

THE MYTON HOSPICES CYCLE CHALLENGE



Welcome to #TeamMyton

NEW FOR 2024
20KM
ROUTE

Thank you for signing up to The Myton Hospices Cycle Challenge!

Now it's time to get into gear and set the fundraising wheels in motion!

With your help and support, we hope to raise £37,500 from this event which could fund the running costs of our Warwick Myton Hospice for 7 days so we can support more people living with life-limiting illnesses, and their families, now and in the future.

This pack has everything you need to know about the event, information about our vital work and why your fundraising is so important.



Thank you for signing up!

 myton
hospice

RAISING THE MONEY

To hit our £37,500 fundraising target, we rely on supporters like you. Please consider setting up a JustGiving page to help us raise vital funds. Your registration fee covers the cost of the event, but it is your sponsorship money which makes the difference to our patients and their families.

If you have pledged to raise £100, you will get a 2024 Cycle Jersey as a thank you! If all of this year's Cycle Challenge participants pledged to raise £100 in return for this year's fantastic jersey we would far exceed our target!

Whether you choose to fundraise or make a donation in lieu, have a look at the difference your money will make to the people Myton cares for.

FUNDRAISING INSPIRATION

Myton's mission is to be here for everyone who needs us – we are not just about end of life care, we are here to support patients and their loved ones right from the moment they are diagnosed with a terminal illness.

Last year we supported 1,700 people and their families, in our hospices, via our patient & family support services, and in the community through Myton at Home.

With a staggering £10.5 million to be raised through fundraising, to ensure we can continue to provide our services free of charge, your support is vital. You never know when you, or someone you love, will need a hospice.

Just 20% of our funding comes from the NHS. We rely on donations and support from our local communities. By raising sponsorship or donating in lieu, you are investing in Myton's future as well as making a difference to the people who need us right now.

There are lots of different ways to fundraise and we have included on our fundraising hub our 1-25 Fundraising Ideas to help you boost your sponsorship!

FACEBOOK FUNDRAISERS

Please let us know, by emailing the Events Team, if you set up a Fundraiser on Facebook; we receive limited information from Facebook which makes it extremely hard for us to link the donation to your fundraising otherwise.

GIFT AID

UK tax payers can raise an additional 25% through Gift Aid at no extra cost to themselves. To ensure we can claim Gift Aid we need the full name, home address and post code of your sponsors – and of course don't forget to tick the Gift Aid box!

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MATCH FUNDING

These are two words charities love to hear! Many employers offer match funding which means they will match what you have raised (to a certain amount), potentially doubling what you raise for Myton! Why not speak to your employer to find out if this is something they will do?

ONLINE FUNDRAISING

Setting up a JustGiving fundraising page is one of the most effective and easy ways of encouraging families, friends and colleagues to sponsor you. By setting up a JustGiving page, you can share your fundraising page via email and on Facebook, Instagram and Twitter as often as you want to.

Having an online fundraising page also means you do not have to physically collect money after the event, plus Gift Aid is automatically calculated and processed.

If you haven't already why not set up your online fundraising page through JustGiving with just a few simple clicks. Find out how to set up a JustGiving page via our Event Hub or at www.mytonhospice.org/cycle-jg





The difference your support makes *Stephen's Story...*



The money you raise means we can make the most difficult times that little bit more manageable, and care for more people like Stephen and his sister Louise.

Stephen Boyer was first introduced to The Myton Hospices in 2018 after being diagnosed with aggressive non-Hodgkin lymphoma as well as three brain tumours. He was an outpatient at Myton throughout his yearlong treatment.

Stephen's sister, Louise, said:

"He would take his guitar along to his sessions to entertain the other patients and staff. Stephen also accessed counselling at Myton and found the support invaluable. He made lots of friends there."

However, this wasn't the first family experience of Myton, as in 1999, Stephen and Louise's dad died at Warwick Myton Hospice.

Louise continued:

"Steve had been raising money for Myton ever since our dad died, but after his treatment Steve was unable to return to work so started busking regularly for different charities including Myton. He sang at their summer fayre with his friends and would often be seen in Jephson Gardens in his Myton t-shirt raising money. He knew the importance of the work Myton do and was an official fundraiser which he was very proud of. He encouraged others to get involved and his friends are still playing music and raising money for Myton which I know would make him happy."

Steve was diagnosed with pancreatic cancer in January 2022 and in early 2023 he started receiving visits from Myton at Home.

"The care Myton gives our community is invaluable and as a family we are incredibly appreciative of anything they do. Thank you!"

