

Frequently Asked Questions



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 Codi Arian
CANOLFAN GANER
VELINDRE
CANCER CENTRE
Fundraising

 Registered with
FUNDRAISING
REGULATOR
Reg Charity
No 1052501

www.velindrefundraising.com

The Challenge:

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 very long days in the saddle! You will need to be comfortable riding up to 8+ hours per day.

What is a typical day cycling?

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 4-5 hours in the morning and then stop for lunch. In the afternoon we bike for a further 3-4 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 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.

Do I need any specialist kit?

We will supply you with a detailed kit list. You have to wear a helmet while riding, cycling shorts, gloves and your own saddle (optional).

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 sections, and you will be cycling over 625km in just 4 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 are back up vehicles which will follow us and set up water/snack stops. The support team members will have mobile contact and carry a satellite phone in case of emergencies.

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.



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The Destination:

What will the weather be like?

November is an excellent time to visit the sunshine state, it's the time of year when the weather starts to cool down and the probability of hurricanes is drastically reduced.

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.

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. \$300-400 spending money should be sufficient for drinks, tips, and some souvenirs.

Foreign, Development 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

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. \$21.

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

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.

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 a non-refundable 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
- Internal transfers
- Twin hotel accommodation throughout
- 21 gear rigid hybrid bike e.g. Trek 7.2
- Twin share accommodation
- Expedition Doctor with medical kit
- Local guides, support team and vehicles
- All meals (unless stated)
- Airport taxes

! For Information and Guidance relating to your fundraising, promotion of your involvement or payment options, please view our dedicated pack [here](#).



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