



Welcome to Life Cycle 6



From the Vice-Chancellor

Dear Rider,

Thank you for registering to take part in one of the sponsored Nottingham Challenge Rides on Sunday 4 September 2016. It is great that you can join me and fellow Life Cycle 6 riders in our efforts to help raise the funds to beat breast cancer.

Over 1.6 million women are diagnosed with breast cancer every year and though huge strides have been made, over 10,000 women still die from the disease every week.

By getting on your bike, you are helping the University's team of world-class researchers in Nottingham and Derby, who are striving to develop the world's first blood test to detect breast cancer early.

By fundraising or seeking sponsorship for your cycling challenge, you are helping us use our discoveries about how breast cancer spreads to find new ways to stop the process and identify patients most at risk. And you are helping us give hope to thousands of women, by supporting our experts develop novel drugs to fight the most aggressive and fatal forms of the disease.

This August, myself and a team of 12 University colleagues will be cycling 1,400 miles to the four compass points of Britain – an endurance challenge which will come to an end the day before your Life Cycle 6 challenge begins. If you would like to see our progress, please follow us at @uonLifecycle or visit our website www.nottingham.ac.uk/lifecycle.

So, on behalf of all of us here at the University, I offer my thanks to you for taking part in Life Cycle 6. After your ride, please join us with your friends and family at Nottingham Lakeside Arts on our University Park Campus. It is a pleasure to meet fellow riders and fundraisers, and I look forward to celebrating all our cycling achievements together.

With best wishes

Professor Sir David Greenaway
Vice-Chancellor



Rider Information Pack

Life Cycle 6
Nottingham Challenge Rides
50 and 75 miles

Nottingham Lakeside Arts
Sunday 4 September 2016

www.nottingham.ac.uk/lifecycle



On the day

Schedule of the day

- 7am** Registration for 75/50 mile Challenge Rides opens
- 7.30am** 75 mile Challenge Ride - starts
- 9am** 50 mile Challenge Ride - starts
- 12pm** Event village opens: BBQ & entertainment begins
Potential first finishers for 50/75 mile rides
- 2.30pm** Speeches by Vice Chancellor, Professor Sir David Greenaway and Professor John Robertson
- 3pm** Raffle winners announced
- 3.15pm** Entertainment continues
- 5pm** Final Challenge Ride finishers
- 5.30pm** Event village closes and guests depart



On arrival

On arrival at Nottingham Lakeside Arts please make your way to Registration and the start area, which will be situated in the largest marquee.

In here you will be allocated your rider number which will need to be affixed to the front of your outermost layer of clothing using the safety pins provided.

Please take the time to complete the medical form on the back of your number in

case of any emergency during your ride.

Once you have your number, please feel free to use the facilities before making your way to the start area, ideally 10 minutes before your ride is due to start.

We will have lists with all entrants' details, that we need to check off. It would be useful if you bring a copy of your confirmation with you to speed up the registration process.

Location and car parking

The sponsored rides start and finish at Nottingham Lakeside Arts, University Park (NG7 2RD). There will be free parking available all day on the University campus.

If arriving by car it is best to enter the University via the North Entrance, accessible via the roundabout at the end of Derby Road and before the Queen's Medical Centre.

You will see signs directing you to the car parks. Please follow the stewards' instructions to make this process as efficient as possible. All cars are parked at the owners' risk. The event organisers and partners will not accept any liability for any loss or damage.

The main event village is located adjacent to Nottingham Lakeside Arts. This will be signed from the car parks.

Refreshments

A BBQ will be firing when you return from your sponsored ride, to help you relax and enjoy the atmosphere around the event village.

We would be delighted if your family and friends could join us at Lakeside to cheer you and all our other riders over the finish line and join the post-event celebrations.

There will be live music and lots of activities on the day, including bike-related challenges, arts and crafts, bike maintenance and bubble zorbing.

Plus there will be physiotherapy assessments and treatments for riders and a raffle with some fantastic prizes up for grabs.

On Route

Please be aware of a couple of narrow sections on the route.

There will be two official refreshment points on the 50 mile ride and three on the 75 mile ride that will be clearly signed from the road.

