

Superhero Rider Pack 2019

LONDON –BRISTOL

31 Aug – 1 Sep 2019



We are riding from London to Bristol and London to Amsterdam in 2019 for the 3rd year in a row in order to raise £25,000 for MAG International, in order to help to make the world Landmine-free by 2025.

Please note that this is an independently organised event, independent of MAG

This event is being entirely organised by Barry Bassett independently of MAG.

However, all funds raised are being donated directly to MAG.

Just as in 2018, we are arranging it as a MAG Superhero Media Ride, so that as many media and rental companies and riders can get behind it and raise as much money as possible for this great cause.

We are arranging 2 x rides:

- Ride 1: London-Bristol on 31 Aug – 1 Sep 2019 with overnight camp
- Ride 2: London- Amsterdam on 10-12 Sept 2019 with overnight ferry and overnight hotel in Amsterdam

You can book 1 or both rides and we are planning on 8 riders per ride and arrange vehicle support.

Both rides are long and a good level of fitness is absolutely required, as well as a suitable bike too.

This will be a supported ride, so in the event of exhaustion, you will be able to travel with your bike in the van.

Rider costs are to pay for all ride expenses and all donations/sponsorship funds are being entirely donated to the MAG charity (Charity no: 1083008).

Note that the rider fees include a custom Superhero 2019 rider's cycle jersey but if you plan to take part in both rides, then you only need to pay the London to Amsterdam deposit at the start of March, as you will only have to pay for 1 x jersey.

Ride 1: London-Bristol on 31 Aug -1 Sep 2019 with overnight camp

Start Date: Saturday 31 August 2019

Venue: VMI.TV Ltd, Unit 7 Victoria Industrial Estate, Victoria Road, Acton, London, W3 6UU

Registration: 7:45am.

Departure: 8:00am.

Ride completion: 1 September; 5pm, Bristol.

Return to London est: 1 September 8pm

Ride Destination: VMI Bristol, Unit 5 Dragon Court, Crofts End Road St. George Bristol BS5 7XX

EMERGENCY CONTACT DETAILS

If there is a problem whilst you are out on the road, you can call Jay on 07956 559989 or Chau on 07966 934660.

Please add these numbers to your mobile phone before you ride.

If you have a medical emergency, please call 999

Directions to VMI

Closest Tube: North Acton Tube.

If you are arriving by car, please use postcode W3 6UW for main entrance to industrial estate – no entrance via Jenner Avenue.

Parking

There will be ample parking at VMI for the entire weekend. Ensure that you mention VMI when you arrive at the Victoria Industrial Estate Gate House. This is manned 24 hours, so you will be able to access your car anytime upon return, though we ask that you collect it before Monday morning, as the VMI car park is busy.



Luggage

We are planning a ride to Bristol with camp-out and you won't want to wear cycle gear when you complete the ride for the train journey home, so pack an overnight bag with clothes plus your tent and other bits which will use on the camp and which you can take back with you on the train journey back to London.

I would also suggest that you also bring a small bag for provisions to easily access during the ride at the occasional van stops to replenish provisions when riding.

You can bring your 2 x bags to VMI, Acton prior to the ride and ensure that these are clearly labelled with your name, or bring them with you on the morning of departure.

Start Time

We aim to begin riding at 8am in one large group and cycle together.

This is not a race and it is important that we all have fun!

What to bring

- Your bike in good working order – a road bike is ideal with preferably at least 25-width tyres (2.8mm or 700x25), which have good puncture resistance, as we will ride on some tow paths but mainly quiet country roads.
- Crash Helmet
- Suitable clothing for the weather conditions
- Spare inner tubes
- Multi tool
- Pump (CO2 canisters are ideal)
- Phone – note that if you plan to track your entire journey with your mobile phone, then bring a portable phone charger too, as this is really helpful.
- Phone charger
- ID
- Money
- Nutrition
- Drinks
- Overnight bag with tent and camping provisions to travel in the van, clearly labelled with your name
- Small day bag with provisions for your ride to travel in the van, clearly labelled with your name

Don't want to camp?

Camping is not for everyone and if you don't want to camp, then you can book and pay for your own B&B and stay with Chau, who is also not planning on camping!

Mechanical Support

We are one big team and whilst we don't have any formal mechanical support, there will be many seasoned cyclists who will help you in the event of mechanical difficulty.

