

Headline sponsor



children's hospice
SOUTH WEST



Your welcome pack

Thank you for signing up for Ride for Precious Lives 2025 – welcome to the Team!

Together, we will cycle from Cornwall to North Somerset to raise awareness and vital funds for babies, children and young people living with life-limiting conditions and their families across the South West.

This pack has information and materials to help with your fundraising including sponsor form and fundraising template poster as well a training tips and recommended equipment and kit list.

£600...

could fund 4 days of Music Therapy to help babies, children and young people express thoughts and feelings.

£1,250...

could help fund 24 hours of round the clock medical care for a baby, child or young person at the end of life.

£5,000...

could fund a 3 to 4 day hospice stay giving the whole family support, care and rest while creating memories.





A warm welcome to Ride for Precious Lives 2025

Founded by Trevor McCurdie in 2009, Ride for Precious Lives has proved ever popular and is one of the highlights in our event calendar.

On the 3 day, over 200 mile cycle challenge you will visit our 3 children's hospices; Little Harbour near St Austell, Little Bridge House near Barnstaple and Charlton Farm near Bristol, which we hope will inspire you and remind you of how special this event is. We know you will love the buzz and camaraderie between the cyclists over the 3 days, and it's certainly a challenge to be proud of!

Thank you so much for entering and committing to raise £1,250 in sponsorship to help short and precious lives across the South West. Planning your fundraising is key and as much of a commitment as training for the ride itself. There will be monthly emails and bi-monthly Zoom calls to support you in reaching your target but the earlier you kick start your fundraising, the less pressure you will feel nearer to the time. Opposite are useful fundraising ideas and tips to help you.

Join our **Children's Hospice South West Ride for Precious Lives 2025 private Facebook group** for those signed up to take part to support each other through their training and share fundraising ideas and photos.

And join the **Ride for Precious Lives 2025 Facebook event** so you don't miss anything extra happening over the weekend.



Collecting your fundraising

Fundraise online. Simple to set up and means you have no money to collect! Sponsors can add Gift Aid (an extra 25p for every £1 donated). Set up an online giving page on Facebook, or at www.justgiving.com

Cash donations. Use the sponsor form included, collect cash and pay in donations online or by sending a cheque in the post. Gift Aid can be added too!!



- ☺ Ask family and friends to sponsor you via your online fundraising page. Don't forget to use the JustGiving header image and logo sent to you
- ☺ Spread the word and ask for sponsorship on social media using the sharing graphic sent to you and available to download at www.chsw.org.uk/ride and hashtag #CHSWRide
- ☺ If you are part of a business, use one of the website banners to spread the word
- ☺ Place collection tins in your local shop or restaurant
- ☺ Hold an in-person or virtual quiz and ask for donations to take part
- ☺ Get baking and have a cookie and cake sale
- ☺ Hold an in-person or virtual bingo and ask for donations to take part
- ☺ Hold a supermarket collection day on a static bike
- ☺ Organise a raffle or tombola
- ☺ Hold a dress down day at your workplace in return for a donation
- ☺ Ask your workplace or local bank if they offer a match funding scheme
- ☺ Always have your sponsor form ready so you don't miss any donations.
- ☺ Advertising your fundraising events using the enclosed poster.



Here to support you

Our Fundraising Teams are on hand to support you, simply call your local children's hospice or email events@chsw.org.uk

Little Bridge House

Redlands Road, Fremington, Barnstaple, Devon EX31 2PZ ☺ 01271 325 270

Charlton Farm

Charlton Drive, Wraxall, North Somerset BS48 1PE ☺ 01275 866 600

Little Harbour

Porthpean Road, Porthpean, St Austell, Cornwall PL26 6AZ ☺ 01726 871 800



How your fundraising helps

By taking part in Ride for Precious Lives, you will be helping Children's Hospice South West make the most of the lives of babies, children and young people with life-limiting conditions and their families. The funds you raise will help to support local families now and in the future.

Each hospice is a loving and caring place, where every member of every family who stays can forget their worries for a while, be a family again and find expert help and support with facing an uncertain future.



