

# INFORMATION PACK



# REGAIN

## CYCLING FESTIVAL 2023

Join us for the first Regain Cycling Festival  
at Thruxton Motor Racing Circuit

This exciting new event includes:

- Handcycling Taster Experience for Tetraplegics.
- Family Cycling Challenge (1-3 laps) Ages 4-14.
- Bronze (10 laps), Silver (20 laps) or Gold (30 laps) Cycling Challenge.
- Post Event Party including Live Music and Food.

**Saturday 16 September 2023**



For more information and to book your place  
please visit: [www.regainsportscharity.com](http://www.regainsportscharity.com)

T: 07572 841861

E: [enquiries@regainsportscharity.com](mailto:enquiries@regainsportscharity.com)





## Join us for the first ever Regain Cycling Festival at Thruxton Motor Racing Circuit in Andover, Hampshire.

This exciting new event will include an opportunity for tetraplegics to come along and have a handcycling taster experience and try out other adaptive equipment. We will also be running a big fundraising event on the day with the following challenges available:

### **FAMILY CHALLENGE (AGES 4-14)**

**1-3 Laps (approx. 2.4 miles to 7.2 miles).**

### **BRONZE CHALLENGE**

**10 Laps (approx. 24 miles).**

### **SILVER CHALLENGE**

**20 Laps (approx. 48 miles).**

### **GOLD CHALLENGE**

**30 Laps (approx. 72 miles).**

In the evening there will be a post event party which will be included in the entry fee for those taking part in the cycling challenge. This will include food and live entertainment. Non-cyclists will be able to buy a ticket just for the evening and camping will also be available. All funds raised from the day will support Regain, the only charity dedicated to improving the lives of people who have become tetraplegic in a sporting accident.

For more information and to book your place on the day, please visit:

[www.regainsportscharity.com](http://www.regainsportscharity.com)





## What does it cost?

To attend the Regain Cycling Festival you are required to pay a registration fee for your chosen cycling challenge and to fundraise as much as you can for Regain. Alternatively, you can buy a ticket for the evening, which includes a donation to the charity.

## The ticket options are:

### **Tetraplegic Handcycling Taster Experience**

£0 (funded as a grant from the charity). This includes a ticket for the evening food and entertainment.

### **Family Cycling Challenge (Age 4-14)**

£10 per child (must be accompanied by an adult).

Includes technical and medical support on the track, refreshments whilst cycling, medal and lunch or dinner voucher.

### **Bronze Cycling Challenge (10 Laps)**

£45 and suggested fundraising of £50 plus.

Includes technical and medical support on the track, event timing, refreshments whilst cycling, medal and meal voucher and live entertainment in the evening.

### **Silver Cycling Challenge (20 Laps)**

£45 and suggested fundraising of £100 plus. Includes technical and medical support on the track, event timing, refreshments whilst cycling, medal and meal voucher and live entertainment in the evening.

### **Gold Cycling Challenge**

£45 and suggested fundraising of £150 plus. Includes technical and medical support on the track, event timing, refreshments whilst cycling, medal and meal voucher and live entertainment in the evening.

### **Evening Only Ticket**

£20 includes meal voucher and live entertainment. Under 18's ticket is £10.





## What is included in my entry fee?

Your entry fee covers the following:

- Event safety, including British Cycling Event Leaders, mechanical and medical support
- Water and Snacks during the event
- Free Parking
- Event Medal
- Post event meal and live music in the evening
- Event Timing for all Bronze, Silver and Gold challengers

## How do I get there?

The Regain Cycling Festival is taking place at Thruxton Circuit, Andover, Hampshire, SP11 8PN.

### Driving to Thruxton Circuit

#### Sat Nav

Use postcode SP11 8PN

#### What3Words Locations

**Driving Experiences:** applied.punctual.play

**Skid Pan:** originate.flotation.flash

**Karting and 4x4 Centre:** carting.duke.speed

Thruxton is readily accessible from both the M3 and M4

1.5 hours from London

2.5 hours from Birmingham

Once on the A303 follow the signs for Thruxton Circuit ONLY; ignore signs for Thruxton village.

Upon leaving the A303 follow signs for Thruxton Circuit.

The karting and 4x4 centre have their own entrance signposted 100 meters before the main circuit entrance.

If you are participating in a driving experience

proceed through the main entrance and the tunnel. On exiting the tunnel turn immediately left and follow the signs towards the car park and the Thruxton Centre building.

### Trains and planes to Thruxton Circuit

There is a main line train station in Andover (10 minutes away), which runs from Waterloo. Plan your route using National Rail Enquiries. Southampton Airport is the closest mainstream airport (40 minutes away).

## Is there parking at the Racetrack?

Yes there is free parking available at the race track.

