

VODAFONE FOUNDATION TRANS-ALP CYCLE EVENT INFORMATION GUIDE



Brought to you by:
**THRESHOLD/
MORE IS IN YOU™**



Vodafone
Foundation

**YOUR
PLANET**

INTRODUCTION

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INTRODUCTION WELCOME FROM VODAFONE FOUNDATION

Thank you for signing up to be part of #TeamVodafone in our epic new Trans-Alp cycle challenge, in aid of our #YourPlanet campaign.

After a few years off our pedals due to the pandemic, the Foundation team are excited to get back on track with you all, faces old and new. It's going to be a trip of a lifetime and we can't wait to share the adventure with you.

You're fundraising for two incredible charity partners: Tusk and The Ocean Cleanup, using technology to protect the world we live, love and breathe. They are so grateful for your support.

Tusk have a vision for a future in which both people and wildlife can thrive across Africa. Through progressive conservation initiatives using technology, involving local people in solutions, and preserving healthy habitats, Tusk are paving the way for a sustainable future for Africa's incredible wildlife.

The Ocean Cleanup have developed advanced technologies to rid the oceans of plastic. They aim to remove 90% of floating ocean plastic pollution by closing the source and cleaning up what has already accumulated.

Huge good luck from all of us at Vodafone Foundation - we'll be with you every step of the way!

INTRODUCTION

A MESSAGE FROM THRESHOLD

Our mantra at Threshold is **More Is In You**. We create breath-taking challenges that stretch bodies and minds because we have seen year after year how they bring out the best in people.

The past few years have tested us in ways that few could have imaged. However, even at the darkest points the same spirit of resilience and camaraderie shone through that we see from those taking on our events.

We hope this event information guide gives you a clear idea on what to expect on this Epic Challenge and also some tips on how best to prepare.

We know you will feel a heady mix of nerves, excitement and fear building towards the ride. Embrace those emotions. Let them inspire you to get out and train in beautiful places. Let them motivate you to get the miles in on those early mornings. Feel them flow through you on those days when the wind is on your back and your legs feel tight.

Best of luck with the training, and we can't wait to welcome you on the Trans-Alp Cycle.

KEY PLANNING INFORMATION

KEY LOCATIONS

LOCATION	DATE	ADDRESS
Grenoble	6 th & 7 th September	Novotel Grenoble Centre, 7 Pl. Robert Schuman, 38000 Grenoble.
Alpe d'Huez	8 th September	Hotel Grandes Rousses, 425 Rte du Signal, 38750 Huez.
Briancon	9 th September	Hotel Suite-Home Serre-Chevalier, Centre Commercial Grande Boucle, Avenue du Dauphine, 05100 Briancon & Hotel Month Brison, 3 Av. Du General de Gaulle, 05100 Braincon.
Jausier	10 th September	Hotel Villa Morelia, 9 Avenue des Mexicains, 04850 Jausiers & Les Bartavelles, 51 Grand Rue, 04850 Jausiers & Chateau des Magnans, 189 Montee des Magnans, 04850 Jausiers
Nice	11 th September	Novotel Nice Centre Vieux, 8-10 Esplanade Du, Parv. De l'Europe, 063000 Nice.

KEY PLANNING INFORMATION

BIKE TRANSPORT

There is a complimentary bike transport service, that will be operated by a specialist cycle transfer company and will run from 3 locations. **This is an opt-in service that riders must book in advance via the online booking form.**

Please note, that due to custom's restriction, this is a **RETURN ONLY** service. If your bike travels out with our transport provider, it must also travel back. If bikes fail to return then customs penalties maybe imposed.

You will need to present a valid ID when handing over your bike to the location co-ordinator, and will be asked to sign your name against a bike number. If you are unable to drop your bike personally, your nominated representative will be asked to sign on your behalf

- Bikes are transferred fully assembled and we do not remove wheels, saddles, pedals or interfere with your bike set up in any way.
- Bikes are placed in a heavy-duty polybag for protection during transit. Once on the vehicle, bikes are covered with protective blankets to further prevent damage.
- Locks and bike boxes/bags are not required or permitted and there will be limited space in the transport vehicles. **Please refrain from bringing these items to the bike drop-off location.**
- Saddle bags must be removed and can be secured to the to the bicycle top tube for transport.
- Carbon fibre hydration systems must be removed and carried in your luggage, or they can be left on the bike at the owners risk as Cycle Transfer cannot accept any liability for any damage that may be caused to such fragile items.
- **Do not** leave your helmet with your bike and remove any bottles or bike computers. Anything left on the bike will be at the owner's risk.

