



Hit the Downs MTB 2021 FAQ's



Hit the Downs MTB is the annual off-road mountain bike event for Chestnut Tree House and St Barnabas House. The event logistics are run by PIE (Passion in Events) a professional cycling company. Chestnut Tree and St Barnabas House Events Team are responsible for the marketing, recruitment, and participant stewardship as well as the on the day entertainment and event village.

Registration

How can I enter?

You can enter online by going on:

CTH – www.chestnut-tree-house.org.uk/hit-the-downs-mtb

STB – www.stbh.org.uk/hit-the-downs-mtb

Or by calling 01903 871820 and we can register you over the phone.

When do I need to register by?

Monday 28 June 2021

What are the routes?

30km or 80km circular routes.

How much is it to enter?

£35 – 30km

£45 – 80km

Your registration fee covers the cost of putting on the event only.

How do I know my booking is confirmed?

You will receive an automatic email once you have registered online. If you do not receive this email within 24 hours of registering, please contact the team on 01903 871820.

What is included in my registration fee?

Your registration fee covers the cost of putting on the event which includes;

- Refreshment stops on route
- Chip timing
- Souvenir medal

Can I cancel / transfer my place?

Unfortunately, all places are non-refundable, non-transferable, or non-deferrable.

Is there a minimum age?

Riders must be aged over 18 years old at the time of the event. 10 to 17 year olds can take part, but will need to be accompanied by an adult for the duration of the challenge. With a ratio of 1 adult to 1 under 18. (You would be unable to have 1 adult with 2 under 18's.) All under 18s must be registered over the phone by calling 01903 871820 so we can match up the adult/guardian to the under 18 rider.

Can under 18's ride on any route?

Due to the physical demands of the 80km route, under 18's can only take on the 30km route.

How can I enter a group?

You can pre pay for registrations and send a link to your team mates for them to complete the registration form online. Alternatively, you can set up your team once you have all completed an individual entry. To discuss taking part in a team further please contact us: 01903 871820



Do we get a cycling vest?

No

Can I change distance once I have signed up?

Yes, if you are going from 30km (£35) to 80km (£45) you will need to pay the £10 difference.

If you are dropping down from 80km to the 30km, unfortunately you will not be refunded for the difference.

What's the nearest public transport?

Shoreham-by-Sea train station is 15 minute walk away.

There is a bus stop near the entrance of Adur Recreational Ground

Sponsorship

Is there a minimum sponsorship?

There is no minimum sponsorship for Hit the Downs MTB. However, any sponsor money you raise will directly benefit St Barnabas House or Chestnut Tree House. Your registration fee covers the cost of the event only, but every additional pound helps local children and families create precious moments together and receive the care and support they desperately need.

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 hub on our website, you will also find a whole host of fundraising advice and tools to download and hints on how to set up a JustGiving page. Talk to us if you are thinking about starting your fundraising and we can assist you if you need it.

How do I set up a JustGiving page?

Go onto the links below and click, taking part in an event. Hit the Downs MTB is listed, and you can join the campaign. Use the helpful downloadable guide on our websites. If you can't find what you need get in touch on the details below and we can set a page up for you over the phone.

www.justgiving.com/stbarnabashouse | www.justgiving.com/chestnuttreehouse

Can I gift aid my donation?

Yes, as long as you are a UK tax payer. You can find out more information on Gift Aid on our website.

Can I hand in my sponsor money on the day?

Unfortunately, we are unable to accept sponsorship money on the day of the event. Please use the below methods either before or after the event:

- Via Bacs Payment account no: 70574790 Sort code: 60-03-38 Natwest bank St Barnabas Hospices – please include – **HTD21 and your name in the reference**
- Send us a cheque using the free post code here :- Freepost RSL-CHXE-CGZR, St Barnabas House Event Team, Titnore Lane, Worthing, West Sussex, BN12 6NZ
*Please write your name and Hit the Downs MTB on the back of the cheque.
- Call us on 01903 871820 and make a donation over the phone
- Pop in and see us! We would love to see how you are getting on, drop into St Barnabas House and ask for the Supporter Care Team.
- Online by visiting the website and hitting 'donate'
 - [Chestnut Tree House](http://www.justgiving.com/chestnuttreehouse)
 - [St Barnabas House](http://www.justgiving.com/stbarnabashouse)

We strongly advise not to send cash in the post

If you have taken part as part of a team, please let us know who is in your team and if you are fundraising as a group. Then we can allocate the sponsorship correctly.



Event & Route

What time does it start?

The first waves will start from 7am approx. You will be notified of what time to arrive in your final information pack. Please adhere to the time you have been given as it will have an impact on social distancing if you are early or late.

Will there be allocated start waves?

Due to ongoing concerns around Coronavirus and to keep in line with social distancing. You will be allocated start times and waves. It is crucial that you arrive on time for your allocated slot as this will impact on the social distancing policy for the event.

