



St Barnabas Hospices



Hit the Downs MTB 2022 | FAQ's

Registration FAQs

When and where is the event?

Sunday 17 July 2022 at Adur Recreational Ground, Shoreham by Sea

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 254777 and we can register you over the phone.

When do I need to register by?

Sunday 3 July 2022

What are the routes?

30km, 60km or 80km circular routes.

How much is it to enter?

£35 – 30km

£40 – 60km

£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 254777.

What is included in my registration fee?

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

- Refreshment stops on route
- Mechanical support at the start, rest stops and the finish line
- Chip timing
- Downloadable route files
- Support throughout your fundraising
- Free event parking for the duration of the challenge
- Souvenir medal
- Post event entertainment

Can I cancel / transfer my place?

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

Is there a minimum age?

30km route – all riders must be at least 10 years old on the day of the event. Riders aged 10 to 17 must be accompanied by an adult on a ratio of 1:1. All riders 17 and under must be registered by the guardian who will be riding with them on the day. This is to ensure that we can match up all 17's and under and their guardians at the point of registration. Call us on 01903 254777 to get registered.

60km and 80km routes – all riders must be 18 or over on the day of the event.

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 on 01903 254777



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Do we get a cycling jersey?

Unfortunately, we do not supply bespoke cycling jersey. We can offer a hospice branded t-shirt but they are heavy cotton and not ideal for sporting activities.

Can I change distance once I have signed up?

Yes, if you are going from 30km (£35) to 60km (£40) for example, you will need to pay the £5 difference. If you are dropping down from 80km to the 60km for example, unfortunately you will not be refunded for the difference.

Sponsorship FAQs

Is there a minimum sponsorship?

Yes, there is a minimum sponsorship of £50 per person. All sponsor money you raise will directly benefit St Barnabas House or Chestnut Tree House. Your registration fee covers the cost of the event only, and every additional pound helps local children and families create precious moments together.

Why is there a minimum sponsorship?

Hit the Downs MTB is a charity fundraising event. There is a minimum sponsorship in place to ensure that we are raising the vital funds for St Barnabas House or Chestnut Tree House. Meaning local children, adults, and their families get the care and support they desperately need.

Can I fundraise for another charity or cause?

Hit the Downs MTB is a fundraising event put on by and in aid of St Barnabas House and Chestnut Tree House. You are unable to fundraise for another charity or cause.

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, we are here to help!

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 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 – **(HTD22YOURNAME)** as the reference
- Send us a cheque using the free post code here: **Freepost RSL-CHXE-CGZR, St Barnabas Hospices 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 254777 and donate 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.



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Can I GiftAid my donation?

If you are a UK taxpayer we would love you to GiftAid your donation! You can ask all your sponsors to gift aid their donation by ticking the box on the sponsorship form or by donating to your JustGiving page, this will help St Barnabas House and Chestnut Tree House raise an extra 25p for every £1 you are sponsored. Please note we are unable to put GiftAid towards your minimum sponsorship target. Find out more on our website.

Event & Route

What time does it start?

Registration for the 80km will open from 6.45am. With the first waves departing 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.

What's the nearest public transport?

Shoreham-by-Sea train station is a 15-minute walk away (5-minute cycle). There is also a bus stop at the entrance of Adur Recreational Ground.

Will there be allocated start waves?

Due to ongoing concerns around Coronavirus and to keep in line with social distancing. You might be allocated start times and waves. It is crucial that you arrive on time for your allocated slot as this will impact on the health and safety 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) and make your way to the registration desk. 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. You must have vacated the site by 5.30pm, or you could risk being locked in.

Can I park with a camper or van?

There are no height restrictions for parking. You must have vacated the site by 5.30pm, or you could risk being locked in.

Will there be a drop off/pick up point?

Yes, located near the front of the car park – please notify the marshal on the gate 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 – you will not be able to ride without one*
- Your bike, in good working order*
- A trailside puncture kit and spare inner tubes
- Your mobile phone with battery and credit
- 2 litres of water and snacks

*If the crew deem your bike unfit or your helmet is damaged, you may not be permitted to take part. If your helmet or bike is deemed unfit you will not receive a refund. A full kit list will be published in 2022.

Where is the route?

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

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



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

What happens if I pass a horse or dog walkers on the route?

The routes are all public rights of way and respect of the trails and other users must be adhered to. To read up on the public rights of [way see here](#)

When will the routes be released?

Mid-June 2022. They will be published on social media on the website and will be sent out to any registered riders through email.

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 when the full routes are published. 1 x stop on the 30km route

1 x stop on the 60km route

2 x stops on the 80km route

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

Yes, we will have coffee and breakfast items at the start and plenty of tasty treats for you to purchase at the finish. We may be able to provide beer this year, so do bring along a form of ID.

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, at the start, finish and rest stops.

Are there training rides available?

We are hoping to be able to bring you at least one training ride this year. We will announce on social media and on the website.

Are there toilets available?

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

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.

Can I use a gravel bike?

Yes.

Is the event chip timed?

Yes, but Hit the Downs MTB is not a race.



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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, just in case!)

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?

Yes, we would love your friends and family to support you. Why not invite them to the finish to see you over the line?

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

Will I get a refund if I have Covid-19 or if I am unwell?

Unfortunately, you will not get a refund if you are unwell or have Covid-19. We will only offer refunds if the event is cancelled due to Covid-19.

Is the event Covid safe?

We are working hard to ensure that the event is as safe as it can be and keep up with the ever-changing government guidelines. 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 and the health and safety procedures that we have put in place. 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 injure myself or my bike is damaged, and I can't continue?

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 at the pit stops and at the start and finish.

Will the event be cancelled due to bad weather?

The event will only be cancelled if we deem the weather unsafe. E.g. if wind speeds reach an excess of 45mph or if there is torrential rain that would deem the route dangerous. We will keep all our registered riders up to date if this was to happen.



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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 254777

St Barnabas House – events@stbh.org.uk

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