Making the most of short and precious lives across the South West
www.chsw.org.uk

Registered Charity No. 1003314



Please sponsor me

Title: Full first name:

Surname:

Home address:

Postcode: Tel no:

Email:

Team name:

My employer offers a matched giving scheme to match the amount I raise

Your employer's name:



RIDE
for precious lives
Cornwall → Devon → Somerset

Cycling over 200 miles
across 3 counties in 3 days
July 2025

I pledge to raise
£
to help short and precious
lives across the South West

We take your privacy seriously. For full details about how we store, protect, share and use your personal data, please see our Privacy Policy www.chsw.org.uk/privacy

Thank you for your sponsorship, if you would prefer not to receive an acknowledgement, please tick here



giftaid it **Full name + home address + postcode + ✓ = Gift Aid**

If I have ticked the box headed 'Gift Aid' I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want Children's Hospice South West to reclaim tax on the donations detailed below, given on the date shown. I understand that if I pay less Income Tax/or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand that the charity will reclaim 25p of tax on every £1 that I have given.

Full Name (First name and surname)	Home Address Not your work address (this is essential for Gift Aid)	Postcode	£s Pledged	£s Received	Date Given	Gift Aid
Mr John Smith	37 Lavender Close, Brighton, East Sussex	BNI 3SR	£20	£20	14/01/2024	✓

Cycling over 200 miles across 3 counties in 3 days

RIDE



for precious lives

Cornwall ↔ Devon ↔ Somerset

Fundraising event

Raising smiles for



children's hospice

SOUTH WEST

Registered Charity No. 1003314

www.chsw.org.uk/ride

Event



Where



When



Contact



Supporting
children's hospice
SOUTH WEST

Registered Charity No. 1003314

We're helping to make the most of short
and precious lives across the South West

www.chsw.org.uk





Event support

Children's Hospice South West (CHSW) use external providers to support the event over the weekend to ensure you have a safe experience. This includes a fully way-marked route, medical support, mechanical support and roaming team leaders cycling beside you to help with punctures and any other needs.

The CHSW Team will be supporting you at each of the water/food stations, lunch stops and daily cheer points along with emergency items you may require for personal use, transporting your luggage and, of course, providing encouragement on those tough parts of the route.

Please do not bring your sponsorship money with you to the event.

To do list

- Arrange transport to Little Harbour on Thursday 10 July for registration and drop off bikes for checking from 4.30pm to 9pm
- Book accommodation for Thursday night in St Austell
- Arrange transport to St Austell on Friday 11 July for registration, bike collection, breakfast and briefing between 7am to 8am. Staggered starts will begin at approximately 8.30am
- Arrange transport home (including bike) from Charlton Farm, near Bristol on Sunday night
- Upload the route to your cycle computer or GPS device.

Staying connected

Join our **Children's Hospice South West Ride for Precious Lives 2025 private Facebook group** where you will receive support from the event team and other riders. It is a way to get to know the rest of

Team Ride 2025 before the event and buddy up with other cyclists in your area. We'd love to see your fundraising or training so tag us on Facebook, X and Instagram and use #CHSWRide

Your cycling and training

By next July, you should be competent on your bike and able to cycle 70 to 80 hilly miles comfortably each day.

We will be in contact to discuss your average miles per hour nearer the time to allocate your start group and times for each day. As cyclists of different miles per hour, you will be naturally spread out over the weekend. You must know how to change punctures and fix minor bike malfunctions so that you are not waiting for support vehicles unnecessarily. Please carry at least 2 inner tubes, a puncture repair kit and a bike tool with you at all times.

Whether it is a long training ride or cycling a multi-day epic challenge like this one, optimal hydration and nutrition, along with consistent training and realistic pacing are key. Get it wrong,

too little or too much, and you may come to a halt, reducing training benefits and significantly increasing the time you will need to recover.

What kind of bike should I use?

Dedicated road bikes are the best, but hybrid bikes can be used. Mountain bikes will make your ride more difficult (make your life easier by replacing your wide, knobby tyres with skinnier road tyres for less rolling resistance). Your bike needs to be the right size for you, in perfect working order and suitable for long days on the road.



RIDE



for precious lives

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Hydration tips

Monitoring hydration

The human body is comprised of around 60% water, you need to keep it topped up with fluid to perform optimally. Monitor your hydration levels using the below chart and try to drink 2 to 3 litres of fluids each day whether you're cycling or not. Fruit and vegetable juices, sports drinks and water all count towards this target, but alcohol, tea, coffee and sugar-laden soft drinks don't.

Hydration levels			
		Dehydrated	
	Good		Dehydrated
	Good		Very dehydrated
	Fair		Severely dehydrated

When to drink on the bike

In the 2 hours leading up to a long ride, sip on 500ml to 750ml of isotonic sports drink to ensure optimal hydration and fully stocked up energy reserves. Don't wait until you're thirsty; drink little and often. Aim for 2 to 3 good sized gulps every 10 to 15 minutes. You're not drinking for that moment but 10 to 20 miles down the road.

