

HANDY FUNDRAISING GUIDE

How to organise... your own cycle ride.



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If you have chosen not to sign up for a sponsored cycle ride, there's always the option of organising your own event. Although it will take time to plan out your own ride, the day is totally in your hands and you have the luxury of deciding how long to make the cycle ride, where it will take place and how many people you want to get involved.

ROUTE AND DATE

If you're planning your own cycle route, pick one that is realistic and not too difficult for yourself and your fellow riders. Consider planning the ride for the summer time, as you are less likely to be affected by the poor weather.

GET OTHERS INVOLVED

Encourage friends, family and colleagues to get involved. Also, make sure you give as much notice as possible to those taking part as they may want to train before the event.

WHEN OUTTRAINING...

If you're on social media, update your followers on how you're getting on with your training. If you show that you're working hard, people are more likely to sponsor you.

You can also raise awareness of PH when training by wearing one of our charity t-shirts. Give us a call on 01709 761450 and we'll send one out.

EQUIPMENT

Ahead of the ride, send out information of the route and recommended equipment and clothing, for instance a rain jacket, helmet, tyre pump and fluids. Encourage

those taking part on the day of the ride to wear one of PHA UK's charity t-shirts.

SPONSORSHIP

Hand out sponsorship forms to all of those who have agreed to take part, or encourage them to set up an online fundraising page, such as www.justgiving.com

PROMOTION

Get in touch with the local press (newspapers, online sites and radio stations) and cycling magazines to advertise your event. Also, carry out your own promotion through social media, emails and posters.

CERTIFICATE

If you have organised your own cycle event, think about handing out certificates that congratulate fellow riders on completing the ride and recognises their support for PHA UK.

LET US KNOW WHAT YOU'RE UP TO

We're always keen to know what people are doing to help raise much needed funds and awareness for PHA UK. If you're planning your own charity cycle ride contact Helen at office@phauk.org or on 01709 761450 and we'll send you a handy Fundraising Kit to help with your event.

TOP TIP...

A sponsored cycle doesn't have to take place outside – you could use the stationary exercise bikes at the gym, and set a distance to complete.

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How to get involved in... a sponsored cycle

Getting out on your bike is a brilliant way to explore the outdoors and raise money for PHA UK. There are hundreds of bike rides across the UK for all abilities and ages, or you could even organise your own.

FIND A CYCLE RIDE

Get involved in one of the many cycle rides that take place up and down the country and ask friends and family for sponsorship. Visit www.letsride.co.uk/routes and check out the hundreds of cycle routes available.

One of the most popular is the Great Manchester Cycle, which has three different distances to suit cyclists of all abilities.

GET OTHERS INVOLVED

Encourage friends, family and colleagues to get involved. Make sure you give as much notice as possible, as some people may want to do a bit of training before the event.

MAKE THE MOST OF TRAINING

Update your social media followers on how you're getting on with your training. If you show that you are working hard, people are more likely to sponsor you. You can also raise awareness of PH when training by wearing one of our charity t-shirts. Give us a call on 01709 761450 and we'll send one out.



LET US KNOW WHAT YOU'RE UP TO

We're always keen to know what people are doing to help raise much needed funds and awareness for PHA UK. If you're planning a sky dive contact Helen at office@phauk.org or on 01709 761450 and we'll send you a handy Fundraising Kit to help with your event.

NEIL DID IT...

Neil Panton of Strichen in Aberdeenshire completed a 66-mile bike ride around Loch Ness. Neil raised £1,800 for PHA UK by taking on the Etape Loch Ness cycle sportive, pedalling for almost five hours. He said: "I enjoy a challenge and wanted to raise money to help research into the condition. The event was certainly a challenge as there were a fair few hills."

