



BOXCAM 2017

FAQ's

GENERAL INFORMATION

Who will be organising BOXCAM?

Parkinson's UK will manage your booking, administration and sponsorship money. Cycle routes, safety and logistics are planned and managed in collaboration with an external logistic company, who draw on many years of experience planning and delivering a variety of outdoor events.

Who can take part?

Anyone aged 18 and over on 16 September 2017 can participate

How many cyclists will be taking part?

We're expecting between 100 and 120 cyclists on both the two day event and one day event combined.

How fit do I need to be to take part?

In order to take part in either stage we require you to have a good level of fitness and be comfortable on your bike for several hours. We will provide training tips and recommend that you follow a training program. We recommend that you seek advice from your GP before embarking on a new exercise programme.

ON THE DAY

What time does it start?

Bristol (Blaise Castle, BS10 7QT) – we will be starting the ride at 8.00am. Check in will be open from 6:45am.

Oxford (Jury's Inn, OX2 8AL) – we will be starting the ride at 8.00am, for those staying overnight in oxford, breakfast and check in will begin at 06.45. Riders doing the stage two from Oxford to Cambridge will need to be at Oxford for check in no later than 7.30am

How do I get to the start?

Bristol – There is a carpark at Blaise Castle where the first stage starts from, your supporters are able to drop you off here and see you off.

Oxford - There is a carpark at Jury's Inn Oxford where the second stage starts from, your supporters are able to drop you off here and see you off.

How long will it take?

The time the cycle takes depends upon each individual cyclist. However, for safety reasons, we will have a cut off time of 10 hours from the start time (6pm). After this time, Parkinson's UK is unable to accept responsibility for cyclists still on the route.

Will there be food and drink on the course?

Yes, we have feed stations positioned at intervals around the course where there will be water and snacks for you, at half way (roughly 50 miles) we will provide you with lunch. However, please bring enough food and drink to complete the event without relying on what we have available at the feed stations.

Will there be toilets on the course and at the start/finish venue?

There will be toilets at each feed station, as well as at the start/finish venue at both Oxford and Cambridge.

Will you be providing luggage transfer?

Yes, we will be looking after your luggage during the ride.

Is there anywhere I can have a shower or change clothes after the ride?

If you are taking part in the full 200 miles then you will be able to shower at the hotel in Oxford. Riders on the Bristol to Oxford leg will be able to use the shower at the gym at Jurys Inn.

What type of bike should I use?

You don't need to have the latest carbon fibre racing bike to complete the event. However, you do want one which is comfortable, safe and light enough that you can cover the distance efficiently. The best option would be a bike with thin wheels such as a racing, touring or commuting hybrid bike.

Do I have to wear a helmet?

Although it is not a legal requirement, for the safety of our supporters we insist that all cyclists wear a suitable helmet. No one will be allowed to take part without a helmet.

What other kit do you recommend?

At the very least we recommend some decent padded cycling shorts, which you can get from any good bicycle shop. If the weather turns, which we all know is a possibility in English weather, you will want to be able to layer up. We'll be sending out a full kit list prior to the event but as a summary you should have the following:

- Helmet
- Cycle shorts/trousers
- Cycling shoes or trainers
- Short or long sleeve sports top
- Waterproof jacket
- Cycle gloves

We recommend that you come prepared for basic bike repairs. Please bring a pump, tyre levers and a spare inner tube.

What medical provision will be available on the day?

Professional medical cover will be provided on both event days, both at the start/finish area and out on the route. Please give way to any emergency vehicles that require access to the route during the event.

Whether or not you have a medical condition, if you feel unwell on event day we recommend that you do not cycle. The organisers reserve the right to prevent participation on the day due to medical grounds.

What happens if I can't finish the event?

Please take your mobile phone with you and call the emergency number provided on the day if you are in need of support or decide not to complete the course. A sweep vehicle will follow the last cyclist and will collect anybody requiring assistance.

Are the roads closed?

No. The route is set along quieter roads so there is less traffic (and they're more beautiful). You must still cycle sensibly and safely and obey the Highway Code in order to avoid accidents

Do you provide chip timing?

Yes, we will provide you with chip timing for both days with a split point at 50 miles (approx.). We also have a [Strava group](#) for you to share your timing and look at the route in advance.

Is the route sign posted?

Yes, the route will be fully signposted and we will provide you with a downloadable GPX file to upload onto your devices.

SPONSORSHIP

How much sponsorship do I need to raise?

We ask that cyclists on the 200 ride aim to raise at least £350 in sponsorship for this event, with the 100 mile riders aiming to raise £200
Help us reach our goal of raising £70,000.

Where will my sponsorship go?

All sponsorship from the event will go directly towards our research programme for new and better treatments for Parkinson's. If you prefer to specify where your money goes, please do so as soon as you register.

What will Parkinson's UK provide?

To help you get your fundraising underway we'll provide you with sponsorship forms and regular e-newsletters containing lots of useful tips. We can also provide fundraising materials such as collection tins, banners and posters on request. You will receive your race pack with your race number and on the day information around 1 month before the event.

If you have any other questions please contact the Events team on **020 7963 9312** or pedal@parkinsons.org.uk.