What to drink on the bike

For rides under 60 minutes, plain water is fine. For longer rides add electrolytes and carbohydrates. Sip at your bottle right from the start of the ride. Aim to consume 500ml to 1 litre of fluid each hour depending on your build and conditions. If you tend to forget to drink, (many riders do), set an alarm every 5 minutes as a reminder.

Nutrition tips

Day before

Eat normally the day before the event but pay attention to hydration. If you are travelling to the event the day before don't rely on service station food. Pack a healthy wholemeal bread sandwich, fruit and unsalted nuts as a mid-afternoon snack. Check ahead and make a booking for your evening meal at a suitable restaurant nearby and ensure your hotel can do an early breakfast.

The evening before the event, or a long training ride, avoid eating too late or it might impact the quality of your sleep. There is no need for the vast plates of pasta commonly consumed for the outdated concept of carb-loading.

A glass of wine or a pint of beer won't be detrimental to your performance and if you are nervous it can help you to relax, but just stick to the one. A milky hot drink can also help you to relax and get to sleep.



Nutrition and food over the weekend

Before you set off to Little Harbour, we recommend eating porridge or a 2 or 3 egg omelette which will give you more slow-release energy. When you arrive at Little Harbour, we will supply you with a hot bacon roll or vegetarian bap for breakfast, a water filling point and sweets to kick start your ride.

Pacing and fuelling are intrinsically linked. If you ride too hard your body won't be able to absorb and use the fuel you are giving it. Settle into an intensity early on that you know is sustainable and realistic. Carbohydrates need to be consumed early, in small amounts and frequently. Depending on the intensity of your ride, you should aim to eat a snack every 20 to 30 minutes; packing your jersey pockets with easy to digest snacks is a must.

Throughout the event, there will be drink/food stations or lunch stop at 15 to 20 mile intervals. At each drink/food station you will be able to top up your water bottle and there will be bananas, cake, snacks and hot drinks. A pub lunch is included each day with a set menu. Your menu choices will be taken 6 weeks before the event and you will be provided with a sticker each day with your choices so you do not have to remember!

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Recommended equipment and luggage

The right kit will help you stay comfortable and safe. You will also need to bring sufficient cycling clothing for 3 days along with any personal items.

Please only bring 1 bag per person and ensure the luggage label provided is attached. The luggage vehicle will take your bag from the start to the finish each day. There will be no access to your luggage during the day, so please place any emergency items you may require in a small separate day bag. The event team will make sure your luggage arrives at the hotel before you finish your day's cycle.

Cycling clothing and accessories

- BS conforming cycle helmet. All participants must wear a helmet whilst cycling
- Good quality cycle gloves
- Cycling shorts/bibs, take a few pairs, go for quality and don't wear any pants under them!
- Spare cycling tops - you will collect 1 bespoke jersey on Thursday evening so please pack other tops for the other 2 days
- Base layers: breathable T-shirts or wicking cycling tops with spare warm layers
- Suitable footwear (if using clip-in shoes, make sure they are in good condition)
- Rain gear: breathable, waterproof and lightweight jacket with over trousers
- Small tub of chamois cream, and sun cream; to make your ride more comfortable. Emergency sun cream will be provided at each of the water/food stations and lunch stops but please provide your own for use before starting each day
- Drink bottles and/or rucksack drinks bladder
- Eye protection: cycling sunglasses or clear lens glasses (some cycle glasses have interchangeable lenses to protect eyes in all conditions).

Bike kit

All must be carried with you over the weekend and please learn how to use all of the items before the event. In accordance with British Cycling guidelines, we recommend that participants do not use tri bars.

- Your bike
- At least 4 spare inner tubes
- Puncture repair kit with tyre levers
- Bike multi-tool and bike-mounted pump
- Lights with chargers or spare batteries
- Cycle computer or GPS device (optional).

Personal items

- Personal medication and toiletries (we will be unable to supply any sort of pain killers)
- Clothes for the evenings
- Mobile phone and charger
- Sun cream and lip balm with UV protection
- Energy bars, gels, snacks and electrolyte drinks as required. There will be bananas, cake, snacks and hot drinks at each drink/food station
- Swimwear, for the swimming pool at both hotels
- Pocket money for the weekend.



You now have lots of information to get your training (and fundraising) started.

If you have any general queries, please contact the event lead Kiley Pearce by email kiley.pearce@chsw.org.uk or phone on 01726 871 800