Staff who are acting as marshals will be wearing orange hi-vis tunics over their t-shirts with the HoverAid logo printed on the back.

Obey the Highway and Cycling Codes...

Please remember that for sections of the ride you will be on a public highway and must not ignore traffic lights, ride two abreast with traffic around etc. To read the Code and see advice for cyclists visit:

<http://www.direct.gov.uk/en/TravelAndTransport/Highwaycode/Cyclists/index.htm>

Emergency Contact

You can find the organiser's contact number printed on your Rider Number. A first aider, mechanic and support vehicle are available to you. Please save **Bex's number** in your phone now - **07583670143**

Leaving the Ride or Struggling to Finish?

You must reach the end of the days cycling distance by 6pm, if you are struggling to complete the ride you may be asked to get in the car for the final distance. There will be a rear rider making sure those who are struggling will have constant help, however if they are significantly slower than the rest of the group they may have to get into a support vehicle. You must follow marshalls advice on this.

After the Ride

Collect that sponsorship money!

Make sure you collect all the funds you've pledged and don't feel shy about chasing people up. You'll have earned it after such a good ride so remember what a wonderful difference your money will make in someone's life and ask for promised funds proudly.

Over 30% of all sponsorship comes in after the event, so you can keep asking people for money, it's not a problem!

Completion Certificate

This will be awarded at the end of ride so you can show it to your friends, family and colleagues when collecting the money they've pledged (and feel darn proud!).

Questions

Please feel free to ask away, email the HoverAid team on admin@hoveraid.co.uk.

