Ride the Route

INFORMATION PACK

RAILWAY children

No child lost to the streets

THANK YOU SO MUCH FOR TAKING PART IN RIDE THE ROUTE, HELPING CHILDREN WHO FIND THEMSELVES VULNERABLE AND ALONE AT STATIONS AND ON STREETS AROUND THE UK, INDIA AND TANZANIA.

Congratulations you are all signed up for the 2025 Ride the Route for Railway Children. This event guide contains all you need to know to prepare for the event.

We are very grateful to our event sponsors, for their support of this event. Thanks to them, so much more of your hard-earned fundraising will go to the children who so desperately need our help.

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If you have any questions after reading this info pack, please get in touch with our events team at events@railwaychildren.org.uk.

BEFORE THE EVENT

DURING THE EVENT

WHAT TO BRING

REACHING YOUR FUNDRAISING TARGET

BEFORE THE EVENT

Medical information:

This is a team event and not a competition, so please work with everyone who is taking part. Safety is our primary consideration. It is a good idea to do some of your training with others and get some practice in for longer distance cycles, or consecutive days of cycling. There is lots of useful training info outlined in this document.

As part of your registration, you consented that you were medically fit to take part in this self-led event; if at any point prior to the event there is any changes to this information please **contact us** straight away.

We do not professionally vet your medical information. Please assess for yourself whether you are fit and able to take on the challenge. Please review information sent to you to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part.

If you think that there are things we can do to make the challenge more accessible/ comfortable for you, it is your responsibility to let us know and we will then let you know if we can accommodate your request.

If you or any of your team takes regular prescription medication, remember to take an adequate supply with you when you are training and on the event itself. It may sound like common sense, but experience has shown that it is not uncommon for someone to have forgotten their asthma inhaler or not realised it was nearly empty. This is equally relevant for more standard medications e.g. aspirin.

Insurance:

Railway Children has public liability insurance, and this protects participants in the event of negligence on the part of the organisers. However, this is not personal accident cover for individuals. All participants should ensure that their personal insurance arrangements do not preclude them from participation in this type of activity and that they are adequately covered in the event of an accident.

PREPARATION & TRAINING:

This challenge will have you cycling for extended periods of time, and requires a moderate to good level of fitness. Ride the Route is a testing event but is within the reach of most people with a basic level of fitness provided that they are properly prepared. The qualities required are a combination of determination and commitment, but you will also need to have the strength and stamina to sustain you through what is going to be a very physical time. This can only be achieved through training.

Getting cycle-fit will increase your enjoyment whilst you're on your challenge and help prevent injury. Plus, training for your challenge is a great way to improve your overall health and wellbeing.

- A 1 - 2hr bike ride every weekend is not enough to prepare you for a daily routine of 6 - 8hrs in the saddle.
- Your training should start several months before the challenge, and following a good training plan will help you to get cycle-fit.

REMEMBER

Without training, you may not be able to complete this challenge.

Do's and Don't of Training:

- Ride Safe! (Hi Viz, helmet, head up, single file, respect other road users).
- The best cardio exercise to prepare for a cycle challenge is....cycling, because it uses all the same movements and muscles that you'll be using on your challenge. You'll strengthen all the right muscles, get used to the kit you will be using and get used to sitting in the saddle.
- Don't do too much too soon (don't go and do 100 miles on your first ride!) and get too fatigued or even worse injured, and not be able to ride your bike for the next month!
- Always warm up (prior to) and warm down (after) exercise and include stretching.
- Do wear padded cycling shorts.

CHECK OUT OUR CHALLENGE PARTNERS GUIDE TO TRAINING FOR A CYCLING CHALLENGE TO HELP YOU PLAN YOUR TRAINING

- As you get fitter keep the time that you spend training the same but increase the intensity (work harder) - you can fit it into your busy lifestyle.
- Keep a note of the distances you cover using a cycle computer - you will be able to monitor your improvement.
- Listen to your body and if you are tired do a little less, if you feel strong do a little more – the suggested plans aren't prescriptive.
- Do get advice from the attendant/instructor at your gym on use of equipment and exercise.

A healthy balanced diet is as important as your physical training. Make sure you fuel up on energy-giving carbohydrates and muscle-repairing proteins before a long training session and test out the snacks you plan to take on your challenge as you walk. Not everyone gets on with energy gels, but most people can benefit from a slow energy release banana or a quick sugar hit from a jelly baby!