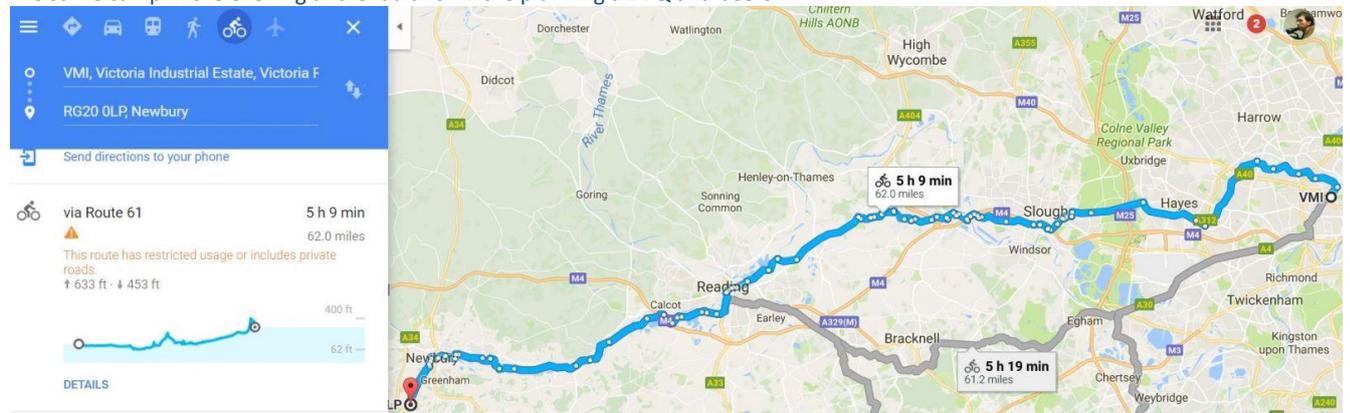
Bike Return to London

We will ensure that we have space for all bikes to travel in the support van which will travel back to London. If your bike is your pride and joy and you are worried about scratches etc, then please bring adequate protection for your bike or a bike

Day 1 North Acton - Newbury (Oakley Farm Campsite) 62 miles (100km)

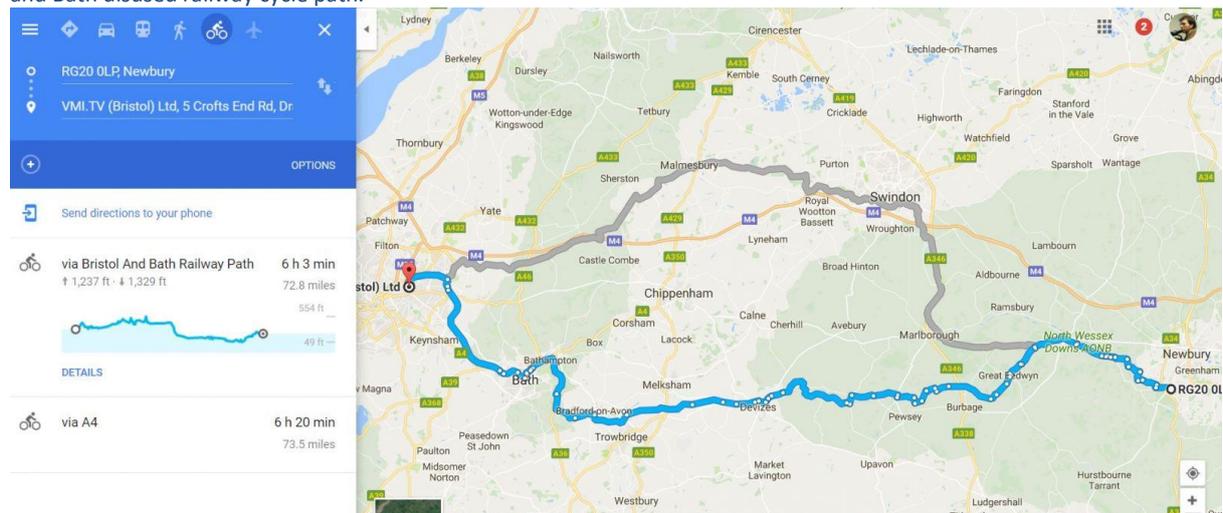
We leave London on Saturday 31st August and ride 65 miles, mostly along quiet rides with occasional canal tow paths.
Destination: Oakley Farm Caravan Park, Penwood Road, Wash Water, Newbury RG20 0LP [Website](#)

We strike camp in the evening and Chau and Ali are planning a BBQ and beers.



