



Hit the Downs – Sunday 11 October 2020

Frequently Asked Questions



What is a socially distanced ride?

Hit the Downs is a socially distanced mountain bike ride. What that means is that we have put some key health and safety measures in place in line with government guidelines. You can confidently sign up for the event knowing that we have put your safety and those of your fellow participants at the forefront of all planning for the event. These apply upon arrival, out on the route, at refreshment stops and at the finish.

Where can I find out more about the measures you have put in place?

[Here are our safety measures](#) and for the most up to date guideline visit - <https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing/staying-alert-and-safe-social-distancing>

Do I have to wear a facemask?

You are more than welcome to wear a facemask, but they are not compulsory.

Can I ride with friends not from my household?

If riding with others not from your household, you must always abide by government social distancing guidelines. Please also respect fellow riders and members of the general public. To stay up to date with government guidelines visit - <https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing/staying-alert-and-safe-social-distancing>

Can I ride with my teammates?

If riding in a team you must always abide by government social distancing guidelines. To stay up to date with government guidelines visit - <https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing/staying-alert-and-safe-social-distancing>

When is the Hit the Downs?

Sunday 11 October 2020

When do I need to register by?

Friday 25 September 2020

How do I register?

Online – <https://www.stbarnabas-hospice.org.uk/events/hit-the-downs-mtb/>

Phone – 01903 706354

How old do I have to be?

Entrants must be 16yrs and over. Any participant 16 or under must be accompanied by a guardian.

Can I reserve a place?

No, registration is on a first come first served basis.

How much is it to register?

Registration - £35 per person for the 30km route and £45 per person for the 80km route

What's included in my registration fee?

Professionally organised ride

Fully signed and marshalled route

Mechanical support from start to finish

First Aide on route

Event fundraising pack

Medal upon completion

Refreshments on route

Kit list

Fundraising and training advice and support from Events Team. Please visit your [Hit the Downs hub](#).

How do I know if I have got a place?

When you register and pay successfully, you will receive an automatic email from the Events Team, confirming your registration and starting you off on your fundraising journey.

I have done Hit the Downs before; will it be the same?

We have reversed the cool 30km route from 2019, which brings with it a brand-new experience. Plus added an epic 80km. The event will be similar in that it starts and finishes at Adur Recreation Ground where you'll have a catered event village and receive your finisher medal. For 2020, there will be the additional health and safety measures to keep you safe. Including social distancing and queuing systems at the refreshment stops.

Is there a minimum sponsorship?

There is no minimum sponsorship for Hit the Downs.

Your registration fee only covers the cost of putting on the event, as we ask riders to raise as much as they can to help provide tailored care to each and every individual who needs it for as long as they need it, help families take a well-earned break and make isolated families feel less alone

We will be supporting you every step of your fundraising journey.

Can I hand in my sponsor money on the day?

Unfortunately, we do not have the facilities to take money on the day, so please do not bring your sponsor money with you.

How to I pay in my sponsor money?

- ✧ Cheques - made payable to St Barnabas House to 'Freepost RSL-CHXE-CGZR, St Barnabas House Events Team, 2 Titnore Lane, Worthing, BN12 6NZ.
- ✧ Call us and pay over the phone – 01903 706354
- ✧ BACS - clear reference of: (STBH20**YOURNAME**) to account no: 70574790 Sort code: 60-03-38 Natwest bank St Barnabas Hospices.

We strongly advise not to send cash in the post! To minimise the risk of spreading coronavirus please try to avoid using cash wherever possible.

I haven't fundraised before?

The team will be here every step of the way to help you with your fundraising. A good place to start is the fundraising hints and tips on our website www.stbarnabas-hospice.org.uk/fundraising/fundraising-hub/, here you will also find a whole host of fundraising advice and tools to download and hints on how to set up a JustGiving page. We will also send you a virtual fundraising pack to get started. Talk to us if you are thinking about starting your fundraising, we can help!

Can I gift aid my donation?

We would love you to gift aid your donation! You can ask all your sponsors to gift aid their donation by ticking the box on the sponsorship form, this will help St Barnabas House raise an extra 25p for every £1 you are sponsored. Please note we are unable to put GiftAid towards your minimum sponsorship target. Find out more on our [website](#).

What resources can I download?

To view all of our fundraising and event resources including; kit lists, training support, guides to plan your own routes, fundraising support visit your [Events Info Hub](#)

What time can I arrive?

You will be given a time slot to arrive on the day. Please respect this time slot and do not arrive before or after the time given.

Why do I have to arrive at a given time?

To ensure government guidelines are adhered to we must limit the amount of people arriving at one place and any given time.

Will there be parking facilities?

Yes, all day free parking at the start/finish location.

How many riders will there be?

The events capacity is 400 riders.

Are there any lockers or bag drops available?

No, please only bring what you will need throughout your challenge.

How long is the route?

There is a 30km route and an 80km route. You can see the route maps [here](#).

Can I use an electric powered bike?

As long as it is a mountain bike, yes you can.

What do I need to wear?

This is a distance (mostly) off-road ride, so do be sure to wear comfortable riding gear. You must wear a helmet too. Unfortunately, we are dependent on the English weather, so don't forget you may need wet weather gear!

Can I speak to anyone from the Events Team?

We would love to speak to you! We can be contacted by phone or e-mail Monday-Friday, between the hours of 9am-5pm or alternatively drop us an email on xxx 01903 706354 – events@stbh.org.uk

Will there be training rides?

Unfortunately, due to the current circumstances we have had to cancel all training walks. To get all the advice and support you need please visit your [Hit the Downs hub](#).

Can I cancel my place on the challenge?

You can cancel your place on the event, but your registration fee is non-refundable.

Are there refreshment stops?

Yes! There will be at least 2 refreshment stops for each route length, to help you keep fed and watered throughout the challenge. Please do bring other snacks to keep you topped up in between stops. Please follow safety measures in place at all time and wash your hands or use hand sanitiser before entering the refreshment stop.

What happens if it is raining?

We are reliant on the great British weather! If it is raining the event will continue. Please make sure you bring suitable clothing.

What happens if I hurt myself on the ride?

We hope that doesn't happen, but if it does don't worry we have first aid on hand throughout the route. You'll be provided with an emergency number to call if you are hurt. Call the number (which is to central control for the event) and first aid will be deployed to your location. First aiders will also be available at every rest stop.

What happens if I damage my bike?

Again, we hope that doesn't happen, but if it does don't worry we have mechanical support on hand across the route. If you can make it to the next support area, that will be best and they can assist you. If this is not possible, call the emergency number (which is to central control for the event) and support will be deployed to your location. Mechanics will also be available at every rest stop.

What happens if I cannot complete the ride?

Don't worry, if you can get to the next rest stop or mechanical support that would be great. If not call the emergency central control number to arrange for support to be deployed to your location.

Is there a time limit to complete the challenge?

We have arranged the start time so that you should be able to finish your challenge in daylight so we ask that you aim to reach the finish area by between 5pm and 6pm.

I still have a question – what do I do?

We are sorry that your question was not answered here – please contact the Events Team to discuss your question.

01903 706354

events@stbh.org.uk

www.stbarnabas-hospice.org.uk/events/hit-the-downs-mtb/