



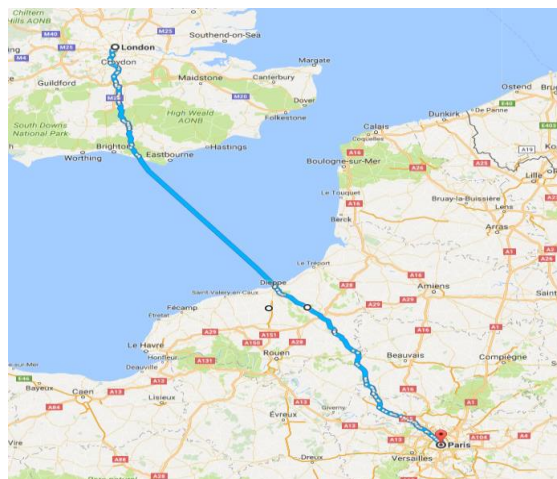
LONDON TO PARIS 24 HOURS CYCLE CHALLENGE 2020

Start Date: Saturday 23/5/2020
Time: Registration 15:00
Start 16:00
Start Location: Greenwich London
Cost: £425
Maximum No. of riders: 50

Are you looking for a challenge to make 2020 a year you'll never forget, if so this event is a must for you.

The epic event will test you physical and mentally, but it's totally achievable after good preparation and training. Starting in London, cycling through England's great countryside, a ferry ride to Dieppe, then an epic 120 mile ride to Paris all within 24 hours. A celebratory evening meal, breakfast, Eurostar back to London and great memories to cherish.

Every accomplishment starts with the decision to try



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What's included:

- Planned route (not signposted), GPS files, and route maps
- Mechanical support
- Baggage transfer
- Food and drink at our check points
- Ferry Crossing from Newhaven to Dieppe (a cabin may be available at extra cost)
- Overnight hotel in Paris (based on two people sharing, single room is available at extra cost)
- Evening Meal in Paris
- Breakfast on day three in Paris
- Eurostar return to London
- Bike Transfer back to London
- Training ride
- Training Plan

What's not included:

- Travel insurance (proof of insurance is required)
- Rider's third party liability insurance
- Cycle loss or damage insurance
- Food and drink on board the Ferry
- Drinks at the hotel in Paris
- Food and drinks on the Eurostar
- Gels and energy bars while on the ride



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Frequently Asked Questions

How fit do I need to be?

A good level of fitness is required as well as a good level of determination. This event covers around 180 miles and has a number of climbs all in 24 hours with very little if any sleep. If you are able to do a 100 mile ride this is a great indication you can do this challenge. Taking part in two long rides back to back will also help greatly with your preparation and self-belief.

Will I be riding alone?

Not usually, people usually ride in small groups of similar ability. Work together, look after each other and build great friendships. You will be more visible to other road user in small groups. There will be a number of opportunity's to change groups along the way so you may not be riding with the same people the whole way.

What speed will I need to be riding at?

You will need to be riding at an average speed of 14mph or more to complete the challenge. You have to reach each check point by a certain time, if you don't reach a check point by the cut-off point you will be collected up by a support vehicle and taken to the next check point to continue from there.

Will the route be sign posted?

No, the route will not be sign posted however from time to time route signs may be used to avoid any confusion. Before the event you will be given detailed route information, maps and also GPX files.



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Will I need to provide my own bike and equipment?

Yes, you will need to provide your own bike and be comfortable on it riding for long periods. A professional bike fit is recommended. You will also need to provide all your own equipment.

How will I be supported?

You will be supported before the event begins with a training plan and tips as well as joining in one of our training rides.

This event is restricted to fifty riders and you will be supported by support vehicles and a crew of people.

Your luggage will be transported on the support vehicles.

This support crew will help where possible with any mechanical problems you have however please ensure your bike is in great condition before you start. You will be expected to fix punctures yourself so please ensure you can.