What do I need to do when I get there?

You will be greeted by a Car Park marshal who will usher you into the car park. Once parked make your way (with bike) to the holding pen, where you will be held until the registration is clear. When instructed, make your way to the registration desk located near the car park. Once registered and your rider number has been issued, make your way to the start line to begin your challenge.

Where do I park?

There is free parking on site for the duration of the ride (Adur Recreational Ground, Shoreham-by-Sea)

Will there be a drop off/pick up point?

Yes, located near the front of the car park – please notify a car park marshal in the morning if you need to use this zone.

Is there a bag/key drop?

No, please keep your valuables with you at all times.

What do I need to bring with me?

Helmets are a must! And your bike must be in good working order. If the crew deem your bike unfit or your helmet is damaged, you may not be permitted to take part. Please also bring with you a small trail side puncture kit as well as plenty of snacks and water to see you round the course. There are pit stops to stop and refuel but do not solely rely on these. Bike pumps are also recommended but not essential.

Where is the route?

Both routes start and end at the Adur Recreation Ground in Shoreham-by-Sea.

Both routes are off road and will take riders through the stunning countryside of the South Downs.

Route files can be available on request, using the details below.

What format will the route files be?

We will provide route files in .gpx, .tcx and .kml formats. Please contact us on the details below to request our file.

Are there refreshment points?

Yes, there will be the following pit stops: Locations will be out soon.

1 x stop on the 30km route

2 x stops on the 80km route

Will there be food and drink available at the start and finish?

Due to Coronavirus, there will be limited food and drink at the start and finish. Please bring with you anything you feel you may need – a flask of hot drink is recommended.



How fit do I need to be?

We suggest that you undertake as much training as possible and are physically able to complete the challenge that you have signed up for. We advise you to look at the training plans on the Information Hub.

Will there be mechanical support available?

Yes, we will have South Downs Bikes at the start and finish.

Are there training rides available?

Unfortunately, due to resources and limited time there will not be any training rides this year.

Are there toilets available?

Yes, there will be toilets available at the start/finish venue and at the pit stops.

When will the routes be released?

Mid May 2021. They will be published on social media on the website and will be sent out to any registered riders through email.

Do the routes cross over or share the same course?

There are a couple of short sections of the route that are repeated on the 80km, but only very short stints.

Can I use my road bike?

No, tires on a road bike are too thin to tackle the terrain of the Downs and you may end up damaging your bike or yourself! The suspension will also not be very comfortable.

Can I use my e-bike?

Yes, please be aware that there is no mechanical support for e-bikes. Please ensure that you have all the spare parts and batteries and that your batteries have enough range.

Is the event chip timed?

Yes.

Can we ride in fancy dress?

Yes, helmets must be worn at all times. Any costumes/fancy dress that are deemed dangerous to yourself and other riders will be asked to be removed (make sure you bring spare clothes!)

Can my dog come for the ride?

Unfortunately, dogs are not permitted on the route, even guide dogs. Dogs are welcome at the start/finish.

Is there anywhere for my family to watch?

Due to the ongoing concerns around Coronavirus, we are asking you to limit your support to two people per rider.

Will I get a medal?

Of course!

Can I ride tandem?

No, tandem riding is not permitted.

Can I ride if I am blind?

Yes, provided that the blind rider can ride safely themselves and without impairing the safety of other cyclists or members of the general public. We suggest they wear a high visibility jacket / shirt to inform others they are blind.



Can I ride if I am deaf?

Yes, provided the deaf rider can ride safely themselves and without impairing the safety of other cyclists or members of the general public. We suggest they wear a high visibility jacket / shirt to inform others they are deaf.

Health & Safety

What happens if the event is cancelled due to Coronavirus?

All places come with our Covid-19 Promise allowing you to register with confidence.

To read more about our Covid-19 Promise visit:

Chestnut Tree House - www.chestnut-tree-house.org.uk/challenge-events/covid-19-promise

St Barnabas House - www.stbarnabas-hospice.org.uk/challenge-events/covid-19-promise

Is the event Covid safe?

We are working hard to ensure that the event is as safe as it can be. There will be additional hand sanitising stations and social distancing throughout. Please pay special attention to any timings you have been given as this may impact on social distancing if you are early or late. We will be relying on you all to do your part and have written a handy document on **how we will keep you safe** at the event. Full document can be found on the website.

Is there first aid / rescue if I break down?

Yes, you will be issued with an emergency contact number upon registration. We will have a number of safety vehicles driving near to the route with trained first aid on board. They can come to you for any serious injuries.

There will also be first aid that the pit stops and at the start and finish.

I still have a question – what do I do?

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

Contact Details

01903 871820

St Barnabas House – events@stbh.org.uk

Chestnut Tree House – events-cth@stbh.org.uk