

ROTARY CLUB OF EASTHAMPSTEAD

3 Counties Cycle Ride

Sunday 12 September 2021

Riding for Charity!

Fun for all the Family!

www.3ccr.org



Rotary
Great Britain & Ireland

Event Details

The event is on the **12th of September 2021**.

Entry: **£20.00** and **£10.00** for under 18 riders.

Entry on the day: **£25.00** and **£10.00** for under 18 riders.

This year there will be a **20% discount for family groups and groups** that complete the on-line entry form.

Family groups enrolling on the day will also receive a 20% discount.

Individual entries such as solo rider and group leader or as an individual joining an existing family group or group will **not** receive the 20% discount.

Conditions of Entry

1. We reserve the right to refuse entry to anyone on the day of the event.
2. Participants ride entirely at their own risk. The Organisers cannot be held responsible for any injury or damage.
3. Unroadworthy cycles will NOT be allowed to take part.
4. Participants must comply with any instructions given by the police, or the course marshals. Failure to do so will result in disqualification.
5. Under 18 riders can **ONLY** ride as part of a **group** and must have parent / guardian consent. They **MUST** be accompanied around the whole of their ride by **AT LEAST** one 18 or Over rider.
6. All monies raised by the participants must be passed in its entirety to the Three Counties Cycle Ride.
7. **Riders MUST wear a cycle helmet.**

Route Maps and Descriptions

Please note that all routes are subject to minor changes.

15 Mile Route ([see routeyou.com](http://see.routeyou.com))

A family friendly route with a routeyou.com overall difficulty score of 43/100. Estimated ride time around one and half hours.

NO drink stations on this route.

33 Mile Route ([see routeyou.com](http://see.routeyou.com))

A moderately challenging route with a routeyou.com overall difficulty score of 70/100. Estimated ride time around three hours - without any stops.

TWO drink stations on this route:

Dunsden Green

Approximately 12 miles from the start.

Opens at 09:00 closes at 12:00.

Note the 54 and 33 mile routes divide at this point - please check the signage carefully.

St Marys & St Nicholas Church, Remenham Lane

Approximately 19 miles from the start.

Opens 10:00 closes at 15:00.

54 Mile Route ([see routeyou.com](http://see.routeyou.com))

A more challenging route with a routeyou.com overall difficulty score of 80/100. Estimated ride time around four and half hours - without any stops

THREE drink stations on this route:

Dunsden Green

Approximately 12 miles from the start.

Opens at 09:00 closes at 12:00.

Note the 54 and 33 mile routes divide at this point - please check the signage carefully.

The Tree Barn, Greenfield Farm, Christmas Common

Approximately 26 miles from the start.

Opens at 9:30 closes at 15:00.

St Marys & St Nicholas Church, Remenham Lane

Approximately 37 miles from the start.

Opens 10:00 closes at 15:00.



Fund Raising

Over the many years the Three Counties Cycle Ride event has been run many local and national charities have benefited from rider's fund raising efforts. Additionally the volunteers from number of charities, including Guides, Scouts, Ascot Alzheimer's Association, Wildridings School Association and other Rotary Clubs, are able to support us on the day in return for a contribution to their organisation. Any additional money you can raise will make a difference to our nominated charities as well as the organisations that help us to run the event.

Sponsorship Form

If you prefer to use a sponsorship form for your fund raising you can download a pdf version from our website (found on the Ride Details page under - Fund Raising). When completing the form ensure that your sponsors complete names, addresses, the gift aid box, and the amount per mile they are donating. If you fill the sponsorship table simply print an extra page and clip it to the first form. After the event, please follow the details within the pdf for payment of the money you have raised.

JustGiving

JustGiving is the easy and efficient way to donate and raise money for charity. Use JustGiving as an alternative for the payment sponsorship monies. On the Ride Details page under - Fund Raising click on the button and follow the simple instructions to set up a web page with your details for this cycling event. Then e-mail your JustGiving web page link to any potential sponsors referring them to your link for their sponsorship. This saves you the trouble of collecting money and then sending it to us.

