

The challenge of a lifetime,
for the charity of your choice...

Edinburgh Night Ride

17th June 2017



edinburgh-nightride.com

Key Info

Date:	17 - 18 June 2017
Distance:	50 Miles
Challenge Grade:	Challenging ①
Location:	Edinburgh

Challenge Highlights

- Discover the thrill of night riding
- Witness stunning night views of Edinburgh
- Take in iconic sights of Arthur's Seat, Edinburgh Castle, The Forth Bridge, Scottish Parliament Buildings, and Holyrood Palace, to name a few



The Challenge

Edinburgh Night Ride is a fully supported 50 mile night time charity bike ride. Join hundreds of cyclists, of all abilities and ages, for a night to remember and discover Edinburgh in a new light!

See the sunset over the city, pedal through the beautiful streets under the moon and stars, discover iconic sights whilst the city sleeps, and achieve something amazing - all whilst raising money for your chosen charity. It really is a unique way to explore Scotland's spectacular capital city.

What's included

- Hi-Vis vest to wear on the challenge
- Fully marked route
- Refreshments whilst on the ride
- First aid cover
- Bike mechanics
- Unbeatable support from the Global Adventure Challenges crew
- Hot drink and cake at the finish
- Finisher's medal



On The Day

Registration for this event will take place early evening on the Saturday at the start venue - which is also the finish line for the challenge. You'll need to bring a fully serviced bicycle, cycling helmet and bicycle lights to take part in the challenge. After a final briefing we'll set off on our cycling adventure!

Please visit our website www.edinburgh-nightride.com to view the route in full.

(Please note the itinerary on the day is subject to change, including the overall mileage stated in this brochure)



The Costs

We encourage you to raise funds for charity regardless of which payment option you choose.

There are three payment options for you to choose from:

Option A - Minimum Sponsorship

You pay the Registration Fee and in addition, you commit to raising the minimum sponsorship for your chosen charity, as shown below:

£34 Registration Fee + £165 Minimum Sponsorship per person

80% of the fundraising target (£132) must be received by your chosen charity no later than 6 weeks prior to the challenge. At this time, your chosen charity will pay the cost of the challenge (£65) from your minimum sponsorship. The other 20% and pledges for the remaining sponsorship must be sent to your charity no later than 4 weeks after completion of the event.

Option B - Self Funding

You pay the Registration Fee AND the challenge balance.

£34 registration fee + £65 challenge balance = £99 per person

Six weeks prior to the event an invoice will be sent to you for the challenge balance shown above.

Option C - Total Discounted Payment

You pay the TOTAL discounted cost at registration of £90 per person.

Please note registration fees are non-refundable.

Get Signed Up!

The earlier you register, the sooner you can start training and fundraising. Just head over to our website www.edinburgh-nightride.com to get signed up, and leave your tyre tracks on the streets on Edinburgh.

Your questions answered....

Is this challenge for me?

ABSOLUTELY! This minimum age requirement is 18 years old, though 14-17 year olds can take part with a parent or guardian. Edinburgh Night Ride is suitable for people of all abilities with the correct training! Whether you're looking to take part as a solo rider or a team you will be amongst other like-minded cyclists with team spirit flying high.

How fit do I need to be?

This cycle ride has been graded as Challenging (1) on our challenge grading scheme, but it is achievable as long as you train correctly beforehand. A full training guide will be included in your welcome pack and is also available to download via the Edinburgh Night Ride website.

What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme)

Do I need specialist kit?

You will be provided with a full kit list in your welcome pack when you register. Each participant is required to bring their own bicycle, cycling helmet and good quality bike lights for this challenge. We will supply you with a Hi-Vis vest on the event.

Will food and water be available?

Yes there will be a water stop on the ride serving hot and cold drinks, fruit, snack bars and soup. You'll also receive a hot drink and slice of cake after you cross the finish line. We cater for all dietary requirements as long as we know in advance, just fill out the relevant section on your registration form.

Will we be cycling on closed roads?

No, you will be cycling on open roads with the route fully sign posted so you can cycle at your own pace.

What support is there on the event?

This is a fully supported event, there will be a strong support team with professional Global Adventure Challenges event crew. Support vehicles will follow the group providing medical and mechanical support if needed, also ensuring no one gets left behind or is alone.

What happens if I get tired?

There's a water stop on route where you can rest during the challenge, but feel free to take more rest stops if you need to - this event is not a race!

I'm worried I won't raise the minimum sponsorship for this challenge - any advice?

Once you have signed up you'll receive a fundraising pack from your chosen charity to help you with your fundraising, you'll also receive a few tips and ideas from us to help you on your way.

Can I join as part of a team?

Yes - get your friends, family, work colleagues involved and achieve something great together.

I'm taking part as an individual and a bit nervous about cycling on my own, any advice?

Join the Edinburgh Night Ride community on Facebook and get chatting to fellow riders ahead of the challenge, share training progress and any tips and advice. There will be other solo riders taking part with whom you can share the experience.

I'm interested - how do I sign up?

You can register online via our website www.edinburgh-nightride.com or fill in the enclosed registration form and return it to our offices. Places are limited and allocated on a first come first served basis. You are required to pay a registration fee at the time of booking onto your challenge. All costs and payment options are explained on the enclosed sheet and on our website. Once we receive your registration we'll send you a welcome pack full of helpful details and further information on what to expect in the lead up to and on your challenge of a lifetime. Also your chosen charity will also be in contact with you to discuss your fundraising.

Register Online Today!

edinburgh-nightride.com

01244 676 454

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