

## The Chairman's Cycle Challenge – The Five Peaks of Somerset

I work for Somerset County Council and part of my role is supporting the Chairman of Council which is the key civic position in the Council and is held by Councillor Christine Lawrence. For some time she has wanted to organise a bike ride for charity and she is well aware of my interest in cycling. I therefore offered to organise a ride for her which is where this idea came from.

Are you:

- A keen cyclist?
- Mad keen about the fantastic cycling available within Somerset?
- Fed up with ordinary rides and cyclosporives
- Up for a unique challenge
- Up for raising loads of money for charity?

If you tick the box with all of the above then read on...

The **Somerset Five Peaks Challenge** is the Somerset ride to end all Somerset rides. We're looking for a small number of like-minded experienced and able cyclists to come and explore the challenges that Somerset has to offer.

Starting and finishing at County Hall on Sunday 11 September, there are two route options:

- **The BIG one** – 139 miles running anticlockwise around the roads of Somerset, including Staple Plain (Blackdowns), Charterhouse (Mendips), Crowcombe (Quantocks), Dunkery Beacon (Exmoor) and the Brendons.
- **The not quite so BIG one** – the three peaks challenge covering 97 miles. It's the same route, but misses out Exmoor and the Brendons.

The proposed routes **can be viewed via the link below** and go anti-clockwise around Somerset. To keep it as simple as possible the routes are the same for as much as possible for both rides.

<https://ridewithgps.com/users/701392/routes>

What we will provide for you:

- This is not a cyclosporive! **The route will not be signed on the highway.**
- You will be provided with a GPS 'route map' and / or hard copy of the route map.
- There will be parking and access to toilets at the start and finish at County Hall, Taunton and the intention is to have limited refreshments available for the start.
- The intention is to have two 'sign in' points along the route and the plan is to have limited refreshments available at these. Beyond this participants will be expected to be self-sufficient. More information will follow about shops / garages on the routes where essential provisions can be purchased.
- GPS tracking for those who want or have it, so that your progress can be mapped and followed. The event finish will be open until such time as it can be confirmed that everyone has finished the event safely.
- The event will be formally registered with British Cycling giving access to their event management assistance and public liability insurance for the event.

There will be a basic event management plan prepared and a basic risk assessment of both routes will be carried out prior to the event.

What we are asking from you?

- **Please make sure that you are fit and experienced enough to complete the ride.** Do not underestimate the scale of the challenge – these are intended to be very hard rides and are only aimed at experienced cyclists.
- To pay a very small entrance fee – likely to be less than £5 to cover event insurance and refreshments – any surplus funds will be split after the event between the Chairman's Charities.
- To commit to raising a minimum of £150 through sponsorship and commit to giving at least 50 per cent of this to the Chairman's supported charities.
- **Be prepared to be self-sufficient.** You must be able to follow a map or GPS route as the route will not be sign-posted at junctions. Ensure that you have adequate equipment to complete such a challenging ride and **personal insurance** as you are riding on public roads and are riding **at your own risk**. Please have a back-up plan in case of the unexpected because there will be no support vehicles provided on the day to get you home in case of problems.

To finish:

- I want to keep numbers manageable to avoid the need to 'over-organise' the event
- I only want participants to enter if they are genuinely intent on and happy to raise funds for charity as stated. If you just want a long ride can I respectfully ask that you look elsewhere as there are plenty of alternatives.

The charities that we are asking you to raise money for on behalf of the Chairman are:

**STAR** is a charity for Somerset children designated as in need. Their aim is to provide opportunities through music, sport, art and recreation to young people aged 5-25 who are most disadvantaged. They fund young people to take part in music, sport, art and recreational activities. Through these activities they aim to:

- Provide young people with stability
- Improve independence and build confidence
- Build self esteem, improve feelings of self worth and physical and mental well being
- Improve social skills
- Provide and fund activities that broaden young people's horizons
- Connect young people with their local communities

Further info can be found here:

<http://www.somerset-star.org.uk/>

**The National Autistic Society** is the leading UK charity for autistic people (including those with Asperger syndrome) and their families.

They provide information, support and pioneering services, and campaign for a better world for autistic people.

For further information please access this link:

<http://www.autism.org.uk/>

If you would like to take part, please contact Julian Gale, [jjgale@somerset.gov.uk](mailto:jjgale@somerset.gov.uk),  
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