5 Reasons to train!

1. You will have a far better chance of completing the challenge.
2. You will enjoy it far more if you have a good level of fitness, you are far less likely to become injured.
3. It will improve your circulation, breathing and endocrine functions and strengthens your heart, reducing the risk of heart attack and stroke.
4. It tones muscles and strengthens bones, reducing the risk of osteoporosis, reduces blood fat and cholesterol and burns calories!
5. It boosts mental performance and improves psychological wellbeing.

Getting to and from the event:

This event is supported by LNER and TPE, helping participants travel to and from the venue. We are also in discussions with additional train operators to further support your journey.

Please note that bike storage on trains is limited. With over 60 participants traveling to the same location, travel times will need to be staggered to accommodate everyone safely and comfortably.

To help us coordinate your journey, please ensure you have completed the **Travel Plans Form**. This is essential for us to support your arrangements effectively.

Further information on travel support will be shared by email shortly. We anticipate being able to provide travel tickets for those using LNER or TPE, but bike storage must be reserved directly with the train operators.

Medical support:

We are supported on this event by Elevate Events who will be route marking ahead of us, as well as providing support on the ride itself. The Elevate team are all first aid trained, as is Cat Howourth, Railway Children's event manager who will also be on the event. There is a small supply of first aid equipment on the event, but you are advised to bring your own first aid kit. This should include blister treatment, e.g. Compeed, support bandages and ibuprofen.

DURING THE EVENT

Timings for the event, are approximate and may be subject to change.
Further timings for rest stops and finish times will be released closer to the event.

You are required to check in at the start and finish of each day's event.

WEDNESDAY 3RD SEPTEMBER

Participants arrive in Liverpool in advance of the event. There is no set time to arrive.

Everyone must check in at the start of each day and again at the end of the day. Once you have checked in in the morning, you will be able to put your bag onto a support vehicle, and it will be taken to the next hotel.

THURSDAY 4TH SEPTEMBER

06:45 **Event registration opens**
Outside the Premier Inn, Liverpool One. Please ensure you have registered by 7:30.

07:30 Event briefing & safety checks

07:45 Team photos!

08:00 **Day 1 cycle starts!**
Huddersfield here we come!

Breaks and stops will be scheduled throughout the day.

You will be required to check in once you reach Huddersfield.

FRIDAY 5TH SEPTEMBER

07:30 **Day 2 check in opens**

07:50 Day 2 briefing

08:00 **Day 2 cycle starts!**
Scarborough here we come!

Breaks and stops will be scheduled throughout the day.

You will be required to check in once you reach Scarborough.

SATURDAY 6TH SEPTEMBER

07:30 **Day 3 check in opens**

07:50 Day 3 briefing

08:00 **Day 3 cycle starts!**
Darlington here we come!

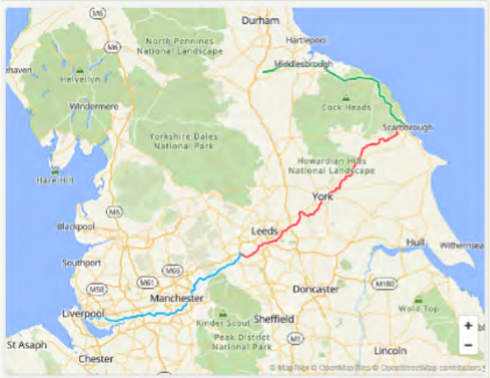
Breaks and stops will be scheduled throughout the day.

You will be required to check in once you reach Darlington.

There will be support vehicles throughout the with snacks and water available, however please ensure you take everything that you need with you on the cycle, as we cannot guarantee access to your overnight bag during the day.

Throughout this event, we will be supported by volunteers in support vehicles. Our sincere thanks to Alstom, Hitachi, Network Rail, and AtkinsRéalis for providing these vehicles

THE ROUTE



LIVERPOOL TO DARLINGTON

- 232 miles / 373 km distance
- 10,565ft / 3220m of climbing

WEDNESDAY 3RD SEPTEMBER

Day 1 – Liverpool to Huddersfield

- 73.4 miles / 118km distance

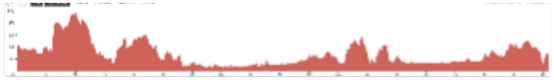
- 3244ft / 989m climbing

THURSDAY 4TH SEPTEMBER

Day 2 - Huddersfield to Scarborough

- 91 miles / 146km distance

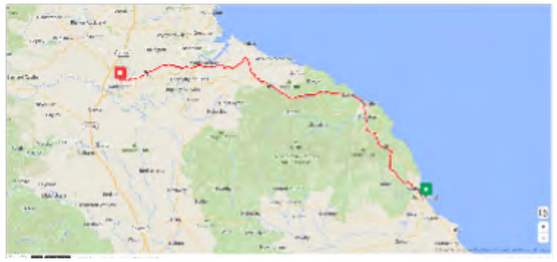
- 3487ft / 1063m climbing



FRIDAY 5TH SEPTEMBER

Day 3 - Scarborough to Darlington

- 67.1 miles / 108km distance



- 3834ft / 1169m climbing

Event Safety:

