

# WAY OF THE ROSES

## FAQs



### What time does the ride start?

We would aim to start between 9:00 – 9:30 but you will need to arrive around 1 hour before the start time in order to get prepared and briefed.

### What is the start location?

Morecambe Jetty adjacent to the sea/beach – exact location and venue will be confirmed soon.

### Can I get accommodation on the Thursday evening?

Of course, however this will not be covered by the National Autistic Society but we are able to recommend accommodation to you.

### Will I be with cyclists of similar abilities?

One of Andy Cook cycling strengths is their ability to assess what they are presented with and at the same time encourage self-selection. An ideal sized group on the road is 8 - 10 riders so we would assume 3 - 4 different ability groups. Riders are able to change groups if the group they initially chose was too fast or too slow as long as the group leader that they started with is made aware.

We have some questionnaires that we can provide to gain an understanding of riders level of experience prior to them arriving on the start line. This will help us grade the riders into the groups more easily.

### Are there any specific requirements to take part in the event?

You must have your own bike, equipment and cycling helmet. Experience of cycling on a road with traffic. Obviously it helps the event greatly if you have at the very least some cycling background. Participants that have an endurance sport background such as swimming, running, rowing etc will have well developed cardio vascular systems and generally cope well. We want you respect the challenge and train accordingly to ensure a level of fitness that will enable you to enjoy rather than endure the event.

### What meals are included?

Your evening meals for the Friday and Saturday night are included in the cost. Also included are the snacks/lighter lunches, nutrition and drinks rather than a full lunch stop for the Friday, Saturday and Sunday. A big lunch can be too heavy on the stomach - it makes it hard to start cycling again

### How many stops will there be?

There will be two pit stops each day, during the morning and the afternoon, approximately 1/3 and 2/3rds distance.

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### Can the route change?

It can be subject to change dependent upon viability, course members' fitness, and weather conditions or for any other reason.

### Are the roads closed?

The roads are not closed however they are mostly scenic and quiet roads.

### Can my friend do it with me?

Your friend is more than welcome to do it with you but they will still need to register as an individual and pay the registration fee and raise the minimum fundraising amount. You can fundraise as a team so if there are two of you in the team you would need to raise the minimum of £1700 altogether.