



**Guru Nanak Gurdwara,**  
Stratford Road  
South Birmingham

Start

**Guru Nanak Gurdwara Bhat Singh Sabha,**  
Moseley Road,  
Birmingham

**Ramgarhia Sikh Temple,**  
Graham Street,  
Birmingham

**GNNSJ,** Soho Road,  
Handsworth

**Bebe Nanaki Gurdwara,** Rookery Road, Handsworth

**Guru Nanak Gurdwara,** High Street, Smethwick

2nd Start Point

Finish

**Guru Nanak Gurdwara,**  
Sedgley Street,  
Wolverhampton

**Guru Nanak Gurdwara,**  
Walsall Road,  
Willenhall

**Guru Nanak Gurdwara,**  
West Bromwich  
Street, Walsall

**Guru Har Rai,**  
High Street, West Bromwich  
12 mile route

# Sikh Helpline CHARITY BIKE RIDE 2016 Birmingham - Wolverhampton EVERY CALL MATTERS

**24 miles | 10 stops**  
**Sunday 2nd October 2016**  
or join us half way from West Brom

For More Information and to join visit  
[www.sikhhelpline.com/bikeride](http://www.sikhhelpline.com/bikeride)  
applications close on 18th September 2016



AGE 18+

Terms and conditions at [www.sikhhelpline.com/bikeride](http://www.sikhhelpline.com/bikeride)  
Registered Charity: 115 4449

**Donate now!**  
at [www.sikhhelpline.com/donations](http://www.sikhhelpline.com/donations)



# The Sikh Helpline

The Sikh Helpline handles thousands of calls each month on issues ranging from grooming, domestic abuse through to racism and substance addiction. Due to cultural barriers and protection of “honour” within the community, such victims suffer in silence. With an understanding of these cultural issues and barriers, The Sikh Helpline offers a support network for these victims.

Money raised from the ride will go towards The Sikh Helpline’s “Every Call Matters” fundraising campaign. We need to raise £20,000 in total through our fundraising events.

**We need you!**





# Bike Safety & Maintenance

The bike ride route from start to finish will cover 24 miles. Please ensure you put in the training you need before the big day. If you are not confident at cycling on roads, we recommend that you book onto one of the Bike Right FREE adult cycling skills and confidence tuition courses. Further details can be found at:

<http://www.bikeright.co.uk/westmidlands/cycletraining>

It is your responsibility to ensure that your bike has been checked to make sure it's in full working order.

## **\*\*NOTE\*\***

If your bike is not roadworthy you will **NOT** be allowed to ride.

Immediate Care Medical and first aiders will be on hand throughout the ride.

**Please note:** You may drop your bike off at Stratford Road Gurdwara on Saturday 1st October between 13:00 and 15:00 hrs and bikes will be locked away; however, we do not accept any responsibility for damage or theft.

# Sponsorship

Money raised from the ride will go towards Sikh Helpline's fundraising campaign.

## Every Call Matters

There are 2 ways that you can collect your sponsorship:

1. Get your friends, family and colleagues to sponsor you for completing this challenge! Record all agreed sponsorship on the sponsorship form included with your e-pack.
2. Set up your own personal online sponsorship page on the Sikh Helpline Everyday Hero page. Further details can be found at:

<http://everydayhero.co.uk/event/sikhhelplinebikeride2016>





# The Bike Ride

The ride will start from Guru Nanak Gurdwara, Stratford Road, Sparkhill, Birmingham. B11 4LS.

You must arrive at the Gurdwara by 6.45am. On arrival please make your way to the upstairs Darbar Hall 3 where registration and the safety briefing will begin. You will also be provided with your t-shirt, bike security tag and rider's wrist band.

**\*\* If you do not attend the registration and safety briefing you will NOT be allowed to ride \*\***

It is your responsibility to ensure your bike is road worthy. If the organizers feel your bike is not road worthy, they have the right to refuse your entry and no refunds will be offered.