Snacks and drinks will be provided at the first feed station for all riders and light refreshments will be provided at the final feed station.

Refreshments are free to riders but if you would like to purchase additional items from the feed station please do so.

Each feed station is open to the public so please keep this in mind and ensure you don't block any entrances/ exits.

Please leave each feed station in the same state as you find it. Make sure to use bins and take all belongings with you.

Feed stations will be at Denby Village Cricket Club, Carsington Water Visitor Centre and the White Hart Inn, Stanley.

Toilets

Toilet facilities will be available at the start/finish at Nottingham Lakeside Arts.

Out on route, public toilets will need to be used if required.



The Event Village

The following stalls and activities will be available in the Event Village for you to enjoy after your ride and for your friends and family to enjoy while they wait for you.

- BBQ
- Main marquee
- Candy crafts
- Kohl Kreatives information stall
- Wattbike challenge
- Zorbing
- Spin art
- Face painting
- Dr Bike
- Physiotherapy treatments
- Art and drama sessions by Nottingham Lakeside Arts
- Raffle
- Braai Flavours wraps and juice
- Live performances from local band Miss 600
- Nottingham Bikeworks 'crazy bikes'



Important safety information

Should you have any problems please ask a passing rider to pass the message on. Please ensure you follow any instructions given by the stewards and event staff and that you adhere to any signs out on route.

07541 769001 Mechanical / Pick-up / Drop-out

07541 769003 Injury / Accident (First Aid)

We strongly recommend that you add the numbers above to your mobile phone contacts and keep them with you at all times during the sponsored ride. Please do not use these numbers for any other reason. If you are involved in or witness a serious accident requiring medical attention ring 999 first, then the Injury/Accident First Aid number.

Please note that the cut-off time at which the event route and support will stand down is 5pm. If you fall behind this schedule then you can either be transported to the finish or remove your number and hand it to one of the sweep or support personnel and continue along the route unsupported. In the latter instance please note that you will no longer be considered a rider in the event and will not be covered by any element of the support services. If you do drop out at any stage please call **07541 769001** to inform us.

Riders are advised to

- ▶ Use a bell to warn others of your presence
- ▶ Carry a spare inner tube, tyre levers, pump and multi-tool
- ▶ Wear a bicycle helmet (Snell, CE or ANSI approved)
- ▶ Make sure that your bike is in good working order
- ▶ Carry PLENTY of drinks and energy food
- ▶ Not drink any alcohol while taking part in the bike ride
- ▶ Check with your doctor prior to the event if worried about your health
- ▶ Wear high factor sun protection
- ▶ Warm up prior to the ride
- ▶ Bring money in case you need to purchase refreshments or roadside repairs
- ▶ Wear appropriate cycling clothing - preferably brightly coloured and suitable for the weather conditions
- ▶ Be aware of the tram lines immediately outside of the University's South Entrance and also in the Wilford and Ruddington areas and take extra care when cycling over them.

Riders must

- ▶ NOT RACE
- ▶ Be aware of the Highway Code and obey it at all times
- ▶ Ride ideally in single file, but no more than two abreast
- ▶ Stop at all traffic lights and stop signs
- ▶ Slow down when approaching roundabouts and junctions and be prepared to stop. You must give way to other traffic in accordance with the Highway Code
- ▶ Be aware of others around you and not take any sudden actions without warning
- ▶ Obey all instructions given by event officials
- ▶ Notify a marshal if you spot an accident
- ▶ Act responsibly at all times
- ▶ Not drop litter or damage grass verges by trampling all over them
- ▶ Not deviate from the signed route
- ▶ Not bring any vehicles out on the route to follow you. This will create congestion and will be a danger to others. Support vehicles will be on call for any riders in need of help

Is my bike ready?

The basic answer is that you should be able to complete the Nottingham Challenge Rides on almost any bike, but some bikes are more suited to the challenge than others.

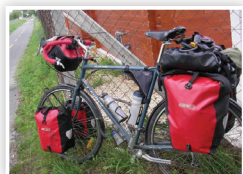
This simple guide should help you understand the advantages and disadvantages of your bike and how you can best prepare it for the ride.

