



# QUESTIONS & ANSWERS



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T: 029 2031 6211  
E: [info@velindrefundraising.com](mailto:info@velindrefundraising.com)  
W: [www.velindrefundraising.com](http://www.velindrefundraising.com)

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

This is a very challenging bike ride and you will need to train and prepare yourself thoroughly beforehand. Sufficient and proper training is paramount for your enjoyment and completion of the challenge. We will supply you with a training and fitness guide. If you suffer from a medical condition you should seek advice from your GP.

You will need to complete a medical form, and it is essential that you make us aware of any medical conditions you have before the event, or if any circumstances change leading up to the challenge.

### **What's the terrain like?**

This is a road ride, with some steep hills everyday! You will need to practice ascents and descents and be comfortable riding up to 6-8hrs per day.

### **What happens if I get tired?**

There will be regular breaks and rest stops. This is not a race and you will be able to go at your own pace. We will have back-up vehicles if you are unable to continue or need a rest.

### **What's a typical day cycling like?**

Whilst on the bike ride we will be staying in hotels. When we are cycling we will be up at around 6.30am! After an early breakfast, we will normally start cycling around 8.30am.

We cycle for 3-4 hours in the morning and then stop for lunch.

In the afternoon we bike for a further 2-4 hours to our overnight stop. We aim to have cycled over half of the days distance before stopping for lunch.

Typically, we stop every 15-20km for water and snack stops (energy snacks/biscuits/fruit) depending on the ability of the group and weather.

Once we arrive at our next hotel we will have time to relax before dinner, where we hear more details about the following day's cycle.

### **What if people think my challenge is holiday?**

This is definitely NOT a holiday! This is a packed schedule and you will be cycling the day after landing in America; the route has some very challenging hilly sections, and you will be cycling over 530km in 5 days.

To participate, you will need to commit yourself to months of training and fundraising, and the money you raise will make a massive contribution to Velindre Cancer Centre.

On the actual event you will undertake a physically demanding, and often mental challenge, where the facilities will often be basic. All these things take commitment, time and effort and are definitely not to be considered an easy holiday.

### **What sort of back-up is provided?**

You will have a representative from Velindre Fundraising; a doctor (who carries a comprehensive medical kit), plus experienced local bike guides, cooks, mechanics/drivers. There is a back up vehicle which will follow us and set up water/snack stops.

The support team members will have walkie-talkie, mobile contact and carry a satellite phone in case of emergencies.



### What will we eat and drink?

Water and snacks will be provided for the ride. Tap water in America is safe to drink.

Breakfast will be tea, coffee, herbal tea, pancakes, French toast, fruit, bacon, etc. A typical lunch will be sandwiches – ham, chicken, turkey, cheese, salad, crisps, fruit, chocolate, trail mix etc. For our evening meal there will be pasta, meatballs, rice, potatoes, vegetables etc.

### Do I need any vaccinations?

No specific vaccinations are required for a visit to the USA. It's recommended to ensure your Tetanus and polio vaccinations are up to date. A great website that is regularly updated is [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)

### What will the weather be like?

September is the beginning of autumn in America. Temperatures are cool and pleasant for cycling. Daytime temperatures will be around 15-25°C, night time temperatures can drop to 2-5°C. When we begin our cycling each morning, temperatures will still be low, so it is important to wear layers that can be shed as the day progresses, these can be carried in your camel pack/rucksack. Whilst the weather is typically calm at this time of year, please be aware that there is always a chance of rain – so please come prepared!

### Do I need any specialist kit?

We will supply you with a detailed kit list. You will need a helmet (essential, you will not be allowed to ride without one), cycling shorts, gloves and your own saddle (optional).



### Will I be insured?

You are responsible for taking out adequate travel insurance to participate. Further details about what needs to be included within the policy will be sent when you sign up. We can recommend some preferred insurers.

If you have an existing annual policy we highly recommend you call and check that you are covered for the event. We also recommend that you check you don't need pay an upgrade for this challenge.

### Foreign and Commonwealth Office advice

We recommend that you periodically review the travel advice issued by the Foreign & Commonwealth Office, which relates to all aspects of your destination, at [www.gov.uk/knowbeforeyougo](http://www.gov.uk/knowbeforeyougo)

### Where will we sleep?

On this trip we will stay at hotels. The room configuration will be twin share.

### How much money will I need to take?

Approx. 300-\$375 spending money should be sufficient for drinks, tips and some souvenirs.

### Can I stay on after the bike challenge?

Anyone wanting to stay on after the event should contact UTC, (we will send you a flight extension booking form once you have signed up). The cost of extending the flight is approx. £95 per person and is strictly subject to availability and airline rules.

## Do I need a visa to enter America?

Although British passport holders do not need a visa to travel to the US, since January 2009 it became compulsory for all British passport holders to register themselves online before departure to the United States and to obtain a Visa Waiver. The cost is approx. \$14.

## How much will I need to raise and what's included in the trip?

To book your place on the trip each participant will need to pay an entry fee of £200. Each participant will need to raise £6,000 in sponsorship – this is a lot of money but we have experienced staff who have helped and supported hundreds of fundraisers to raise similar amounts previously.

### Included will be:

- International return flights to Las Vegas
- Internal transfers
- Twin hotel accommodation throughout the ride
- 21 gear rigid hybrid bike e.g. Trek 7.2
- Twin share hotels
- Expedition Doctor with comprehensive medical kit
- Local guides, support team and vehicles
- All meals (unless stated)
- Airport taxes



## Can I cover the cost of the trip myself?

Your initial non – refundable registration fee will meet some of the cost of travel, meals, equipment and general organisation. A percentage of these costs will also, however, have to come out of the money you fundraise – with an event of this size, this is inevitable. This means that each person that sponsors you must realise that a percentage of their sponsorship will be used to cover these costs. If you feel unhappy about this, you can talk to us about paying for the cost of your bike ride yourself (around £2,700 depending on numbers) and fundraise for the remainder.



## For further details please contact:

**Velindre Fundraising, Velindre Cancer Centre**  
Whitchurch, Cardiff CF14 2TL

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## Velindre is Wales' premier Cancer Centre, providing care, support and treatment to cancer patients and their families for over 60 years.

Velindre is the major provider of radiotherapy and other specialised anti-cancer treatments in Wales. Access to radiotherapy is critical to improving patient outcomes for cancer.

We all know of family, friends and loved ones who have been touched by cancer.

The incidence of cancer is rising by 2% each year in Wales with nearly 20,000 people diagnosed with this illness each year, and by 2020 one in two of us will develop cancer and 150,000 people will be living with a current or previous

diagnosis of this disease.

However as Velindre staff strive every day to deliver the best cancer services through exceptional care, more people than ever are living with cancer – survival rates have doubled in the last 40 years through better treatments and earlier detection.

We want to lead in the delivery and development of compassionate, individualised and effective cancer care to achieve outcomes comparable with the best in the world.

Donations to Velindre are used to fund things over and above what the NHS provide, so fundraising really does make a huge difference to our patients and their families.

**We aim to provide the best care, when people need us most.**

 Find us on:  
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