The support crew are first aid trained and first aid kits will be in each vehicle.

A support crew member will be at each check point and will be preparing food and drinks.

What food will be provided?

Sweet and savoury food will be available at all the check points. An evening meal will be provided in Paris. Please inform us if you have any special dietary requirements.

You will need to buy your own food and drinks on the ferry crossing, and your own drinks in Paris.

Where will we be staying?

We have selected three hotels in Paris all of which are 3 star. The exact hotel will be confirmed closer to the event. The celebratory evening meal will either be held in the hotel or in a restaurant a very short walk from the hotel. Breakfast will be served in the hotel.



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How will we be getting back to London?

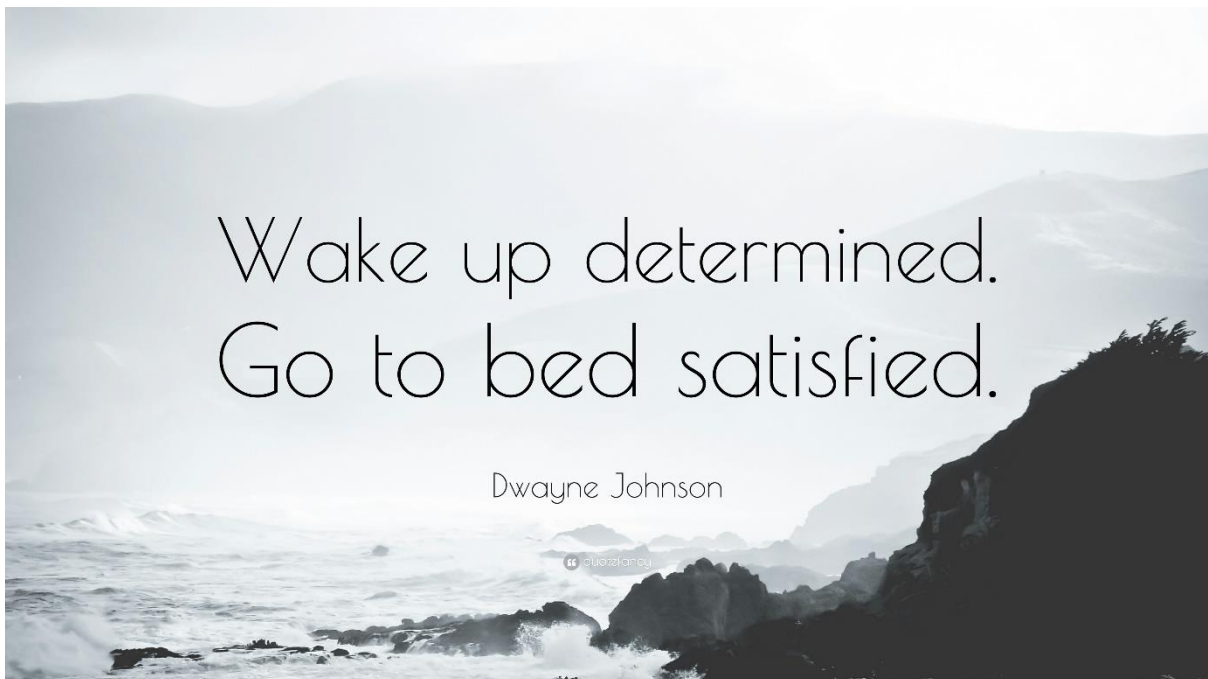
You will be traveling back in style on board the Eurostar. Please arrive at the terminal at least 60 minutes before hand with all your luggage.

Can I do the event to raise funds for a charity?

Yes of course and its encouraged. This is an epic challenge which can be used to raise a large amount for your chosen charity.

Final thoughts

This is an epic challenge that you will never forget, with likeminded people and a great support team. As you approach Paris you will undoubtedly have mixed emotions, you will be tired and drained but you won't want the experience to end!



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