A road bike is the ideal bike to complete

the challenge on as they are designed to travel long distances on the road. They are light, have thin tyres with shallow tread, enough gears to cope with undulating terrain and the rider sits in a position that is more streamlined.

Don't worry if you don't have a road bike though, this guide will give you hints as to how to adapt your bike to become more like a road bike.

Touring Bike



Touring bikes are similar to road bikes, designed to travel long distances on-road and are well suited to the ride.

Adjustments: go for thin tyres with a shallow tread and remove any bags / panniers / racks to make the bike as light as possible – you could even go to the length of taking the mud guards off!

Hybrid Bike



Hybrid bikes are designed to be a cross between a road bike and a mountain bike so that they can easily do on- and off-road rides.

Adjustments: make sure you have slick (thin with shallow tread) tyres and remove any panniers / racks etc.

Hard Tail Mountain Bike



Hard tail means that there is no suspension on the back wheel, but there is suspension on the front wheel – so it's 'soft'.

Adjustments: change the tyres to slick tyres (thin with shallow tread), lock the front suspension if you can and remove any bags /racks / mud guards.

Full Suspension Mountain Bike



Adjustments: if you have suspension on both the back and front wheels, you should lock it if you can, and change your tyres to slick tyres (thin with shallow tread). Also take off any bags / mud guards etc.

Comfortable cycling

To be as comfortable on your bike as possible – follow our top tips:

- ▶ Make sure your bike is adjusted to fit you properly. Your saddle should be at such a height that when you are sat on your bike and the pedals are vertical (i.e. left and right one in a vertical alignment) that your leg on the lower pedal is straight when the heel is in contact with the pedal. This will mean that when you place the ball of your foot on the pedal, your leg will only be slightly bent when the pedal is at the bottom of the revolution.
- ▶ Avoid chafe! Often the main issue cyclists come across is being uncomfortable on their saddles rather than feeling too tired. There are a few tips to avoid the bits of your body that come in to contact with your saddle becoming chafed and uncomfortable. Use a cream such as Sudocrem or a specialist anti-chafe cream on any area of skin that will come in to contact with your saddle. Invest in some padded shorts – you won't regret it!
- ▶ Spend lots of time in the saddle. The key to avoid feeling uncomfortable on the ride is training on the bike you will use on the day itself. Time in the saddle is more important than cycling long distances; try to cycle whenever you can so that your body adjusts to spending lots of time on your bike.
- ▶ And finally... Get your bike serviced! Whichever bike you are using for the Nottingham Challenge Rides it's really important that you get it serviced before Sunday 4 September. Your local bike shop should be able to help you with this, as well as adjusting your bike so that it is properly fitted to you and ready for the challenge.

Equipment and clothing

Recommended

- ▶ Helmet
- ▶ Reflective bib
- ▶ Padded gloves
- ▶ Padded cycling shorts
- ▶ Cycling goggles
- ▶ Cycle shoes – clips or cleated; cleated are best
- ▶ Puncture repair kit
- ▶ Bike pump
- ▶ Mobile phone
- ▶ Layered clothing: dress for all-weather conditions
- ▶ Water bottle/hydration camel bag as required (note: water stations will be available on route)

Optional

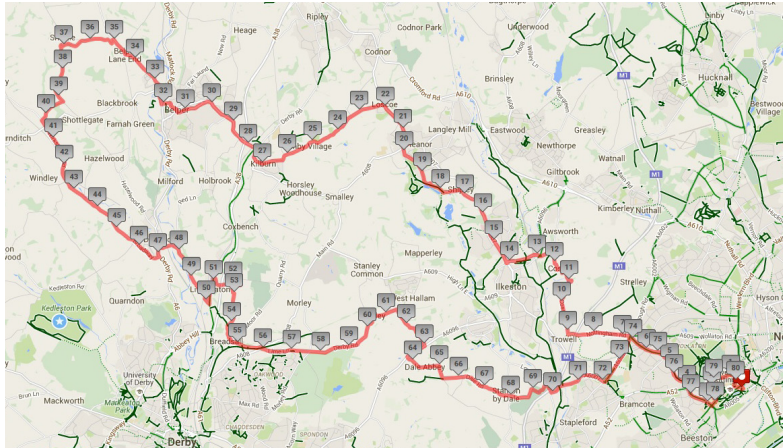
- ▶ Garmin or cycle computer
- ▶ Camera/camcorder
- ▶ Sunglasses
- ▶ Sun cream
- ▶ Extra energy drinks as required
- ▶ Energy food as required (eg sugary sweets, bananas, malt loaf)
- ▶ Your very own Life Cycle 6 cycling jersey. Order at: <http://godfrey.co.uk/club/lifecycle6>



