

Frequently asked Questions

1. What is Wheels for Change?

- Founded in 2011, UK-based Wheels for Change is a Barclays supported cycling challenge, raising money for charity to help young people. To date, Wheels for Change has raised over £1.5m.
- The sportive will take place on Friday 8 September 2017. Barclays employees are encouraged to sign up and take part.
- Funds raised will go to The Prince's Trust.

2. Where will the money I raise go?

The funds raised will go to The Prince's Trust, one of Barclays' UK charity partners. The Prince's Trust helps young people to develop key skills, confidence and motivation to move into employment, education or training through programmes that provide practical and financial support.

Registration and what is provided

3. How do I register for Wheels for Change?

Registration is online via the entry portal.

4. What is the registration fee?

There is an entry fee of thirty five pounds (£35). **This fee is non-refundable.** We also ask each participant to commit to raising a minimum of £250 for The Prince's Trust.

5. What is provided as part of the event?

- Full signposting along the route
- Secure baggage storage
- Pit stops and toilets on route with a range of sweet and savoury snacks
- Full medical and mechanical support on route
- Secure bike storage at start/finish point
- Route map / download
- Broom wagon

Participants will also receive a Wheels for Change cycling jersey. Details on distribution will be provided nearer the event.

6. Can I enter on the day?

No, you must enter online no later than 5pm, Friday 25 August 2017.

7. When does online registration close?

5pm, Friday 25 August 2017.

8. How old do I have to be to register?

Due to safety and insurance reasons, the Wheels for Change event is open to riders aged 18 and above.

9. How many people are taking part?

We are expecting around 300-400 entrants.

10. What happens if I register for Wheels for Change and I am injured or ill and therefore cannot take part?

Please e-mail wheelsforchange@barclays.com informing us that you will no longer be able to take part.

Distance and training

11. How far is the Sportive?

The route is approximately 60 miles / 100km.

12. How fit do I need to be?

Taking part in a sportive is physically strenuous and demanding. It is your responsibility to be fit enough to take part in Wheels for Change. You will need to ride approximately 60 miles in a day. By following the event training plans, fuelling yourself well and recovering correctly there is no reason that you can't be suitably fit for the start line.

We recommend that you build up to the distance in the weeks leading up to the event. We don't want you to overstretch yourself, have a bad day and not enjoy the challenge. Statistics for the sportive (e.g. total climb) will be included on the website pre-event so you clearly understand what you'll be taking on.

13. Can you provide me with a training plan?

Download the Wheels for Change training programme from the website.

14. How fast do I have to cycle?

The route will be open for around a nine hour period. Therefore, you need to be able to cycle around 8mph as a minimum (to allow for some rest time). This should be within reach for most people if you follow the relevant event training plan. However, please note that this is not a race.

Logistics - Start time and location

15. What time does the Sportive start?

We will provide specific times closer to the event date. As an indication, registration in 2016 commenced at 7am with the course open from 9am.

16. Where does the Sportive start?

The sportive starts and ends at the Olympic Velodrome: Queen Elizabeth Olympic Park, Abercrombie Rd, London E20 3AB.

17. How do I get to the venue?

You will need to make your own way to and from the event. The Olympic velodrome is well-served by public transport. Stratford is connected by the Central and Jubilee lines of the Underground, the Overground and the DLR. The nearest mainline station is Stratford / Stratford International.

Other options include:

By bike

The venue is close to Sustrans National Cycle Network Route 1 and the Barclays Cycle Superhighway CS2.

By car

From the North: follow the M25 clockwise to junction 27 for the M11. Exit for A12 to Eastway/A106. From the A106 take the exit signposted A12 and follow Waterden Road as per the signs to Stratford International's car park.

From the East: from the North Circular (A406) exit for A12 to Eastway/A106. From the A106 take the exit signposted A12 and follow Waterden Road as per the signs to Stratford International's car park.

From the South: follow the M25 anti-clockwise to junction 31 for the A13, North Circular (A406). Exit for the North Circular (A406) and A12. Exit the A406 for A12 to Eastway/A106. From the A106 take the exit signposted A12 and follow Waterden Road as per the signs to Stratford International's car park.

From the West: from the A11 turn left onto Vallance Road/B108. Continue on the B108 after around three miles take Hackney Road/A1208, A107, A106 and A12 to Waterden Road. Follow Waterden Road as per the signs to Stratford International's car park.

Parking

There is no parking available on site – the nearest car park is at Stratford International, a three minute cycle ride away. Please note there is a height restriction of 2.6 metres. We would advise bikes are racked on the rear of vehicles or transported within.

On the day – sign-in, storing bags and facilities

18. How do I sign in on the day of the sportive?

Head to the registration desks at the start point to sign in and collect your registration pack. This will contain items such as your accreditation wrist band, bike number and luggage label.

19. What facilities are there at the start and finish points?

The following facilities will be available at the event start/finish points:

- Information desk for any rider queries
- Drinking water
- Light refreshments
- Toilets
- Bag drop off/collection area
- Medical support
- Mechanical support

20. Where do I store my belongings while I am cycling?

Your bag will be stored in a secure area while you are cycling. You will be able to come and collect your bag again at the end of your ride before heading home.

Please note: You will not be able to access this during your day's cycling so you will need to make sure that you have everything you need for the day before setting off.

21. How much luggage can I bring?

Whilst you are responsible for transporting any kit you require to and from the event, we recommend that you limit yourself to around 7kg. We ask that you keep all your belongings in the storage area in one bag.

The route and rest stops

22. Can I get a map of the route before the day?

A stylised map and route description are available on the website but these should only be used as a guide and are subject to change. The route will be available for download on the website closer to the event date.