Whilst in the care of the bike transport company bikes are fully insured (up to £10,000).

PLEASE NOTE: If you do not drop your bike off between the allocated times you will be responsible for making your own alternative bike transport arrangements.

AFTER THE CHALLENGE:

When you finish the challenge, you must rack your bike in the correct area for transport to your desired location. It is the participant's responsibility to ensure the bike is racked correctly and incorrect racking could result in your bike being transferred to a location not of your choosing.

PLEASE NOTE: All bikes must be collected during the detailed times as security will not be available outside of these times.

Failing to collect your bike within the given time may result in your bike being taken to another location for storage. You will then be liable for any resulting storage and courier costs.

KEY PLANNING INFORMATION

BIKE TRANSPORT

Details of drop-off points:

Location	Drop-off date	Drop-off time
London Paddington Vodafone Group Global Headquarters, 1 Kingdom St, London, W2 6BY.	Friday 2 nd September	Early AM
Newbury Vodafone HQ, The Connection, Newbury, RG14 2FN.	Friday 2 nd September	Late AM
Dusseldorf Ferdinand-Braun-Platz 1, 40549 Düsseldorf	Monday 5 th September	AM

Details of collection points:

Location	Collection date	Collection time
London Paddington Vodafone Group Global Headquarters, 1 Kingdom St, London, W2 6BY.	Wednesday 14 th September	Early AM
Newbury Vodafone HQ, The Connection, Newbury, RG14 2FN.	Wednesday 14 th September	Late Am
Dusseldorf Ferdinand-Braun-Platz 1, 40549 Düsseldorf	Tuesday 13 th September	Early AM

**Please note, the exact drop off and collection dates and times will be communicated in the following weeks subject to uptake of the services.

KEY PLANNING INFORMATION

TRAVEL TO / FROM THE EVENT

GETTING TO THE EVENT

It is a participants responsibility to arrange your own flights and transfer to the hotel at Grenoble. You will need to have arrived by late-afternoon for the welcoming brief on **Tuesday 6th September**.

The address of the hotel in Grenoble is:
Novotel Grenoble Centre, 7 Pl. Robert Schuman, 38000
Grenoble, France.

WHERE TO GO

The closest airports are:

- Grenoble
- Lyon
- Geneva
- Turin

Our recommended taxi providers to get from the airport to the hotel are:

- Connect To Transfers
- France Alps Taxis - +33 6 50 03 80 38
- NAVECO - +33 4 78 02 45 07
- Lyon Airport Taxis
- Magic VTC - +33 7 69 14 29 28
- Lyon Cab Transfer Shuttle - +33 6 44 15 24 34

If you are running late or your flight is delayed, please inform our event control by phoning them on the number provided.

GETTING HOME FROM THE EVENT

It is a participants responsibility to arrange your own flights and transfer home from the hotel in Nice, will need to have left after checkout on the morning of **Monday 12th September**.

KEY PLANNING INFORMATION

RIDER Q&A & TRAINING

SAVE THE DATE!

On **Wednesday 20th July at 9am**, Threshold Sports and Vodafone Foundation will be holding a Rider Q&A to go through all your final questions.

This will be a chance to hear from the team about the nitty-gritty details of the ride and ask any questions you might have:

- Online hosted meeting – Microsoft Teams
- Cost: Free

TRAINING

You should now be well into your training for the Trans-Alp Cycle.

There are two training plans to follow, a novice and advanced option depending on your cycling ability.

We ask each participant to commit to:

- Consistently completing long distance rides (min. 130KM) before the event;
- Completing a number of training rides on consecutive days in order to experience fatigue brought on by persistent mileage;
- Undertaking regular training within a group in busy road conditions (e.g. roundabouts, major junctions) in order to feel confident out on the road.

WHAT TO EXPECT ON THE RIDE

FACILITIES & SUPPORT

The below table shows the facilities and support available at each stage across the route.

FACILITIES	PIT-STOPPS	HOTELS
Toilets	✓	✓
Showers		✓
Changing facilities		✓
Stretching area		✓
Medics	✓	✓
Mechanical services		✓
Snacks	✓	✓
Hot food	✓	✓
Coffee & tea		✓
Bar**		✓
Charging points		✓
Secure bike racking		✓

** Extra cost

WHAT TO EXPECT ON THE RIDE

REGISTRATION

TIMINGS

Registration will be from 5pm in the hotel in Grenoble.
Please follow hotel signage.