## Will there be food and drink available?

There will be breakfast including tea and coffee available for participants and supporters to buy from 10am-12pm. There will also be lunch available to buy from 12-6pm. A post event meal is included in your entry fee and water and snacks will be provided during the cycling challenge.

## Can I bring supporters with me?

Yes supporters are welcome at the event free of charge from 10am to 6pm but they will need to pay for a ticket, if they wish to stay for the meal and entertainment in the evening.

## Do you need volunteers?

Yes we do need volunteers for the day, if you are interested in helping out on the day, please complete the volunteers form on our entry system.





### Is there accommodation close by?

There are a number of hotels available in Andover inc. Premier Inn and Travelodge, which are just 10 minutes away from Thruxton Circuit.

### Can I camp at Thruxton Race Track?

Yes you can camp at Thruxton or bring a campervan. There are toilets, showers and you will have access to power if required. There is no additional cost for this facility from Thruxton but a donation to Regain of £10 per person is suggested.

### What will happen in the evening?

Once the cycling challenge finishes at 6pm, food will be served and live music (band and DJ) will begin. This will be outside if the weather is nice or inside if not. There will be a bar open until late.

### Will you cater for dietary requirements in the evening?

Yes we will be providing a vegetarian and vegan option. Please let us know of any dietary requirements when you book your ticket for the event.

### Do I need to fundraise to take part?

There is no minimum sponsorship requirement but we do ask you to fundraise as much as you can for Regain. Cycling 10 to 30 laps of Thruxton Circuit is physically and mentally a tough challenge, so you will earn your sponsorship. It has been an incredibly tough time for the charity too, so your fundraising support is very much needed.



# WHY TAKE PART?

## REGAIN

CYCLING FESTIVAL 2023



### About Regain

Regain is the only charity dedicated to improving the lives of people who have become tetraplegic in a sporting accident.

Having lost the use of their limbs, tetraplegics need help to perform many of the most mundane day-to-day tasks. Mobility is the major issue for many and without the use of appropriate wheelchairs and adapted vehicles tetraplegics can become trapped in their own homes.

### Emotional Help

Tetraplegics are as mentally alert as any able-bodied person, they have all the same emotional needs and desires but their bodies have been cut off from them. In the earliest weeks after injury emotions run high and support both clinically and mentally is vital to see people through these initial periods.

Only a person with a spinal injury can really explain and demonstrate to another how life can go on in spite of a severe disability. In many cases people have achieved things

that they may have never dreamed possible. Recently Regain has helped four tetraplegics to compete in the Paralympic Games. Many others have been encouraged to complete a range of challenge events whilst others have been assisted in relation to employment, education and training.

Regain can help provide specialised lightweight and electric wheelchairs and electric e-motion wheels enabling those with only limited use of their arms to move themselves around. Specialist wheelchairs can be provided for those wishing to get back into sports including wheelchair rugby, basketball, tennis, cycling, etc.

Very often communication is an issue and the provision of computers, including some with voice activated software, can transform not only the social but the educational and employment opportunities and aspects of the lives of tetraplegics. Over the past 25 years Regain has been able to provide help to many sports tetraplegics enabling them to undertake University, technical and vocational courses.



### Conditions of Entry

1. A non-refundable booking fee is required to attend the Regain Cycling Festival 2023. In addition, if you are taking part in the fundraising challenge, we ask you to fundraise as much as you can for Regain.
2. If you do not plan to take up your place for any reason, you must inform Regain immediately. You must contact all of your sponsors to ask if they wish to make a donation or have their sponsorship money returned.
3. The good reputation of the charity is paramount. You must agree to act lawfully and follow the fundraising guidelines laid out by Regain.
4. Funds raised on the Regain Cycling Festival 2023 cannot be transferred to or from other Regain challenges.
5. You must wear a cycling helmet for the duration of the challenge. You must only take part using a fully working, safe, and well maintained bicycle.
6. You participate at your own risk and are responsible for your personal safety at all times. Regain cannot be responsible for any loss or damage however arising, or theft of your bicycle or for any injuries or illness that occur as a result of this event.
7. Participating children under the age of 14 must be accompanied by an adult at all times.
8. Regain may at their sole discretion withdraw places on the event or stop people cycling on the day of the challenge, if they believe it is in the best interests of you the participant, the charity, event staff, other participants, or the general public to do so.
9. If the event is not able to go ahead, the event will be postponed to a later date. In this instance, the non-refundable deposit will be transferred to the new event date for you to use again. If the event is cancelled you will receive a full refund of your booking fee and any donors wanting a refund, would receive one
10. No participant must enter the Thruxton Airfield in the centre of the racetrack. Any participant doing so would be responsible for any fine.