Day 2. Newbury Campsite - VMI Bristol - 72.8m (116km)

We strike camp, pack the camping gear and overnights in the van and start a slightly longer ride which includes the Bristol and Bath disused railway cycle path.



Finish:

We plan to arrive at VMI Bristol to a hero's reception at around 5pm on 1st September 2019. You are welcome to be met by friends/family to take you home and join in the party!

VMI Bristol, Unit 5 Dragon Court, Crofts End Road St. George Bristol BS5 7XX

After a BBQ and reception, if you choose, your bikes will be returned to VMI where you can collect them on Monday 2 September, as bike transport is very limited on the railway and needs to be booked in advance.

Your fee includes a return train ticket to London and we expect that you will return to London at around 8pm.



Rider Fees

Cost £125 per person (including Superhero 2019 cycle jersey)

This includes:

- Special Team VMI Superhero cycle jersey
- Support vehicle with return transport of bike;
- Camping pitch (you supply your own tent)
- Meals;
 - Day 1: picnic lunch, BBQ & beers;
 - Day 2, breakfast, coffee stop, picnic lunch and BBQ and drinks upon arrival.
- Return rail ticket to London
- You bring your own energy bars, tent and overnight bag (to be transported with the van).
- Money for extra food purchased on journey
- Real-time Satellite Tracking on <http://vmi.tv/superhero> (this may help with your sponsorship)
- 50 Superhero Leaflets with details about the ride

Date of commitment: 1 July 2019

£50 non-refundable deposit payment required for London to Bristol ride: 1 June 2019.

£100 non-refundable deposit payment required for London to Amsterdam ride: 1 March 2019

Please give your preferred jersey size when committing to the ride.

£75 final payment required: 1 August 2019

(£50 discount if committing to both rides to reflect only 1 x cycle jersey to be supplied)

Hospitals en-route

Ealing Hospital

Tel: 020 8967 5000

Uxbridge Road, Southall, Middlesex, UB1 3HW

St Mark's (Maidenhead)

Tel: 01628 632012

St Mark's Rd, Maidenhead SL6 6DU

Royal Berkshire (Reading)

Tel: 0118 322 5111

London Rd, Reading RG1 5AN

West Berkshire Community Hospital (Newbury)

Tel: 01635 273300

London Rd, Benham Hill, Thatcham RG18 3AS

Trowbridge Community Hospital (Trowbridge)

01225 711300

Adcroft St, Trowbridge BA14 8PH

Bristol Royal Infirmary (Bristol)

Tel: 0117 923 0000

Upper Maudlin St, Bristol BS2 8HW

Superheroes Bank Account (for ride, NOT charity donations)

SUPERHEROES BIKE RIDE FOR MAG 2019

Account Number: 27270018

Sort Code: 23-05-80

Superheroes Cycle Challenge: Fundraiser Registration

You're amazing. Thank you so much for joining the Superheroes team, fundraising to help save lives and rebuild futures for communities affected by war and violence around the world.

In order to support you with your challenge and to send you a free t-shirt, MAG requests some contact information from you. This will be stored securely, and we never sell or share data.

Please fill out your details below:

Name	
Company Name (if appropriate)	
Home Address	
Contact Phone Numbers	
Email	
Emergency Contact name and details	
T-shirt Size (S – XL) Free MAG T-Shirt	
Superhero Jersey Size (XS – 2XL) This is to order the Superhero Jersey, once the deposit is received.	Men's Fit <input type="checkbox"/> Women's Fit <input type="checkbox"/>
Which ride(s) do you plan to take part in? Tick Appropriate	
London-Bristol 20-21 July 2019	YES <input type="checkbox"/> NO <input type="checkbox"/>
London-Amsterdam 10-12 Sep 2019	YES <input type="checkbox"/> NO <input type="checkbox"/>

SUPERHEROES Bank Account number 27270018; 23-05-80 IBAN: GB33MYMB23058027270018

SWIFT reference is MYMBGB2L

MAG would like to keep you updated on our projects and fundraising activities by post. If you would prefer not to receive this information or for further details, please contact us. Please tick below if you would also like to receive information by:

Phone SMS Email

Please Note: This challenge is organised by long term MAG supporter Barry Bassett (bb@vmi.tv), who will be donating the proceeds to MAG. MAG has no liability or responsibility for this event.

Ride Website: <http://vmi.tv/superhero>

Ride JustGiving Site: <https://www.justgiving.com/fundraising/superhero2019>

Please send this completed application form via email to: Susannah.Gordon@maginternational.org
bb@vmi.tv