



Royal Cornwall
Hospitals Charity

PEDAL 4 PATIENTS



Tour de Kernow

19th - 21st September 2024



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REGISTERED CHARITY NO. 1049687

Registered with



FUNDRAISING
REGULATOR



Are you up for a challenge?

Take on **Pedal 4 Patients 2024** - *Tour de Kernow*.

Now in its fourth year, we are excited to again be leading this epic cycle challenge - back for 2024, but with a new route and a team challenge slant! Pedal 4 Patients - Tour de Kernow, will take you cycling through the countryside and coast of Cornwall in a challenge you will not forget!

Set yourself a fitness goal for 2024, support a local charity and undoubtedly make some fabulous new friends along the way. What are you waiting for? Sign up today!

In this information pack you will find details of the itinerary for the three day cycle challenge as well as all the other arrangements.

We know this is going to be a great event and we look forward to sharing this experience with you! If you have any questions, please don't hesitate to ask.

Thank you for your interest in supporting Royal Cornwall Hospitals Charity - together we can make a difference to our patients, staff and hospitals.

Have a read, get excited and then **[click here](#)** to register.

The Fundraising Team

01872 252858
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"The ride itself was really challenging, but I felt safe and looked after every step of the way thanks to top-notch first response and mechanical support, as well as food and water stops and support riders who rode with us. The group were all extremely friendly, and helped each other every step of the way. I would highly recommend Pedal 4 Patients to anyone!".

P4P 2022 participant



Itinerary

Day 1

Truro - St Ives - Penzance 61.66 miles

Start: Royal Cornwall Hospital, Truro, TR1 3LJ

Meeting time: 7.45am **Ride Start:** 8am

*P4P24 - Day 1 - Truro to PZ via St Ives

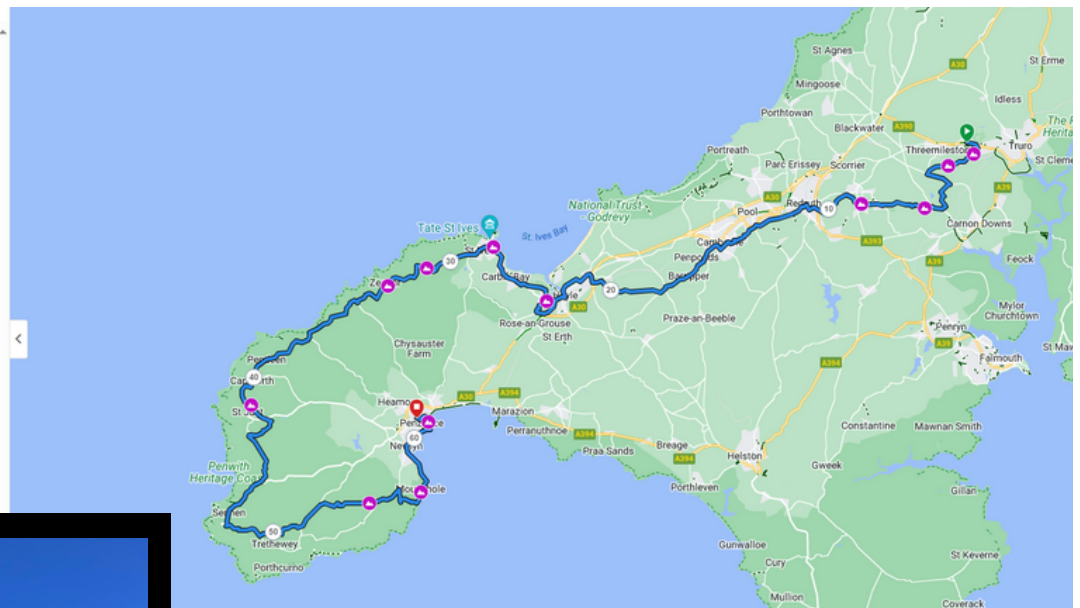
Road Cycling

Public: Available to everyone.

61.66 mi Distance 3,807 ft Total Ascent 3,941 ft Total Descent

Avg Speed Goal Time

Elevation



Route subject to minor changes - GPX file will be available prior to the event.

Lunch stop: St Ives (at cyclists own expense)

Finish: West Cornwall Hospital, Penzance

Accommodation: Venue tbc - to include dinner, B & B.



