



Sign up to
the ultimate

Regain
cycling
challenge

Raise funds to support sports injured tetraplegics

Carry the powerful message that an active life is still possible after a spinal injury.

Join the ultimate Regain cycling challenge and be part of the group that cycles around England, visiting the eight Spinal Injury Units, raising vital funds through sponsorship to support sports injured tetraplegics.

Starting at The Golden Jubilee North East Regional Spinal Injuries Centre in Middlesbrough on the **2nd June 2022**, Team Regain will cycle its way south across the Country, visiting the seven other Spinal Injury Units, before **finishing the challenge on the 16th June 2022** at a champagne reception at the wonderful Bridwell Park Estate in Devon!

There are four participation options for the event, the full 650+ mile challenge, a three-day challenge, two-day challenges, or one day challenges. **This event is open to everyone**, and we would like to invite as many of Regain's beneficiaries and previous attendees of Regain rides to take part.

The sponsorship funds raised by participants from this challenge will contribute to Regain's Grants Programme for sports injured tetraplegics. Every year, Regain awards grants to its beneficiaries that greatly improve their life opportunities. Equipment and items funded include hand bikes, wheelchairs, wheelchair power add-ons and we have supported people to gain qualifications that have led to employment opportunities.

The event is certainly not a race, and is designed to be a group activity with everyone supporting each other to complete the challenges.



Event Schedule

Stage One: 2nd & 3rd of June

Day 1: Meet at The Golden Jubilee North East Regional Spinal Injuries Centre in Middlesbrough mid-morning. After some photo's and a big send off, it is a 58 miles cycle to Harrogate.

Day 2: Depart Harrogate and cycle 35 miles to the Yorkshire Regional Spinal Injuries Centre in Wakefield. Overnight stay in Wakefield.

Stage Two: 4th of June

Day 3: Depart Wakefield and cycle 29 miles to the Princess Royal Spinal Injuries Centre in Sheffield. Overnight stay in Sheffield.

Stage Three: 5th & 6th of June

Day 4: Depart Sheffield and cycle 47 miles to Manchester. Overnight stay in Manchester.

Day 5: Depart Manchester and cycle 45 Miles to the North West Spinal Injuries Centre, Southport. Overnight stay in Southport

Stage Four: 7th & 8th of June

Day 6: Depart Southport and cycle 52 miles to Chester. Overnight stay in Chester.

Day 7: Depart Chester and cycle 30 miles to the Midlands Centre for Spinal Injuries in Oswestry. After a rest and visit to the Spinal Centre, a 17 mile cycle to Shrewsbury. Overnight stay in Shrewsbury.

Stage Five: 9th, 10th & 11th of June

Day 8: Depart Shrewsbury and cycle 38 Miles to Oldbury. Overnight stay in Oldbury (Birmingham).

Day 9: Depart Oldbury and cycle 52 miles to Banbury. Overnight Stay in Banbury.

Day 10: Depart Banbury and cycle 40 miles to National Spinal injuries Centre, Stoke Mandeville Hospital. Overnight stay in Aylesbury.

Stage Six: 12th of June

Day 11: Depart Aylesbury and cycle 33 miles to The London Spinal Cord Injury Centre. After a rest and visit to the Spinal Centre, a 12 mile cycle to Hayes. Overnight stay in Hayes.

Stage Seven: 13th & 14th of June

Day 12: Depart Hayes and cycle 48 miles to Basingstoke. Overnight stay in Basingstoke.

Day 13: Depart Basingstoke and cycle 38 miles to The Duke Of Cornwall Spinal Treatment Centre, Salisbury. Overnight stay in Salisbury.

Stage Eight: 15th & 16th of June

Day 14: Depart Salisbury and cycle 49 miles to Yeovil. Overnight stay in Yeovil.

Day 15: FINAL DAY! Depart Yeovil and cycle 36 miles to Bridwell Park estate, Cullumpton.