Instructions given to you by the event organisers must be adhered to at all times. Railway Children will not take responsibility for any incident that occurs as a result of teams or individuals not heeding advice and instructions given.

As with any challenge we fully expect people to have very different abilities across the event, this is perfectly normal, and we fully expect this. However, Ride the Route is a team event and is not run as an individual, against the clock challenge. We would encourage everyone taking part in this challenge to support each other to achieve everything that they can.

WHAT TO BRING

Please note that this is a self-led event. It is your responsibility to ensure that you, and your equipment, are adequately prepared for the terrain and distances involved in the ride.

There are no excuses for coming unprepared. You will be exposed to the elements, riding on open – and often busy – roads across the country. Turning up without the correct kit not only puts you at risk but also places additional pressure on the support team and fellow participants.

Please ensure you bring all items listed below. Everything on the kit list is included for a reason – your safety and wellbeing depend on it.

We recommend bringing a small day bag with any items you may need throughout the day. Whilst this can still be carried in the support vehicles, it will be more easily accessible than your main luggage.

- ◯ **Helmet (mandatory)**
- ◯ **Sunglasses/cycling glasses**
- ◯ **Bib shots/padded shorts**
- ◯ **Cycling socks**
- ◯ **Cycling shoes**
- ◯ **Over shoes**
- ◯ **Front & rear lights (mandatory)**
- ◯ **Small waterproof jacket**
- ◯ **Arm/leg warmers**
- ◯ **Base layer**
- ◯ **Chamois cream**
- ◯ **Additional clothing, shoes toiletries etc for post cycling each day**

All participants will be given 2 short sleeved jerseys as part of their event registration; this will be in the size provided at registration.

This is a tough challenge and to give yourself the best chance of successfully completing it please make sure that you have consulted the kit list carefully and that you have all kit marked as essential. No spare kit will be provided on the challenge.

Weather

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! Please check the weather forecasts to ensure that you bring suitable clothing and equipment for your challenge. We recommend you come prepared for any weather, which means bringing waterproofs and warm layers even if rain isn't forecast.

As this challenge takes place across the country, it is worth checking out the **Met Office's weather forecast here**. You can use the search function to find the different locations forecast.

We will monitor the weather in the lead up to your challenge and make adjustments to the itinerary as required to ensure your challenge can take place as safely as possible. If a significant change has to be made to your challenge itinerary due to the weather, we will inform you as soon as is reasonably possible.

Accommodation

All participants are responsible for booking and paying for their own accommodation, as this is not included in the event. Here is a list of hotels we have sourced in each event location for your convenience.

Please note that Railway Children does not take responsibility for the standards or quality of these hotels, and no additional event discounts are available.

Please ensure you have completed our Travel Plans form to let us know where you will be staying so that we can provide suitable support.

DAY 0 – LIVERPOOL

Wednesday 3rd September

- Premier Inn - **Liverpool City Centre (Liverpool One) hotel**

Alternative if required -
Holiday Inn - **Liverpool City Centre**

DAY 1 – HUDDERSFIELD

Thursday 4th September

- Premier Inn - **Huddersfield North Hotel**

Alternative if required -
Holiday Inn - **Brighouse by IHG**

DAY 2 – SCARBOROUGH

Friday 5th September

- Premier Inn - **Scarborough (South Bay) hotel**

Alternative if required -
Travel Lodge - **Scarborough St Nicholas**

Food and Drink

Please note that all participants are responsible for covering the cost of their own meals, as these are not included in the event. Each of the hotels listed above has an on-site restaurant, and we encourage everyone to dine together in the evenings as a team.

Lunch stops will be scheduled along the route and are likely to be at venues such as golf clubs or garden centres. However, if you prefer to bring your own lunch to enjoy during the stop, you are welcome to do so.

Snacks, energy gels, and water will be provided at all designated stops and will be available from the support vehicles. We will also carry additional water supplies for use in case of emergency.