Itinerary

Day 2

Penzance - Falmouth - St Austell 64.10 miles

Start: West Cornwall Hospital, Penzance, TR18 2PF

Meeting time: 7.45am **Ride Start:** 8am

*P4P24 Day 2 Penzance to St Austell via Falmouth

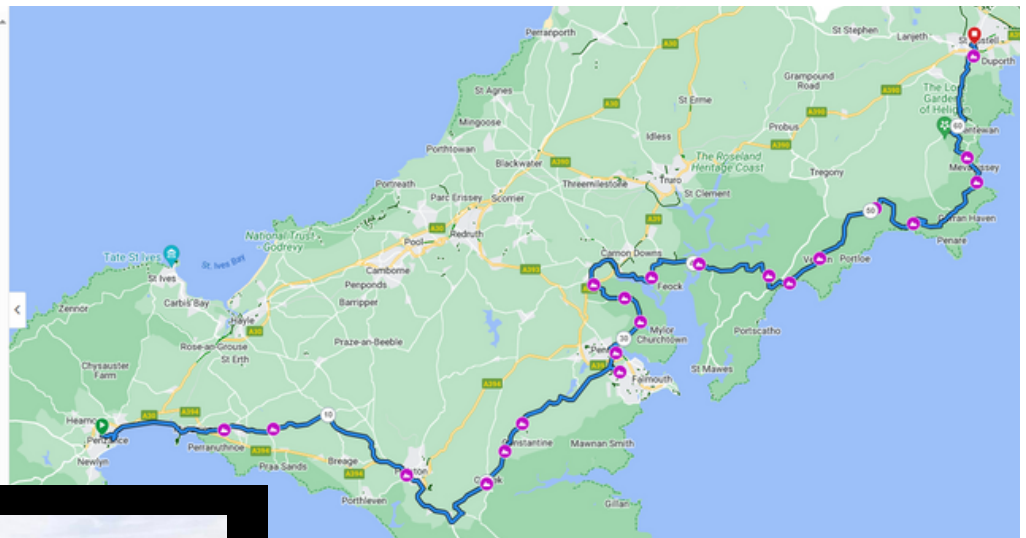
🚴 Road Cycling

📄 Public Available to everyone.

64.10 mi 4,740 ft 4,625 ft
Distance Total Ascent Total Descent

--- Avg Speed --- Goal Time

Elevation



Route subject to minor changes - GPX file will be available prior to the event.

Lunch stop: Falmouth (at cyclists own expense)

Finish: St Austell

Accommodation: Venue tbc - to include dinner, B & B.



Itinerary

Day 3

St Austell - Padstow - Truro 60.94 miles

Start: St Austell tbc

Meeting time: 7.45am **Ride Start:** 8am

*P4P24 Day 3 St Austell to Truro via Padstow

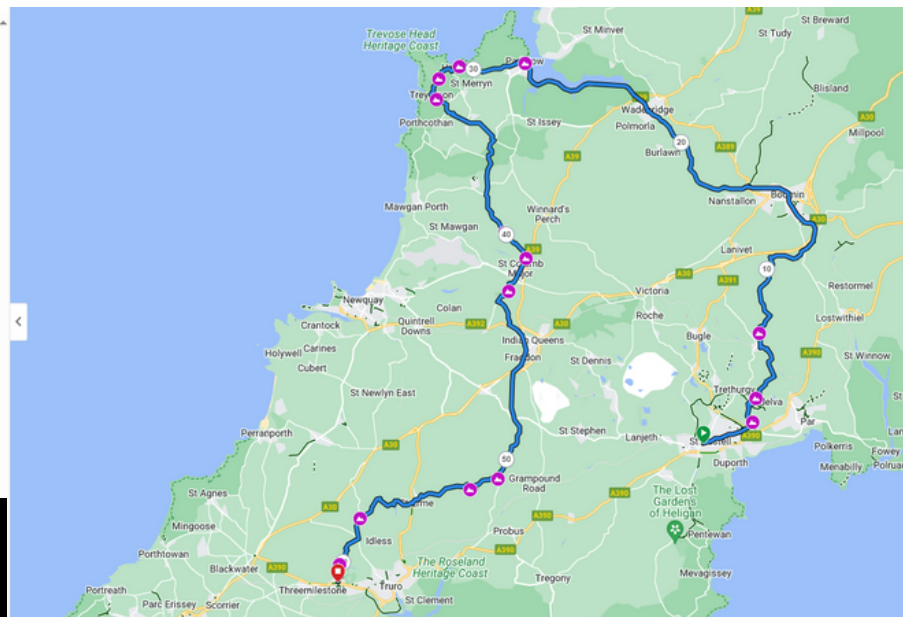
Road Cycling

Public: Available to everyone.

60.94 mi 3,258 ft 3,199 ft
Distance Total Ascent Total Descent

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Avg Speed Goal Time

Elevation



Route subject to minor changes - GPX file will be available prior to the event.

