



Active Sunderland BIG Family Bike Ride Saturday 15th June 2019, 10.00am, Herrington Country Park

ABOUT THE EVENT

About the BIG Family Bike Ride

The Active Sunderland BIG Family Bike Ride is a five mile ride on the paths within Herrington Country Park.

What time does it start?

The BIG Family Bike Ride will start at **10.00am**

Who can take part?

The BIG Family Bike Ride is a family participation event designed for participants aged 5 years plus, please note that children under 8 must be accompanied by an adult. One adult should supervise no more than two children, this is to ensure the safety and wellbeing of children in your care whilst taking part in the event.

Is this a charity fund raising event?

No. It is a mass participation event and any income generated is used to stage the BIG Family Bike Ride and to support future events.

Is this a race?

No. The event it is not a race. The BIG Family Bike Ride is a fun participation event giving families an opportunity to be active together.

Do participants need to bring their own bikes?

Yes participants will need to bring their own bikes.

How long will it take complete the course?

We would expect the majority of cyclists to complete the 5 mile course between 25 – 50 minutes.

Are the routes signposted?

Yes. All routes will be signposted throughout with fluorescent directional signs. In addition marshals will be located at key positions to assist you further.

ENTERING THE ACTIVE SUNDERLAND BIG FAMILY BIKE RIDE

How do I enter the event?

Entry is available online only at www.sunderland.gov.uk/bigbikeride2019

How much is it to enter?

The cost is £11.00 per person when entering online which includes an Active Sunderland t-shirt, medal and goody bag. An early bird offer and discounted group entries will be available for this event. Entries are also available on the day at registration but please note we cannot guarantee an event t-shirt for on the day entries. Please visit www.sunderland.gov.uk/bigbikeride2019 to check early bird, group entries and on the day entry fees.

What time on the day can I register?

Registration will open at 8.30am. Please look for the Active Sunderland Gazebo's and branding located near the play park, event team staff will be on hand to assist you.

Will I receive confirmation of my entry?

Yes. Confirmation will be sent via email following your online entry. Additional information will follow in the weeks before the event. Please also check your spam email folder if the confirmation is not received.

Why can't I enter by post?

Entries to the BIG Events programme are via an online system only. This ensures a much quicker and more efficient entry process. In addition participants can be sent acknowledgements and event information much more efficiently and without delay.

If I don't turn up on the day will I get a refund?

Refunds can be processed upon request but only up to the date that the online entry system closes. In the event that Active Sunderland cancels the cycle ride, in extreme adverse weather conditions for example, then refunds will be issued to all participants.

If I have a disability, will I be able to participate?

Yes – but if you need any extra support or assistance please contact us before the event on 0191 561 46000.

ON THE DAY**Will you post my t-shirt to me before the event?**

No. T-shirts will be issued prior to the start from the Active Sunderland registration point.

What do I need to wear?

Please dress appropriately for the weather conditions on the day. If rain is forecast it is advisable to carry a lightweight waterproof jacket. If the sun is very bright please remember to apply a suitable sun block.

Is car parking available on site?

Yes, free parking is available within the park.

Are refreshments available at the event?

Yes. Hot and cold drinks, food and snacks will be on sale within the park.

Will there be a first aid presence at the event?

Yes. There will be first aid service provision while the event is in operation. Please note also that marshals are at regular intervals and can offer assistance to participants should it be required.

Will the event go ahead if it's raining?

Yes. The event would only be cancelled in the event of an extreme weather event and if the safety of participants was considered a risk.

If I turn up late and miss the 10am start can I still participate?

Yes, but only until 10.30am at the latest.

Where can I find further information about this and other Active Sunderland events?

Information about all Active Sunderland BIG Events and other events in the city in 2019 can be found at www.sunderland.gov.uk/big or find us on Facebook to keep up to date with all the latest information.