23. How will the route be signposted?

The entire route will be signed with arrows. We sign every junction before the turn, at the turn and add a confirmation arrow afterwards. If you go more than a few miles without seeing one and you are worried that you are off course then you can always call event control; this number will be printed on the front of your bike number.

24. Are the roads closed?

No. Where possible the route is set along quiet, cycle-friendly roads. You must always cycle sensibly and safely and obey the Highway Code in order to avoid accidents.

25. Will there be rest stops along the route?

There will be two pre-determined rest stops with sweet and savoury snacks, drinks, toilets and medical and mechanical assistance.

26. What happens if I get lost?

If you believe you are lost please follow this procedure:

- Stop and try to work out where you are by reference points
- Try to make your way back to your last known point
- If you are still lost call the event control number on the front of your bike number

Kit

27. What kit should I bring with me?

You need to be prepared for anything from hot sun to torrential rain. As a minimum you will need a good pair of padded cycling shorts. You can get them from any good bicycle shop. In addition you want to layer up dependent on the weather. We will send a kit list before the event with more detailed guidance but in summary:

- Helmet – compulsory, no helmet, no ride!
- Cycle shorts
- Cycling shoes or trainers
- Short and long sleeve breathable sports top
- Waterproof shell jacket
- Cycle gloves with gel pads

- We also recommend you carry a mobile phone
- At least one spare inner tube

There will be two water/food stations along the route but we strongly recommend you bring your own food e.g. energy bars and gels.

28. Will there be any sports nutrition available at the event?

We will supply all riders with sports nutrition to help support them in getting to the finish. We will update riders before the event of what will be on offer. If there is something particular or a certain brand that you are used to, we recommend that you bring these yourself rather than trying something new on the day.

29. Do I have to wear a cycle helmet?

Yes, we insist that all riders wear a cycle helmet during our events. This is to comply with our responsibilities and ensure insurance coverage for the event. **Riders who do not have a cycle helmet will be refused entry on the day.**

30. Do I need my own bike or could I hire a bike on the event day?

You need your own bike. There will be no bike hire services on the event day.

31. Which is the best bike for Wheels for Change?

The ideal bike needs to:

- Be lightweight and rigid enough for efficient power transfer
- Have a comfortable saddle for a long day of cycling
- Have sufficient gearing to ensure that you can take on the inclines
- You can use a road bike or a hybrid bike on this route but we would not recommend a mountain bike
- Please note that bikes with tri-bars are not permitted
- You are responsible for ensuring that your bike is roadworthy, your brakes are in full working order and seat post is at an appropriate height.

32. What is the best saddle to have?

- We are all different shapes and sizes and as such saddle choice is a personal preference.
- The position you ride in should be considered in the shape of the saddle you buy, for example, riders with a very aero and aggressive riding position may prefer a flatter saddle profile.
- If possible, try as many saddles as possible before buying.

33. Is it essential to have drop (road bike) handlebars?

It is by no means essential, but if used correctly can be a performance advantage:

- Drop bars allow a rider to get into a lower, more streamlined riding position which reduces wind resistance and allows you to ride more efficiently
- Riding on the drops for any period of time can take practice to get your body used to this position.

34. Do I need to be using clip in pedals?

No. The advantage of clip in pedals is that you have a solid connection to the bike which allows you to transfer more of your effort through the pedals. Clip in pedals should make your Wheels for Change experience easier.

Fundraising

35. Do I have to raise money for charity?

Wheels for Change is a charitable cycling event and therefore we expect each participant to raise money for charity. Each entrant will be prompted to set-up an online fundraising page at www.justgiving.com.

36. What is the minimum fundraising target?

We encourage you to raise as much as you can with a goal of £250 as a target to aim for.

37. How do I collect my sponsorship?

We suggest you set up a Just Giving fundraising page as part of the online registration process. This will be the focal point to direct your friends, family and colleagues to for sponsorship.

38. Can I fundraise as part of a team?

Yes. We ask that the team raises the equivalent of £250 per person as a minimum. If you are fundraising as a team then please let us know by contacting wheelsforchange@barclays.com.

Safe cycling and insurance

39. Is racing okay during the sportive?

For the safety of all participants and other road users, race-type behaviour is not permitted.

40. Can I listen to music whilst cycling?

No. Listening to music when cycling on open roads is dangerous. You will not be able to hear cyclists or vehicles that might be overtaking you. Do not endanger others or yourself and please act responsibly at all times.

41. Do I need bike insurance?

It is your responsibility to ensure that you have taken out a policy of insurance suitable for your participation in the event. An example of suitable insurance cover is outlined below, but not limited to:

- A minimum of £5 million public liability cover
- Travel insurance that covers personal travel plans; and
- Insurance that covers personal belongings, including your bike.

Medical and mechanical incidents

42. What happens if I have an accident or mechanical problem?

Roaming medical and mechanical support will be present along the route in vehicles and at pit stops for the duration of the event opening times.

In cases of non-emergency incidents that cannot be resolved by yourself, please call the relevant event control number that is on the front of your bike number.

In cases of emergency, please contact the emergency services on 999. You should then use the event control number on your bike number to let the event organisers know the situation and they will then act appropriately to provide additional support required.

43. Will there be mechanical support on the road? Do I need to bring a puncture repair kit?

We will have mechanics out on the route to help with any significant issues, but we do ask all riders to bring a small toolkit to be able to fix their own punctures and especially a spare inner tube.

If you have a query that has not been addressed above then please contact wheelsforchange@barclays.com