Please bring your confirmation email or photo ID with you
in order to collect your registration pack.

ON ARRIVAL

Upon arrival at Novotel Grenoble, if you have your bike
please use the temporary racking area as directed by our
marshals.

You will be directed to the registration desk by foot to
check-in and collect your:

- Registration pack
- Cycling jersey and hoodie

Attach your bike number card to your bike and rack it in
the racking.

Your registration pack will contain the following items:

- Welcome letter
- Valuables label (incl. a cable tie to attach it to a small
valuables-only bag)
- Accreditation wristband
- Bike number card (incl. cable ties to attach it to your
bike)
- Seat post number
- Helmet sticker

WHAT TO EXPECT ON THE RIDE

DAILY TIMINGS

Start times will vary each day subject to the distance of that day and the performance of the group. Timing for the day to come will be communicated at the briefing each evening. The below timetable is indicative of a typical day.

Time	Activity
0630	Wake up & breakfast
0800	Start riding
1000-1100	Pit Stop 1
1230-1400	Pit stop 2 (lunch)
1600-1700	Complete ride
1930	Dinner
2030	Rider briefing

WHAT TO EXPECT ON THE RIDE

NAVIGATION, PIT STOPS & RUBBISH

SIGNAGE

The route will be marked with small arrows. If you go a few miles without seeing one and are worried that you are off the course, please ring **Event Control**.

The route files will be available on the Rider Information Platform. Always follow the event signage in case there are any last-minute changes to the route.

NAVIGATIONAL DEVICES

Our route distances are gathered by the Route Director using an electronic mapping system. This is as accurate as possible but discrepancies can occur between the use of different GPS computers, the position on the route and atmospheric conditions. This in turn may lead to potential minor differences in distance when out on the route.

GROUP RIDING

Our chaperones will be encouraging you to ride as a group although ultimately it is your decision as to how you ride. Please ride at a speed you are comfortable with. You are responsible for following the signs for navigation, so you will naturally fall into smaller groups. Around 10-12 per group is ideal.

The groups are flexible by nature. If you are having a good day, you may want to push on with others. If you are having a bad day you may wish to drop back and join a more leisurely group behind you. Find a group of people your standard and maintain a sustainable pace.

PIT STOPS

There are generally 2 pit-stops a day. The first will be 'Grab & Go' style pit stops while the second will be more extensive and include lunch. At all pit stops will have the options to see a medic or mechanic. We recommend a quick turnaround to get back on the route as quickly as possible.

In some instances, subject to the progress of the ride, we will hold riders at these stops for a minimum amount of time to regroup and ensure that we can cover the full spread of the ride with the finite medical and mechanical services available to us.

FOOD & DRINK

Each pit-stop will have a selection of snacks for all participants including a variety of sweet and savoury options, which will vary at each pit-stop. More information on food & drink will be published closer to the event.

RUBBISH

We ask all participants to keep hold of their rubbish until they reach the next pit-stop, where there will be plenty of bins available to dispose of this.

WHAT TO EXPECT ON THE RIDE

BROOM WAGON & CUT OFF TIMES

We want everyone to finish every mile of the ride they have signed up to between Grenoble and Nice. However, this should never be at the expense of anyone's safety.

Our support systems are designed to look after riders within a specific spectrum of speeds and positions on the road. If we extend this spread to look after people who fall behind our cut off times we put riders, crew and other road users at increased risk.

BROOM WAGON

A 'broom wagon' service will be in operation which will consist of a vehicle that will follow the route at the back behind the last participant

- The broom wagon will leave the start after the last participant each day
- The broom wagon will pick people up if they fall behind the pit-stop cut off times and/or route closing time or who become injured/medically unable to continue
- Once you are in the broom wagon, you will either be transported to the finish where you can re-join the ride the next day, or where resource allows, you will be shuttled to the next pit-stop to continue with the remainder of the stage

CUT OFF TIMES

In the interest of safety, the team will have identified cut off times for each day and at each pit stop location based on each day's mileage and ascent. You will be briefed on these times at the rider briefing prior to each day's ride.

RE-GROUPING

We have finite medical and mechanical resources to cover the full spread of the ride and therefore sometimes it will be necessary for participants to remain at a pit stop for a minimum amount of time to re-group riders before commencing the ride once more.

WHAT TO EXPECT ON THE RIDE

SAFETY ON THE ROUTE

SAFETY

We take your health and safety very seriously. Please read and follow the instructions below so you reach the finish line as safely as possible.