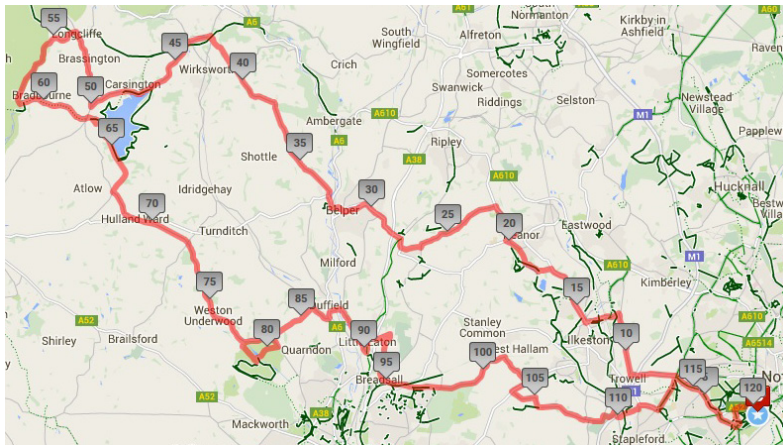
Your Life Cycle Routes

Take a closer look by clicking [here](#)

50 mile route



75 mile route



If you would like a GPX version of either of these two routes please email lifecycle@nottingham.ac.uk

The Cause

Your pedals are helping power our breast cancer research



By taking part in our challenge bike rides, you are joining our team of award-winning researchers, breast cancer patients, fellow cyclists and dedicated fundraisers – all coming together to help raise £1 million for The University of Nottingham's breast cancer research.

Could you go the extra mile by asking people to sponsor you to ride? Setting up a fundraising page is quick and easy, and a great way to get your family and friends involved in your cycling efforts.

Every penny counts...

- £50 will buy flasks so we can grow cancer cells in the laboratory
- £250 allows us to screen 2,000 tissue samples for a biomarker
- £1,000 provides an initial screening of new drugs to stop cancer spreading
- £5,000 funds the consumables needed by a researcher to conduct experiments for six months

100% of your registration fee will go directly to our research laboratories to help us:

- Create the world's first blood test to detect the disease early
- Discover why breast cancer spreads to enable us to find ways to stop it
- Develop targeted, effective treatments for each patient

For fundraising advice, tips and ideas – including steps on how to set up a fundraising page – please visit: nott.ac.uk/fundraiseforus or contact our Community Fundraising Manager, Dawn Broomfield, on 0115 748 4809 or at Dawn.Broomfield@nottingham.ac.uk

Thank you once again for your support.

Show your support



Continue collecting your sponsorship money for this vital cause! You can download a sponsor form [here](#) or [set up a JustGiving page](#) for your Challenge Life Cycle route.

Cheques should be made payable to The University of Nottingham. Please write on the back of the cheque your name (as the registered rider) and that the cheque is for sponsorship of Life Cycle 6. Please include the number of miles you ride if possible.

All sponsorship money should be submitted to the following address:

Finance Officer
The Campaign and Alumni Relations Office
The University of Nottingham
Ground Floor, Pope Building
University Park
Nottingham, NG7 2RD

You can also get social to help us beat breast cancer! Follow us on Facebook and Twitter, share your stories and get people talking about our campaign using [#BreastCancerAndMe](#)

[facebook.com/LifeCycle6Miles](https://www.facebook.com/LifeCycle6Miles)

[@uonLifecycle](https://twitter.com/uonLifecycle)