



# Faversham Family Bike Ride

Thank you for signing up to Faversham's Family Bike Ride. Here are a few details that we hope will help you get the most out of an enjoyable event.

## The Ride

Date: Sunday 8<sup>th</sup> May

Start & Finish Point: Abbey School, London Road, Faversham, ME13 8RZ

Rider Check in from 9am

Bike Ride Start time 10am

Route: Mostly on roads. Depending on the weather conditions some country lanes, at times, can be quite narrow and uneven.

Drink Stop: will be provided at the halfway point outside Belmont Gates

Duration: Depends on pace, cyclists could do the 12km route anywhere from 1 hours to 2 hours.

## Sponsorship

We encourage participants to try and raise sponsorship.

You can raise money for the **Faversham Community Fund**, which will be used to support organisations serving our local community that are in need.

If you wish to raise funds for your chosen charity, you can download a sponsorship form from our web page <https://favershamrotary.org/bike-ride>. Alternatively, you can set up your own fundraising page on JustGiving <https://www.justgiving.com/start-fundraising>.

## General Bike FAQ's

**I haven't ridden my bike for a while, will the Ride be suitable for me?** Yes, the 12 km route does require a certain level of training and fitness. Practice a little first, and you will enjoy the ride. It is your responsibility to make sure that you are medically fit enough to take part in the Ride. If you have a medical condition that may be affected by exercise (particularly a heart condition) or if you are in any doubt about your health, you must get clearance from your doctor before participating.

**How high should my saddle of my bike be? Should be able to touch the ground with both feet?** Your saddle should be level and high enough so that your leg is not quite straight at the bottom of the pedal stroke with the ball of the foot on the pedal. When you need to stop, slide forward off the saddle, then put both feet on the ground. To do this safely, avoid wearing a long coat or anorak that might prevent you sliding forward, trapping you on the saddle. In the right position you will go further or faster with less effort.





**Take care in using your front brake or you might go over the handlebars** Your bike's most powerful brake is the front one. Always use both brakes, on dry tarmac the front brake should do most of the work. Just like driving a car, make sure you can stop within the distance you can see, important in narrow lanes. If it's muddy or wet on the road, slow down it could be slippery

**What clothes should I wear?** Wear bright clothing so that you are visible. Ensure that your trouser legs are not too loose so that they do not get caught in the chain. Ideally wear shoes with stiffer soles to concentrate the force of your legs into the ball of the foot, which should be central on the pedal. Trainers are fine but keep the laces well clear of the sprocket and chain. All riders must wear a hard-shell cycle helmet. Riding at a pleasant pace, you will keep yourself warm by the energy you expend, so there is never a need to wear a padded jacket. In a headwind on a flat road, baggy clothing will slow you down and spoil your ride. But, you should always wear gloves to keep your hands warm as they cut into the breeze, and to protect them in the unlikely event of falling off.

**What refreshments are available?** There will be a water station en-route for you to fill your water bottles free of charge.

**How should I prepare my bike for the Ride?** Before your ride, please check that your bike is in good condition. Both brakes must work. Clean and oil the chain. Inflate tyres to the pressure stated on the sidewall of your bike tyre.

**Will a puncture finish my ride?** No, but if you have a puncture, please stop immediately to avoid damage to the inner tube. You need to buy and carry with you a spare tube in the correct size, as printed on the outside of the tyre. Most punctures can be fixed in ten minutes. Other riders may be able to offer you assistance.

**Are the roads closed?** No. For all rides there are staggered starts. All riders need to have completed their ride by 2.30pm.

**Parking:** Limited parking is available at The Abbey School. Parking is available on surrounding roads and car parks in Faversham town centre

**Have a great ride!**