EMERGENCY CONTACT NUMBERS

You will be provided with emergency contact numbers for the cycle which will go through to our central **EVENT CONTROL** team.

- These will be clearly marked on the front of your rider number & wristband
- Please make sure you add these numbers to your mobile contacts list

WHILE ON THE ROUTE

- Follow ALL event arrows
- Follow the local Highway Code when cycling on roads
- Please stop at pit-stops and don't get waylaid in local pubs along the route
- Inform **EVENT CONTROL** if you leave the route for any reason

IF YOU GET LOST

If at any time you believe you are lost please follow this procedure:

- Stop and try to work out where you are using reference points
- Cycle back to your last known point/arrow
- If you are still lost, stay where you are and call **EVENT CONTROL** who will guide you back onto the route.

CASUALTY PROCEDURE

If you have an accident or come across one:

- Call 112 direct if it is a critical medical emergency (life threatening or limb threatening)
- Call the Event Medical Emergency number for all other medical emergencies
- For minor, non-emergency medical issues please make your way to the nearest pit stop where a medic will be on hand. If you cannot get to the pit-stop alone, ask for help from fellow participants
- If you still cannot make it to the pit-stop call **EVENT CONTROL**

EVACUATION FROM THE ROUTE

In the case of a serious medical emergency we will arrange evacuation for any participant from the course. However, if you are just having trouble completing the distance, please try to get to the next pit-stop where we can assist.

In the event of an incident, we ask all participants to respect due process, those involved and the event's integrity and refrain from discussing details (both amongst other participants and external parties) and any use of social media.

WHAT TO EXPECT ON THE RIDE

MECHANICAL SUPPORT

GENERAL

Our mechanics aim is to look after your bike and to keep you moving.

HOTELS

- Mechanics will be available each morning for minor tweaking before you ride
- They will be open during the afternoon/evening for any issues during the day

ON THE ROAD

- Mechanics will be in support vehicles and will aim to cover as much of the route as possible and the pit stops
- Due to the spread of the ride, there may be waiting times to see a mechanic
- The ride chaperones will also carry some tool and have basic mechanical skills

BIKE REPAIRS

You **MUST** be able to fix your own punctures.

- If you'd rather adjust your own bike, you can use the stand and tools, but these cannot be taken away from the mechanic area
- Feel free to ask any advice and if your bike needs attention, seek help as soon as possible.

We also strongly advise getting an experienced mechanic to check over your bike before the event to ensure all your brakes, cables and wheels are in good shape. You can do this at your local bike shop.

If you have a problem out on the road then you can call the emergency number on your bike number and the mechanical support team will come and find you as soon as possible.

PARTS STOCK

Our mechanics will carry a stock of basics e.g. tubes, tyres, chains, brake pads etc.

They will also carry a wide range of parts that will fix most problems you may encounter during the ride. This includes wheels, bearings, shifters etc.

- You will be charged for any parts that you purchase but fittings are done free of charge
- The mechanics operate a **REPLACE NOT REPAIR** policy, as this is the most efficient way of supporting people
- If we can easily source a replacement part, which our mechanics do not carry, we will do so
- All parts must be paid for at the time of repair and you will be charged the RRP. If you believe you can find the part cheaper elsewhere, you must arrange purchase and delivery of this part to the next or hotel. You must inform the Info team about this delivery, but Threshold and Vodafone Foundation cannot be responsible for any loss or damage to the part during delivery or late delivery of the item.

Please note, mechanics will **NOT** carry spare spokes or rear mech hangers due to different types of frames. You will need to bring your own spare spokes and replacement rear mech changer. If in doubt about this, ask your local bike shop or manufacturer.

WHAT TO EXPECT ON THE RIDE

MEDICAL SUPPORT

We will have medics at the pit-stops, hotels and the finish line. There will be emergency medical care available for the duration of the event. The medical team will also run a clinic at the hotel each night.

Due to COVID-19 mitigation measures, there may be further medical checks and questionnaires, prior to be allowed onto the event.

TOP TIPS FROM THE MEDICAL TEAM

HYDRATION, HYDRATION, HYDRATION

If you are thirsty then you need to drink. Don't overdo the energy drink or gels, as they can cause nausea/diarrhoea.

ADDRESS AN ISSUE IMMEDIATELY

A little niggle, ache or pain can lead to something more serious. Please seek medical attention as soon as you can.