Please be aware that the exact route and distances are expected to change slightly. Full route and distance information will be provided at least two weeks prior to the start. The distances set out on this page are an estimate.



Pick your challenge:

Register your interest now at:
regainsportscharity.com/spinal-cycle-tour

Full challenge

The full challenge contains all stages; a journey of in excess of 600 miles from Middlesbrough to Devon.

Three-day challenge

- **Stage 5:** (9th to 11th June 2022) Shrewsbury to National Spinal Injury Centre, Stoke Mandeville.

Two-day challenges

- **Stage 1:** (2nd & 3rd June) The Golden Jubilee North East Regional Spinal Unit, Middlesbrough to The Yorkshire Regional Spinal Injuries Centre.
- **Stage 3:** (5th & 6th June) Sheffield to North West Regional Spinal Injuries Centre, Southport.
- **Stage 4:** (7th & 8th June) Southport to Midlands Centre for Spinal Injuries, Oswestry.
- **Stage 7:** (13th & 14th June) Hayes to Duke of Cornwall Spinal Injuries Centre, Salisbury.
- **Stage 8:** (15th & 16th June) Salisbury to Bridwell Park Estate.

One day challenges

- **Stage 2:** (4th June) Wakefield to Princess Royal Spinal Centre, Sheffield.
- **Stage 6:** (12th June) Aylesbury to The London Spinal Cord Injuries Centre, Stanmore.
- **Stage 8:** (16th June) Yeovil to Bridwell Park Estate.

All participants must individually arrange transportation to the starting point and the end point of their challenge. If this is an issue for participants that will prevent them from taking part, please get in contact with Regain to see what can be done to help.

Costs

To take part in any challenge, you are required to pay a **non refundable registration fee** when you complete the full registration forms. You must also raise a **minimum sponsorship sum** for Regain. These charitable funds must have been raised by **15th May 2022**. In return, **everything for the challenge will be provided***.

	Registration fee	Minimum Sponsorship
Full challenge	£350	£2,000
Three-day challenge	£100	£600
Two-day challenge	£75	£350
One-day challenge	£50	£200

*Accommodation (full, three and two day challenges only), food, drink, snacks, professional cycling guide, and medical and mechanical support. For full information, visit:

regainsportscharity.com/spinal-cycle-tour.

Should participants wish to take part in **multiple stages but not the full challenge**, please contact spinaltour@regainsportscharity.com for registration fee information and sponsorship targets.





Your questions, answered.

Can tetraplegics take part?

YES! In fact, we would love for as many of Regain's beneficiaries to join us for all or even part of the challenge. Bursary funds/grants are available too to support the costs for one carer for those requiring extra support whilst taking part. **All tetraplegics will be supported throughout the ride.** Support vehicles and a medical team will be accompanying the group throughout the challenge.

Who are Regain?

Regain – The Trust for Sports Tetraplegics, was established in 1988 and became a registered charity and company in 1993. **Regain is the only charity in the UK that is solely dedicated to improving the independence of those who have become tetraplegic as a result of a sporting or recreational accident.** The charity's mission is to improve the quality of life for individuals who have suffered a spinal injury whilst taking part in a sport, leisure or recreational activity, that resulted in that person becoming tetraplegic. **The long-term aspiration of the charity is that every sport injured tetraplegic is given equal opportunity to live as full a life as possible.**

Regain supports its beneficiaries through a grants programme, where tetraplegics can apply to Regain to help fund specialist equipment to get them back to being active once again. To date, **Regain has funded in excess of £1 million in grants to sports injured tetraplegics.**

For more information on the event and the opportunities available, please contact Paul Lawrence on spinaltour@regainsportscharity.com or call 07572 841861.

Please make sure you have read and agreed to the the Conditions of Entry before registering your interest. The full Conditions of Entry are available at regainsportscharity.com/spinal-cycle-tour.

Working in partnership with

Andy Cook Cycling