Louise said:

"This diagnosis didn't stop him from enjoying music and he continued to raise money for Myton. The Myton at Home team were fantastic, supporting not only him but us too."

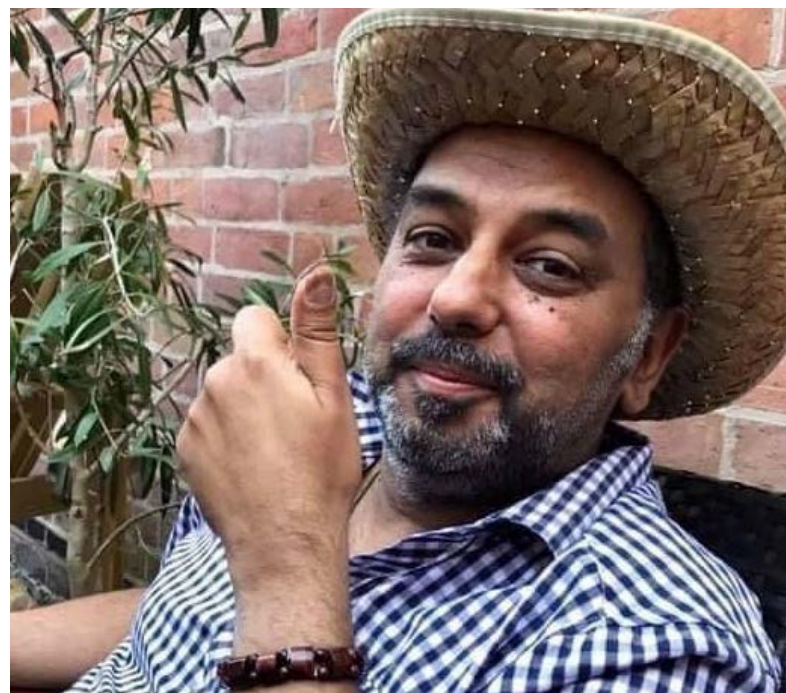
Stephen then spent a week at Warwick Myton Hospice before he died on 14th March 2023.

Louise added:

"The care he received was truly amazing and the staff were a dedicated and incredible team. Not only did they care for Stephen, but the family as a whole. As most of the staff knew Stephen before he was admitted, whether in a fundraising or care basis, it was nice to have that connection with them all."

"The care Myton gives our community is invaluable and as a family we are incredibly appreciative of anything they do. Thank you!"

With your sponsorship and fundraising, you can help more people like Stephen when they need us most, now and in the future.



EVENT GUIDE AND INFORMATION

DATE: Sunday 4th August 2024

LOCATION: You will register, start and finish at Warwick Myton Hospice (Myton Lane, Warwick, CV34 6PX)

TIME:

- 6.45am** Registration opens 100 mile
- 7.15am** 100 mile set off
- 7.15am** Registration opens for 100km
- 7.45am** 100km first wave sets off
- 8.15am** 100km second wave sets off
- 8.15am** Registration opens for 50km
- 8.45am** 50km first wave sets off
- 9.15am** 50km second wave sets off
- 9.00am** Registration opens 20km
- 9.30am** 20km sets off

RIDE TIMING:

This year we are using Strava to track ride times. To time yourself and get access to our routes you can

STRAVA join the club 'Team Myton' which will have all four routes listed:

www.mytonhospice.org/strava

If you haven't already, you will need to create a Strava account; you can do this at www.strava.com or download the app straight to your phone.

PARKING:

Parking will be available at Myton School. Parking spaces are limited though so if you are able to, please try to car share, use public transport, or even cycle to the event.

WHAT HAPPENS AFTERWARDS?

Once you've completed your distance, you'll be welcomed back to Warwick Myton Hospice where there will be a BBQ, drinks and entertainment.

WHAT SHOULD I WEAR?

You must wear a helmet to protect yourself against injuries in the event of an accident. If you are spotted at the start line or throughout the event not wearing a helmet, you will be unable to take part. And we can't wait to see everyone wearing their bespoke 2024 Cycle Challenge jerseys! Wearing bright, reflective clothing will make you more visible to other road users.

IF IT RAINS WILL THE EVENT GET CANCELLED?

We will not cancel the event unless the safety of our volunteers and participants is at risk. If the event is cancelled you will be notified. Our events team will be monitoring the weather forecast in the run up to the event but please also make yourself aware of weather conditions on the day and prepare accordingly – sunscreen, wet weather gear etc.