A NOTE ON PAINKILLERS

When it comes to painkillers, we recommend using paracetamol.

Ibuprofen is an alternative, whilst very useful, concerns have been raised about the use of Ibuprofen and other NSAIDs (Diclofenac, Naproxen etc.) during endurance events.

Whilst complications are rare, if used when dehydrated or with severe muscle damage there is a potential increased risk of kidney damage.

Stomach problems, particularly if the athlete is already having GI symptoms, may also occur if NSAIDs are used. If you have kidney disease or GI problems, we would strongly advise avoiding NSAIDs. If you do choose to use them or are given them on route, maintain hydrated and seek help if your urine suddenly becomes very dark. If in doubt, ask one of the route medics who will be happy to assist you.

Address any possible niggles now before they become injuries on the event. Use your experience from training to learn where your weaknesses are and predict what problems may arise.

Please note: routine use of painkillers for muscle aches and pains is discouraged.

COVID-19

Threshold Sports are paying close attention to the ever-evolving Covid-19 situation in both the UK and France.

We ask that you follow the relevant guidance and advice in your local area and where the event is taking place.

The current entry requirements for France for those travelling from the UK can be found [here](#).

Entry requirements from other European countries can be found [here](#).

WHAT TO EXPECT ON THE RIDE

ACCOMMODATION AND FACILITIES

You will be staying in hotels between 3*-5* for the duration of the ride.

The hotel details are below:

- Novotel Grenoble Centre Hotel
- Hotel les Grandes Rousses
- Hotel Suite Home & Hotel Mont Bison
- Hotel Villa Morelia & Les Bartavelles Inn & Chateau Les Magnans
- Novotel Nice Centre Vieux

You will be allocated a twin room with another participant of the same gender, and these will remain the same for the duration of the trip.

If there is a person on the challenge that you would like to share a room with, please email epicchallengeseries@thresholdsports.co.uk.

After the ride has finished each day, there will be a chance to go back to your room and shower/change. The team will all eat dinner together, and this will be followed by a daily briefing on the next stage of the ride.

Participants are then free to spend the evening as they wish.

WHAT TO BRING CYCLING KIT LIST

CYCLING GEAR	CYCLING REPAIR KIT
Bike helmet*	Multi-tool (and correct Allen keys)
Front & back lights (minimum LED Strength)*	Set of tyre levers
Face mask*	Mini bike pump
Hand sanitiser*	Spare inner tubes x2
Cycling tops	Chain super links
Cycling shorts	Bike/chain lubricant
Waterproof cycling jacket	Rear mech hanger
Sports bra	Spokes
Long sleeved cycle jersey	
Cycle gilet	
Cycling socks	
Arm/leg warmers	
Bike computer & charger	
Bike shoes	
Waterproof overshoes or socks	
Spare cleats/cleat covers	
Bike gloves (warm & cold)	
Cycle glasses/sunglasses	
Buff/skullcap/headband	
Chamois cream/Vaseline	
Long sleeved base layer	
Bottle cage x2 (attached to bike)	
Seat cover	

* Compulsory

WHAT TO BRING

GENERAL KIT LIST

EVENING & OVERNIGHT	MEDICAL KIT
Underwear	Regular medication
Pyjamas	Painkillers
Socks (non-cycling)	Alcohol hand gel (for cleaning small wounds)
T-shirts	Chamois cream
Warm fleece or hoodie	Vaseline/Sudocream (or similar, for chafing)
Tracksuit bottoms/comfy trousers	Compeed (large)
Flip flops	Fabric plasters (assorted)
Warm & comfortable, casual evening wear	Second Skin (alternative for compeed for saddle sores)
Alarm clock/watch	Loperamide (Imodium)
Passport	Spare facemask
Credit card & cash (euros)	
Personal toiletries	
Sun cream	
Hand sanitiser	
Mobile phone & charger	

OUR TOP TIPS YOUR RESPONSIBILITIES

We want the Trans-Alp Cycle to exceed all of your expectations before, during and after the event. To enable this we recommend you make note of your responsibilities below:

YOUR PERFORMANCE

- Do the necessary training to complete the ride. For more information on this please see our Training Plans on the Rider Information Platform
- Be honest with yourself if you can't complete it and flag your condition to the team. There is no shame in pulling out, but if you don't tell anyone you can put undue strain on yourself and the medical team

KIT

- Prepare for wet weather. Even if it turns out to be completely dry, it is always better to be prepared, just in case
- Take care of your belongings during the event

