

THE MYTON HOSPICES CYCLE CHALLENGE



Welcome to #TeamMyton



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 £55,000 from this event which could fund the running costs of our Inpatient Unit at Warwick Myton Hospice for 11 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!



Raising the money

To hit our £55,000 fundraising target for this event, we need your help. 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.

There are lots of different ways to fundraise, take a look at our 1-25 Fundraising Ideas to help you boost your sponsorship.

If you have pledged to raise £100, you will get a 2025 Cycle Jersey as a thank you!

Did you know...?

We are not the NHS, we are a charity and just 20% of our funding comes from the NHS. Every year we have to raise over £11 million to continue providing our services free of charge to our patients and their loved ones. We can't do this without amazing people like you!

Last year we supported 2,000 people and their families, in our hospices, via our patient & family support services, and in the community through Myton at Home. To do this 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. You never know when you, or someone you love, will need a hospice.

The national Hospice Funding Crisis is forcing hospices across the UK to cut services and make redundancies. We, along with others, are actively lobbying for urgent reform in hospice funding. Despite these challenges, we will continue to fight to keep our services open and support as many people as possible.

Thank you for being part of this journey with us. Together, we can secure the future of hospice care in our community and with your continued support, we can ensure Myton remains 'Here for everyone, forever'.

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 on this hub.



The difference your support makes

The money you raise means we can make the most difficult times that little bit more manageable, and care for more people like Imelda and her family.

Imelda McHugh was diagnosed with Multiple System Atrophy (MSA) in 2021, a rare, progressive disease affecting the central and autonomic nervous systems, which control movement and involuntary functions.

Imelda has been seeing a Parkinson's nurse in Coventry since her diagnosis to help with her symptoms. The nurse mentioned our Patient & Carer Wellbeing Service and how it could benefit her. Imelda started receiving weekly calls from our Wellbeing Team in 2024, signposting her to services to further help her and her family.

Imelda continued:

"When the nurse mentioned Myton and palliative care, I was initially frightened by what that might mean and I must admit I was still dubious when I first started talking to Jill,



my Myton Wellbeing Nurse, but with each phone call my worries disappeared. She referred me to Myton's Complementary Therapy service which was a dream. I had a massage on my arms, shoulders and neck. Oh it was heaven!

"Jill also informed me of all the support groups I could attend to meet likeminded individuals

in similar situations. I was also made aware of the carers support group which I knew nothing about. My youngest daughter is 21, she has autism and lives at home with me and her dad. To have a place dedicated for them as my family is incredible. They're able to talk to other carers and family members, share their experiences and maybe get a few helpful tips. With my daughter's autism, she's very reliant on us. My partner is 15 years older than me and my only fear for the future is how she will cope when her parents aren't here anymore. But

"Since the minute I arrived, I felt so relaxed and like I was able to breathe again."

she thrives at Myton, she's a whole new person, opening up to people in a way she never

Imelda's Story...



has. She is so comfortable at Myton and I think that is the biggest reflection of the environment they create."

After six months of attending these sessions, Imelda was admitted to our Warwick Myton Hospice in early January 2025 for a week of Respite care.

Imelda commented:

"I couldn't wait to give my partner a break. He does so much for me and our youngest daughter so to have this week dedicated to giving him, as well as me, a break is all I could ask for. They planned to go away for a few days whilst I was there which is something they just wouldn't be able to do with me at home. I also got the very best care and a bit of a pamper here too.

"Since the minute I arrived, I felt so relaxed and like I was able to breathe again. When Myton was first mentioned, I wrongly assumed hospice care was just for those at the very end of their life and I fully associated Myton with death. But I was so wrong. Being here has opened my eyes to the different, and main, side of hospice care.



EVENT GUIDE AND INFORMATION

Date: Sunday 3rd August 2025

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

Event Timings:

- 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

Ride Timing:

STRAVA This year we are using Strava to track ride times. To time yourself and get access to our routes you can join the club 'Team Myton' which will have all three routes listed: www.strava.com/clubs/491926

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 and Warwick 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 ride, 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. Wearing bright, reflective clothing will make you more visible to other road users. And we can't wait to see everyone wearing their bespoke 2025 Cycle Challenge jerseys!

When can I pick up my Myton jersey?

We will be hosting a Myton jersey collection on:

Wednesday 30th July from 10am to 7pm.

If you are unable to collect your jersey on Wednesday 30th July, collection will be available on the morning of the event upon registration.

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, e.g. sunscreen, wet weather gear etc.

Staying safe:

Please ensure you save the events team mobile number that will be provided to you in the final mailing.

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 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 possible 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 insurance, 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

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 to 1pm
Tysoe Village Hall
(CV35 0SE) at 71km
Open 10am to 3pm

100 MILE ROUTE:

Weston-sub-Edge
Village Hall (GL55 6QJ)
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

Participants should aim for an average speed of at least 10mph to complete their chosen route within the allocated time.

100 mile route - Riders should be able to complete the challenge in 11 hours (10 hours of cycling plus 1 hour for breaks).

100KM route - Riders should be able to complete the challenge in 7 hours 15 minutes (6 hours 15 minutes of cycling plus 1 hour for breaks).

50KM route - Riders should be able to complete the challenge in 4 hours (3.5 hours of cycling plus 30 minutes for a break).

If you have signed up for our 100 mile route but do not reach the 100KM/100 mile split point within 2.5 hours of setting off, you may want to consider switching to the 100km route to ensure you complete your ride in time.

The split point will be signposted along the route to help you make an informed decision.

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:



Front

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

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 riders 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 the 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 2025? We think it is worth the burn!



Front



Back



Thank you for joining #TeamMyton's Cycle Challenge 2025! Please fundraise and pedal as hard as you can so that together we can make this year's event the most successful yet!

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

We look forward to seeing you in August!

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

www.mytonhospice.org/cycle

   @MytonHospices

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:
07596 953076



 **myton**
hospice

Registered Charity No. 516287