Lunch stop: Padstow (at cyclists own expense)

Finish: Royal Cornwall Hospital, Truro



Event support and safety

RCHT Charity staff will be at the start point, check/water points, lunch stops and end point on each day. Contact numbers for all of the support vehicles will be provided. Any baggage will be transported for you to the end point on each day.

There will be a vehicle with a first aider. Of course, in the event of an emergency you must call 999.

If you are able to share tracking information with the RCHT Charity team this will provide an additional safety check during the challenge.

It is **compulsory** to wear a helmet at all times while cycling during the challenge. By taking part participants understand and agree that you are participating in this event entirely at your own risk. It is your responsibility to inform RCHT Charity of any medical conditions. You may be required to complete a health questionnaire and need clearance from a doctor to take part.

A member of the RCHT Charity team will be with the group for the duration of the event, including at the overnight stays.

Mechanic support

Thanks to the team at Sustrans, there will be mechanical support available prior to the start each morning and along the route.

We do request all cyclists to carry supplies specific to their bike. Basic bike parts will be taken but please note, we cannot cater for every eventuality, therefore it is vital that participants ensure that their bike is in full working order and in good condition.





Following the route

The route follows the National Cycle Network and quieter roads for the vast majority of the challenge. This does include some trails and therefore you may want to consider your choice of bike/tyres in accordance with the route.

You will be provided **GPX files** for the route each day. These can be used with many of the common navigation apps and tools such as Strava, Garmin, or Bike GPX. (if you are not familiar with this technology then please ask and if you do not have a device suitable we can help you pair up with someone that does have a device.)

Water stops/check points

At these check points there will be an opportunity to refill water and pick up a snack bar or energy drink. If you have any particular dietary requirements please let us know on your registration form.

Lunch points

Lunch will be at participants own expense with the stops planned in locations with plenty of options available.

Accommodation

Accommodation will be provided on a single sex, twin sharing basis and will include breakfast and evening meal (day 1 and 2 only). There will be an opportunity to request to share with a specific person when you register.





Your Challenge

Pedal 4 Patients is **not** a race. The event will be challenging to participants in many different ways. You may be an experienced cyclist and want to cycle at speed or you may be happy to just complete each day or fall somewhere in between. With challenges of this nature, group camaraderie is so important and our team will do everything possible to help you enjoy your own challenge.

We ask all cyclists to respect the goals of others but that everyone appreciates that signing up to Pedal 4 Patients is a commitment in both cycle fitness and fundraising.

By registering to take part, you agree to take on your own personal programme of training to ensure that you are capable of taking on a ride of this distance. Riding over three consecutive days can be the real challenge! Time in the saddle and miles in the legs, especially taking on those Cornish hills, during your training will be very important and make your experience all the more enjoyable.

At all times you must rely on your own ability in dealing with all hazards, and must ride in a manner which is safe to you and others. You are aware that when riding on a public highway you must decide whether the movement is safe and adhere to the Highway Code at all times.

Costs

To secure your place on Pedal 4 Patients 2024 you will need to pay a non-refundable registration fee of **£95**. This cannot be funded through fundraising and should be your own personal commitment. You will then be required to raise a minimum of **£650** by **1st August 2024** (not including Gift Aid).

Funds raised will be for the 'One and All Fund' of Royal Cornwall Hospitals Charity, which is used where it is needed most to support outstanding care for patients. *Please note that if you are NOT able to raise the minimum amount then you will not be able to take part in the challenge.*

The minimum fundraising amount ensures at least 50% of funds raised benefit the charity. You can of course choose to personally contribute to your fundraising total.

When you register for the challenge you will receive an information pack from the RCHT Charity Team with lots of help and guidance on raising funds and of course the team will always be on hand to give advice and support.



What's included

- First Aid Support
- Mechanical Support
- Luggage transport days 1, 2 and 3
- Refreshment and water stop supplies
- Dinner Day 1 and 2
- Accommodation Day 1 and 2
- 1 x branded cycling top
- Fundraising support

What's not included

- Personal insurance
- Kit
- Bike repairs
- Accommodation before start if required
- Lunch
- Alcoholic drinks
- Transport to start point
- Transport at end of challenge

I'm interested... What do I do now?

Places are limited and are on a first-come, first-served basis, so register as soon as you can! You can register online - click [here](https://app.donorfy.com/form/5FUW7UWEY9/P4P24) or use this web address:
<https://app.donorfy.com/form/5FUW7UWEY9/P4P24>

When your registration has been received, we will be in touch with further information. We can't wait to welcome you to the team!

Questions?

Contact us: rcht.charity@nhs.net 01872 252858