STAYING SAFE:

Please ensure you save the events team mobile number in your phone. This way you will be able to contact the events team at any point during the day: 07596953076.

For serious accidents do not hesitate to ring 999 and then ring the events team to let us know.

For minor injuries please ring the events team for assistance or to let us know you have been picked up and will not be completing the ride, quoting your rider number.

If you witness an incident please stop and call the events team on the above mobile number.

If you cannot complete the ride for any reason and make your own way home please inform our events team, quoting your rider number.

All three main routes use public roads and are not closed off to other vehicles for the event.

Please be considerate to other road users, signal clearly, use cycle lanes where necessary, and abide by the Highway Code.

Marshals are for visible presence only – they cannot stop traffic for you.

We recommend that all riders have both bike and personal liability insurances, as we cannot be held responsible for damage, loss or theft of your bike or personal items or personal liability.

PHOTOGRAPHS:

Photographs will be taken throughout the event.



FUELLING AND HYDRATION

20KM ROUTE:

There will be a water stop along this route

50KM ROUTE:

Pillerton Priors Village Hall (CV35 0PJ) at 23.3km
Open 9.30am to 1pm

100KM ROUTE:

Preston on Stour Village Hall (CV37 8NG) at **25.7km**
Open 7.45am – 1pm

Tysoe School (CV35 0SD) at **71km**
Open 10am to 3pm

100 MILE ROUTE:

Weston-sub-Edge Village Hall (GL55 6QL) at **27 miles** Open 8:15am to 12:30pm

Temple Guiting (GL54 5RT) at **46 miles** Open 9:30am to 1pm

Tysoe Village Hall (CV35 0SE) at **72 miles** Open 10am to 3pm

TECHNICAL SUPPORT ON THE DAY

We are really lucky that the team from Unleashed Cycles will be supporting our cyclists throughout the event should they need any assistance or urgent maintenance work on their bike. Please note that we have such a large distance to cover, that it could take some time for them to get to your location. We would also like to remind you all that Unleashed Cycles do this for Myton free of charge and will support you as much as they can but should you need new parts there may be a charge for these so please ensure you have cash on you or you are able to make a bank transfer there and then.

ROUTE MAPS AND LINKS

Due to a number of changes in road layouts the team are working hard to get these routes finalised as soon as possible for you. Participants will be notified by email as soon as these are live on Strava. For all of the people who have taken part in our previous cycle challenges, they will be the same routes with a few amendments! Thank you for your patience with this.



How do you get one of these bespoke jerseys? Well it's very simple:

Commit to raising £100 in sponsorship for the Cycle Challenge and you get one of these FREE*



Front



Back

See website for size guide: www.mytonhospice.org/cycle



THE MYTON CHAMPION

For those of you who have chosen to take on the 100 mile and 100km routes, we have selected a hill climb designed to challenge both you and your bike; your goal is to reach the summit safely in the best time possible! The fastest male and female rider will be crowned the Myton Champions and receive a unique winner's jersey.

This element is now timed through the Strava app so please ensure you are using this and are following the routes via the Team Myton club page to qualify for the challenge. Everyone will be notified by email when all routes are uploaded to the Team Myton club page.

The hill climb is designed to add some light-hearted competition to the ride and we expect all riders to take part in this spirit. The guidelines for selecting a winner are as follows:

- Riders must complete their route in full
- The quickest rider will be the fastest to complete the Saintbury Hill climb segment on Strava
- In the event of a tie-breaker the winner will be the one who records the quickest average time from start of the ride to the summit of the climb
- Reckless and bad-mannered riding will not be tolerated and if witnessed the rider will be disqualified from the challenge

Our fabulous Champions jersey will again be awarded to the quickest to reach the summit of our timed hill climb. Who will be claiming them in 2024? We think it is worth the burn!



Front



Back



Medals

It wouldn't be a Myton event without a bespoke medal waiting for you at the finish line! Everyone who completes their chosen route will receive a medal; take a look at this year's.



Thank you for joining #TeamMyton's Cycle Challenge 2024! Please fundraise and pedal as hard as you can so that together we can make this year's event the most successful yet! We look forward to seeing you in August!

Join our Challenge Event Facebook group to keep up to date with event information and connect with other participants: [mytonhospice.org/challenge-group](https://www.mytonhospice.org/challenge-group)

For more information please email events@mytonhospice.org or call 01926 838838

www.mytonhospice.org/cycle

[f](#) [t](#) [i](#) @MytonHospices

Please use 0796953076 should you wish to contact the events team on the day of the event.



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Registered Charity No. 516287