Toilets

Participants will be able to utilise the bathroom facilities at the hotels and lunch stops. However, during the challenge facilities will be limited to the great outdoors! Please make sure to follow the countryside code and take all litter, including tissues and toilet paper, home with you.

Responsible tourism

We recognise our responsibility to the places we visit, and also to local people. We believe that we need to preserve and respect the locations in which our challenges take place, in order for future generations to have the same fantastic experience as you. We are passionate about the environment and our relationship with the local communities and as a participant on one of our challenges it is expected that you share our passion and follow the guidelines below:

- Be courteous to the local community
- Keep noise to a minimum especially near dwellings
- Keep to the planned route and do not stray onto private property
- Leave no trace of your visit
- Do not disturb wildlife or livestock
- Take all litter away with you including fruit peelings and dispose of it appropriately

REACHING YOUR FUNDRAISING TARGET

Through registering for this event, you pledged a minimum individual fundraising target of £350, with your fundraising page being automatically set up on the 'Enthuse' platform.

This is the easiest way to reach your fundraising target and all donations made through your fundraising page will come directly to the charity and will go towards your fundraising target. You can easily add offline donations to your page too.

This is a tough challenge and in order to succeed, you will have to dedicate a good deal of time to training and preparation, so tell people just how tough it is! In any communication tell them exactly what you are doing on the day and generally leave them in awe of the task you are undertaking. This may gain their sympathy or their admiration, or simply leave them thinking you must be mad, but it will help to gain their attention and raise funds!

Here are some tips to help you reach your fundraising target and beyond!

- **Tell anyone and everyone!** Social media is one of the best ways to tell people about your fundraiser. Share pictures of you throughout the challenge – the good bits and the harder bits! Don't forget all those WhatsApp groups you are part of too!
- **Tag @RailwaychildrenUK** in your posts and remember to include a link to your online donations page.
- **Did you know that 20% of fundraising comes in after an event?** So, share how you did, what taking part meant to you and how it has affected how you feel. You'll be amazed at how many extra donations come in after the event - fundraising pages will be open for 4 weeks after the event.

IF YOU RAISE ANY MONEY OFFLINE, PLEASE GET IN TOUCH FOR OUR BANK DETAILS SO THAT YOU CAN SEND IT DIRECTLY TO US. WE CAN STILL ADD IT TO YOUR FUNDRAISING PAGE TO SHOW HOW WELL YOU ARE DOING WITH YOUR FUNDRAISING.

- **Don't forget to ask your donors to Gift Aid**, this adds 25p onto every £1 they give at no extra cost to you or your donor (gift aid does not count to your fundraising target, it's an added bonus!)
- **Does your company have a match funding scheme?** Many will match your personal fundraising pound for pound, or make an additional donation based on the amount you have fundraised – contact your HR department to see what your organisation can offer.
- If you are fundraising as a team, your individual fundraising page feeds into your team page, therefore you can use either to help boost your total.

THANK YOU FOR MAKING A DIFFERENCE

The money you raise from taking part in this event can help children like Darcy, who ran away from home after arguments turned into fights and she felt as though she was part of the problem.

Or Anuj who is from a low-income family and unbeknown to his family, aged 14 set off in search for work to try and help.

Or Kanoni who was only nine years old when she was found living on the street. As she grew up, her only means of survival became sex work.

£100

could pay for four hours of one-to one support for a vulnerable child in the UK when they need it most.

£350

could pay for a family reintegration worker in India to spend a month tracing children's families, reuniting them where possible and working with the whole family to ensure the child is safe and that they can thrive together.

£500

could pay for an outreach worker in Tanzania to search the streets and bus stations for a month looking for and protecting children at risk.

For any fundraising support, or if you would like to order fundraising materials such as collection buckets and leaflets, please get in touch with our events team at **events@railwaychildren.org.uk**

CHANGE A CHILD'S FUTURE TODAY

Your support makes our work possible. It's the only way we can ensure all children are seen, heard and protected, so no child has to live on the streets anywhere in the world.

THANK YOU FOR SUPPORTING OUR RIDE THE ROUTE EVENT WHICH WILL HELP US CONTINUE TO REACH AND PROTECT VULNERABLE STREET CONNECTED CHILDREN FOUND ON THE TRANSPORT NETWORKS IN TANZANIA, INDIA AND THE UK

Ride the Route

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Registered charity number 1058991

Wherever possible we gained consent of the children pictured in accordance with our child protection policy. Names have been changed and models used to protect identities. Your donations will transform the lives of children in Tanzania, India and the UK - wherever the need is greatest.

RAILWAY children
No child lost to the streets