



Questions	Answers
What is Ride to the Rugby	Ride to the Rugby is a 4 day cycle ride from The Principality Stadium, Cardiff to Paris in time to see France v Wales in the 2021 Six Nations - the final match on the final day.
How far will we be cycling	On average you will be cycling 70 miles per day - 280 miles in total.
How many hills are there?	The minimum amount of climbing is 2,300 feet with the maximum 3,300 feet on the last day. Not excessive but not flat either.
Who takes part in events such as these?	Anyone and everyone can take part in our cycle events aged 18 – 70 plus men and women. With good preparation and the essential equipment it is within the range of most people.
How fit do I need to be?	The event involves exercise and so a basic level of fitness is required. If in doubt check with your GP before confirming your entry. We will be running training days in the build up to the Ride.
Will you be using roads or going off road?	We use roads and designated cycle tracks on this route.
What type of bike will I need?	We strongly recommend a road bike in good working order.
Can I use a mountain bike or hybrid?	Yes your fitness and ability will need to be of a much higher standard. It is very difficult for the best cyclist on a hybrid to keep up with a novice on a road bike. Not impossible but you will be at a disadvantage.
Have I enough time to train?	We will help you with training tips and will be organising training days before we go. With the right equipment it should be within the range of most people.
Do I ride alone?	No this is a fully supported Ride. You will ride as part of a group of approximately 15 riders. Each group will have a Ride Captain and Vice Captain. All are very experienced and are fully trained in first aid and have good cycle mechanic skills.

	We will be teaching riders how to ride in a peloton. This enables the ride to move along using 30% less energy than riding alone. The effect is that even inexperienced riders with basic preparation can complete the challenge.
What if I get lost?	You will be with a team cycling all day – we leave no one behind.
What happens during the course of a “normal day”?	We ask riders to be ready to cycle by 8:00 having had a suitable breakfast. We will liaise with the hotel to ensure the correct foods are available. After 25/30 miles or 2 hours we stop and will be greeted by the food wagon for a mid morning meal. After approximately 30 minutes we continue for a similar ride. After 25/30 miles or 2 hours we stop and will be greeted by the food wagon for a warm freshly prepared lunch.
What time will we reach the hotel each day?	This all depends on the speed of progress of the group. Influencing factors include:- Ability of all riders, Weather Conditions, Number of repairs required, Road conditions The aim is to have you at the hotel by 4:30pm each evening.
What happens to my bike?	At the end of the day hand your bike over to the staff and it will be stored until the following morning. If you have any mechanical issues please tell use during the evening so they can be attended to.
What about repairs / punctures? Do I need to bring spares?	We will have staff to repair punctures and any other faults. A range of spares will be carried but in case of a major failure we may need to divert to a cycle shop to purchase spares. If this happens you will be transported by van and will rejoin the ride when the repair is complete. You will be asked to bring along 4 inner tubes.
What about accommodation?	All accommodation is on a shared basis and will be at hotels along the route.
What day do we leave and get back?	We leave Tuesday morning at 08:00 and will return mid afternoon on the following Sunday. Tuesday - Friday will be cycling days. Saturday is match day.
What happens to my luggage?	We exchange luggage for your cycle. It will be carried on the support vehicle and handed to you upon arrival at the hotel.
How do I get home?	You will come home by coach.
How do I get to and from Cardiff?	That is your responsibility.
So what is not included?	Bike Basic kit Travel insurance

	<p>Evening Meals Transfers to and from Cardiff</p>
<p>Apart from the bike what other equipment would I need?</p>	<p>Weather conditions in March will be tough and as with any British day we could have all seasons in one day. However prepare for 4 days of winter riding. The essential kit list is as follows:-</p> <p>Waterproof jacket 2 x pairs 8 panel shorts Transmission base layer Road bike helmet Good waterproof/ warm glove Warm leggings Mid layer long sleeve cycle shirt Clear glasses for peloton cycling Water bottles/ cages x 2</p>
<p>Will my bike get damaged in transition?</p>	<p>We will take great care with your bike when transporting in our vehicles. We strongly recommend you bring along a bike box.</p>
<p>Cycle helmet?</p>	<p>This is compulsory and you will not be covered by insurance if you are not wearing a helmet.</p>
<p>How much does this cost?</p>	<p>Please see the event details flyer for a full breakdown of costs</p>
<p>Who are Ty Hafan?</p>	<p>Tŷ Hafan is a leading Welsh children's charity which provides comfort, care and support to children with life-limiting conditions, along with their families. Through our vibrant hospice and diverse community programmes, we offer families short-break care and help them make the most of the time they have together; creating precious memories and ensuring a short life is a full life.</p>
<p>Do I get any help with the fundraising?</p>	<p>Ty Hafan will give you lots of helpful tips and will help you set up an electronic fundraising page. We will also provide you with an event shirt that you can add your own personal sponsors logos on to.</p>
<p>What happens if I don't raise the whole amount?</p>	<p>You will not be able to take part in the event if you do not cover your costs and raise funds for Tŷ Hafan.</p>
<p>So I get to see the game then?</p>	<p>Yes the goal is to Ride to the Rugby so a match ticket is included</p>
<p>How much experience do the organisers have?</p>	<p>Combined there is over 50 years of experience in organising charity cycle rides and cycle tours.</p>