HYGEINE

- Respect the hygiene policy and use the hand sanitiser at pit-stops and after you use the loos before you eat
- Make sure your bike bottles are cleaned each day and filled ready for each morning's start
- Look after your litter, in the pitstops and on the route, keep it with you or put it in a bin
- Use the allocated toilets, not the countryside, to go to the loo

ROUTE ETIQUETTE

- Be ready at the start line each morning on time to begin your day's cycling
- Take the correct kit with you on the route so as not to be caught out by weather or getting cold while fixing punctures or mechanical issues
- Ride into each and every pit-stop (to refuel and so we know where you are)

INSURANCE

As stated in the Rules & Regulations (point 4.17.16) it is your responsibility to take out an insurance policy. You will require 2 types of insurance:

- Travel insurance that covers emergency medical treatment (unless EU citizen), repatriations, travel plans and belongings
- Public liability insurance covering any damage to public and private property

Please note we are unable to recommend insurance policies. We advice contacting your current insurers and explaining the nature of the event

OUR TOP TIPS FAQS

GENERAL CYCLING

Will there be mechanical support on the road? Do I need to bring a puncture repair kit?

We will have mechanics out on the route to help with any significant issues, but we do ask all riders to bring a small toolkit to be able to fix their own punctures. It is remarkably simple when shown how, and all you need is a puncture repair kit or spare inner tube, a couple of tyre levers and a pump. Once you've had practice you'll be up and running again in no time and if you pack a multi-tool you can fix 90% of problems yourself on the road before calling in the backup.

Do I have to wear a helmet?

Yes. Safety out on the road is paramount to us and you will not be allowed to ride without one.

Are the roads closed?

No. The route takes place along some of the most iconic mountain passes in the region, but during peak times you will need to pay attention as you cycle. You must cycle sensibly and safely and obey the Highway Code in order to avoid accidents.

Am I allowed to use a Go Pro during the event?

You are welcome to use a Go Pro to film footage of your cycling on the event, but this must be mounted to your bike and may not be mounted to your helmet or hand held at any time during cycling.

BIKE

Which is the best bike for the Trans-Alp Cycle?

The ideal bike needs to:

- Be lightweight and stiff enough for efficient power transfer
- Have a comfortable saddle for a long day perched on it
- Have a wide range of gearing to ensure that you can take on significant climbs
- You can use a road bike or a hybrid bike on this route, but we would not recommend a mountain bike

I have a hybrid bike, will that be ok for the event?

- A good quality lightweight hybrid bike would still be suitable

- A high-end hybrid bike can almost be as fast as a similarly priced road bike whilst offering a less aggressive riding position

What is the best gearing set-up?

- For the widest range of gear ratios, either opt for a triple chainset at the front or a compact double chainset
- Both of these with a wide ration cassette at the rear (such as 12-28T) will offer a good range of gears to get up most climbs

What is the best saddle to have?

- We are all different shapes and sizes and as such saddle choice is a personal preference
- The position you ride in should be considered in the shape of the saddle you buy, for example, riders with a very aero and aggressive riding position may prefer a flatter saddle profile
- If possible, try as many saddles as possible before buying

Do I need to be using cleats?

- Clip in pedals should make your ride easier
- The advantage of clip in pedals is that you have a solid connections to the bike which when combined with stiff soled cycling specific shoes allows you to transfer more of your effort through the pedals. Make sure you get used to them before joining the event though as they take a little bit of getting used to and it's easier on familiar quiet roads

I have heard that it is a good idea to get my bike 'positioned', is this necessary?

- You want to be comfortable on your bike, and don't want the enjoyment of the route and experience to be compromised by saddle sores, knee, neck or back pain
- It is a good idea to visit a bike shop as they might adapt your position with very small adjustments to saddle height, stem length or cleat position, which will make all the difference and cater for a comfy ride

ANY MORE QUESTIONS? GET IN TOUCH

FOR MORE INFORMATION PLEASE CHECK OUT ONE
OF THE FOLLOWING PLATFORMS

Rider Information Platform

All key information and previous comms are saved here

www.thresholdsports.co.uk/the-epic-challenge-series-cycle

Fundraising enquiries

Please email connectingforgood@Vodafone.com

Event enquiries

Please email epicchallengeseries@thresholdsports.co.uk

#YourPlanet

Instagram: @VodafoneFoundation

Facebook: @VodafoneFoundation

Twitter: @VodafoneFdn

www.vodafonefoundation.org

Vodafone Foundation is a UK registered charity, number 1193984.