



**bipsync**

Supporting

**tenovus** cancer care  
gofal cancer

## Bipsync's Brecon to Cardiff sponsored cycle!



Thank you so much for taking on the Brecon to Cardiff sponsored cycle for Tenovus Cancer Care, Wales' leading cancer charity.

We guarantee this spectacular cycle challenge will provide an unforgettable experience, all while raising funds to support cancer patients and their families.

Hopefully this helpful guide will help prepare your team for your challenge.

### The Route

Approx 50 miles. Please follow this agreed route from Strava:

<https://www.strava.com/routes/18470255>

### Timings & logistics

#### **07.50: Meeting at Bipsync office, Cardiff.**

Please be prompt to allow enough time for us to pack the coach and get all bikes and equipment loaded onto the support vehicle.

#### **08.15: Transport leaving Cardiff**

Tenovus Cancer Care will transport your bikes in our Support Van and a vehicle will be arranged to transport all cyclists to Brecon

#### **09.15: Arrive in Brecon, meet in Coffee #1 for Briefing**

#### **09.45: Estimated cycle start time**

#### **11.45 – 12.15: Suggested packed lunch stop (30mins) The Glyn (big hill)**

#### **14:15 – 14.35 Suggested refreshment stop (20mins) Ynysangharad Park, Pontypridd**

#### **16.45: Estimated cycle finish time (Mochyn Du pub, Cathedral Road, Cardiff)**

Tenovus Cancer Care staff to meet you there with the Support Van so that we can congratulate you and you can collect your belongings.





## Fitness & health considerations

This ride is designed to be fairly challenging for those of good health and fitness, but is achievable for most provided you put in some training in advance.

This isn't a race so you can take the ride at your own pace. We ask that you make your team leaders aware of any medical related issues, and if you have any concerns, we recommend you are checked out by your GP before taking on the challenge.

## Equipment

There's no need to spend a load of cash on equipment for this trip, and borrowing things from friends and family is a great money saver.

That said, there's a few things that are really important for you to be able to complete the challenge safely and in comfort, making sure you have a fantastic experience.

In this guide we've provided information on the kit we suggest you take for the day.

## Clothing

We recommend that everyone follows the principle of "layering" – as the name suggests, lots of layers are better than just the one and gives you flexibility. We'd recommend cycle shorts – they make a big difference!

Cycling gloves are also a good idea for warmth and comfort, especially if it's a bit chilly in the morning. A warm hat is also important.

Be prepared for the weather to be changeable and possibly wet and windy. A windproof and waterproof jacket and trousers should be considered. We recommend lightweight and quick drying, breathable fabrics.



**We'd love to see the whole team in your Tenovus Cancer Care cycling tops too!**

## Bikes

As this route is either on roads or surfaced off-road tracks, you'll need a road or hybrid style bike. It should be comfortable and well looked after – get it serviced at a local bike store before the challenge.

It goes without saying that you should check that your bike is in a roadworthy condition. Pay special attention to your brakes - there are some steep hills on this ride.

Please note that although we will be on hand to support you on the day, Tenovus Cancer Care has no responsibility towards your bikes and equipment throughout the ride. We strongly suggest that your bike is well maintained.

You should bring basic equipment for minor repairs of your bikes i.e. puncture kit/spare inner tubes etc.

## Helmets

Wearing a helmet is compulsory throughout the ride. Accidents are unpredictable and can happen to the most experienced of riders, so you must wear a helmet whenever riding. Your helmet is probably the most important purchase you will make for this event, if you don't already have one.

## Checklist of things to bring:

1. Bike - it's a long walk without it!
2. Food - lunch will be supplied on the ride but you may wish to bring some extra snacks to keep your energy up
3. Water - Tenovus Cancer Care will provide water and there are opportunities to buy drinks along the route, but it is always good practice to carry water when cycling
4. Sunglasses - We recommend UVA and UVB protected
5. Sun block
6. Cycle helmet
7. Cycling footwear
8. Cycling clothing
9. Bike spares
10. Socks and spare socks
11. Mobile phone and charger
12. Lock for bike
13. Bike lights
14. Spare money – there are a few cafés etc. along the route
15. Personal medication and any essential First Aid items
16. A bag for any belongings you wish to leave on the support vehicle



## Tenovus Cancer Care will provide:

1. A support vehicle – so you don't have to carry all your belongings
2. Transport of your bike from Cardiff to the start point in Brecon
3. A First Aid Kit
4. Water & snacks
5. Cycling tops
6. Sun cream

We look forward to supporting you on this fantastic cycling challenge!

## Making your miles matter!

By taking on this epic 50 mile sponsored cycle for Tenovus Cancer Care, you're helping to raise vital funds and support families affected by cancer when they need it most.

Tenovus Cancer Care was formed in 1943 by ten business men, which is why we're called Tenovus and since then we've been proudly supporting families affected by cancer in Wales for 75 years!



**Cancer can have a devastating impact.**

**But we're there for people at diagnosis, during treatment and life beyond cancer.**

Tenovus Cancer Care helps patients and their loved ones cope and through our vital cancer research, we offer hope.

Our mobile support units deliver chemotherapy treatment out in the community, bringing cancer treatment closer to home.

Our wonderful choirs, bring people together through song and offer a real support network in their communities.

Our free Support Line is open every single day, so a trained nurse is just a phone-call away and our Cancer Support Advisors help people manage their money and access benefits when they're no longer able to work, or struggling to cope financially.

We know that when your world is truly shaken by a cancer diagnosis, you need someone to help you piece things back together again. Whether it's with money advice, help with feelings of isolation or getting back the bit of yourself that cancer has taken away.

**Helping people cope is what we do and we thank you for taking on this challenge to support our work, meaning we can be there for more people when they really need us.**

## Shout out loud and be proud!

Please remember to share news and updates of your cycle with your network... colleagues, contacts, friends and family and be proud of your challenge & achievement.

Sharing your fundraising effort will encourage people to donate so remember to post the link on your social media accounts or even to your Whatsapp groups!

<https://uk.virginmoneygiving.com/Team/BipsyncUKLtd>

You could ask your friends to sponsor you £3 per mile and by doing this you could each raise up to £150... a team total of £1,200!

**Best of luck and if you have any questions, please feel free to direct these to either:**

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