Donation

If you don't want to ask friends and/or family for sponsorship but you are happy to give a donation then this can be done through JustGiving to our charity. On the Ride Details page under - Fund Raising click on the button - on the JustGiving page select the amount you want to donate and then follow the simple instructions to complete your donation.

Last Entries

Last online entries must be sent no later than **Friday 10th of September 2021**
Late entries received by post in the week starting the **6th of September** will be processed, however, rider number and start times will be supplied at check in.

One The day

Approach Garth Hill College via Bull Lane (note Sandy Lane is a no through road for cars). Cars can be parked in the Garth Hill College car park. In the event of the College car park being full then you can park in any of the town's car parks including Albert Road Car Park, which is nearest to the College, but please remember **to pay the fee** to avoid a penalty.
The first riders will depart at around **08.00**. The latest starting time possible is **09.30**. The routes will be fully sign posted, and there will be marshals at all important junctions. If you experience any problems with your cycle, or you become unwell or hurt, the route will be patrolled by stewards with mobile telephones. There are also communication links at our checkpoints. We will endeavour to provide appropriate assistance where practical.
For the **event only** we have an emergency number: **07748 701346**. This number is intended for **minor instances** (lost, breakdown, etc.). For accident emergency services call the normal 999.

Check In Procedure

Arrive at least **30 minutes** before your start time, ready to check in 15 minutes before you are due to set off from Garth Hill College.
Follow the signs to the check-in point. Here you will be given your Bike Ride Number. Once you have your rider number you will be directed to where you can collect your 3ccr T-Shirt. We hope you will wear it on the ride to identify you as one of our riders.
Please note you are **NOT** entitled to a T-shirt if you have enrolled **after the 22nd of August**.



At The Finish

At the finish in Garth Hill College, go to the check-in area where you will be given your medal, a drink and a certificate that shows you have completed your chosen ride.

If you have any queries regarding the payment of your Sponsorship money into the Three Counties Cycle Ride account please ask any of the organisers for information.

After The Event

Unless you have used **JustGiving**, you will need to collect the money which has been promised from everyone who has sponsored you. When you have collected all the money you have two options:

- Send, to the following address: *Three Counties Cycle Ride, 7, Meadow Road, Wokingham, RG41 2TE* a cheque made payable to **Three Counties Cycle Ride** and **include** your **Sponsorship Form**.
- Alternatively pay the money in to any bank using the bank sort code and account number: 40-18-46, 41423177 and post your Sponsorship Form to the address above.

Please keep an eye on the Photos page on our website for pictures of the event and announcements for the next event.

If you have any feedback about the event we would greatly appreciate your comments - please use the Contact Us form on our website.

Tips

- Practice as much as possible during the weeks before the ride - it will make the ride much more enjoyable if your muscles are tuned-up for cycling.
- Get a good night's sleep before the ride, and have a good breakfast on the day of the event.
- Check that your bike is roadworthy - check the tyres, brakes and all cables. If you are not sure how to do this take your cycle to a local bike shop. A Bracknell shop is Halfords (postcode RG12 1EN or you could try [Berkshire Cycle Company](#) who support our event.
- The most common breakdown is a puncture, so please check you have at least enough tools to carry out a repair. We recommend you have a spare inner tube and don't forget the pump!
- Bring some food to nibble; chocolate and fruit are a good idea. Note: drinks will be available at the drink stations.
- Ride at a leisurely pace. Enjoy the countryside, remember **THIS IS NOT A RACE**.
- Wear clothing - or reflective material - that will make you visible to motorists.
- If you do not have some sort of eye protection we recommend you buy some safety specs.
- Carry some cash with you, in case your bike breaks down. Our recovery vehicles will carry out repairs, but there will be a charge for parts.
- In the event of an emergency our recovery vehicle can bring you and your bike back to the start point.