## Ride Schedule

- 6.45am** - Registration
- 7.30am** - Safety briefing
- 8.00am** - Group photographs, radio and TV interviews
- 8.30am** - The ride begins!
- 15.45pm** - Expected arrival at end point in Wolverhampton

*Drinks & refreshments will be served en-route at each Gurdwara.*

# The Route

Guru Nanak Gurdwara Stratford Road	08:30
Guru Nanak Gurdwara Bhat Singh Sabha, Moseley Road	08.45
Ramgharia Sikh Temple, Graham Street	09.45
GNNSJ, Soho Road	10.30
Bebe Nanaki Gurdwara, Rookery Road	10.45
Guru Nanak Gurdwara, Smethwick	11:15
Guru Har Rai Gurdwara, West Bromwich ( Lunch ) (Second Starting Point)	12:00
Guru Nanak Gurdwara, Walsall	14:00
Guru Nanak Gurdwara, Willenhall	14:45
Guru Nanak Gudwara Sedgley Street	15.45



All timings are approximate.

Drinks & refreshments will be served en-route at each Gurdwara.

Immediate Care Medical and first aiders will be on hand throughout the ride.

# Transport

At the end of the ride we will be providing transport from Guru Nanak Gurdwara, Sedgley Street back to :

1. Guru Har Rai Gurdwara, West Bromwich or
2. Guru Nanak Gurdwara, South Birmingham

**If your return method of transport since registration has changed, please contact us ASAP at [info@sikhhelpline.com](mailto:info@sikhhelpline.com)**

*We advise you to wrap your bike frames with bubble wrap to avoid any scratches on your bike during loading and transportation.*





# Useful Links

For further information and to help you prepare for your bike ride, we recommend the following websites.

**Sikh Helpline website:**

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

**The Highway Code for cyclists:**

[www.gov.uk/rules-for-cyclists-59-to-82](http://www.gov.uk/rules-for-cyclists-59-to-82)

**Cycling for beginners:**

[www.nhs.uk/Livewell/getting-started-guides/Pages/getting-started-cycling.aspx](http://www.nhs.uk/Livewell/getting-started-guides/Pages/getting-started-cycling.aspx)

**Cycling insurance (highly recommended):**

[www.ctc.org.uk/insurance](http://www.ctc.org.uk/insurance)

**Dr Bike courses and training:**

[www.bikeright.co.uk/westmidlands/cycletraining/](http://www.bikeright.co.uk/westmidlands/cycletraining/)

You can also find out more information by joining our Facebook page, Twitter page and YouTube channel.



# Terms and Conditions

## Getting ready for the ride:

- Your bike must be roadworthy and checked by a competent bike technician.
- Wear appropriate clothing for cycling. Avoid clothes which may get tangled in the chain or wheel.
- Wear suitable clothing for the weather on the day. Avoid jeans.
- Mandatory to wear a cycle helmet which conforms to current regulations, is the correct size and securely fastened. The only exception to this is if you are wearing a dastar (not a patka).
- Have a bottle of water and if possible a puncture repair kit with you.

## During the ride

- This is NOT a race. Ride safely and for FUN.
- If there are any problems during the ride please make a marshal / sevadar aware.

- You MUST Know the Highway Code for cyclists. You can read the up-to-date rules and regulations here:  
[https://www.gov.uk/rules-for-cyclists- 59-to-82](https://www.gov.uk/rules-for-cyclists-59-to-82)
- Obey all traffic signs and traffic light signals.
- Keep both hands on the handlebars except when signaling or changing gear.
- Keep both feet on the pedals.
- Ride in single file on narrow or busy roads and when riding around bends.
- Follow the instructions of the marshals.
- Be considerate of each other and other road users.
- Look all around before moving away from the kerb, turning or maneuvering to make sure it is safe to do so. Give a clear signal to show other road users what you intend to do.
- Look well ahead for obstructions in the road such as drains, potholes and parked vehicles so that you do not have to swerve suddenly to avoid them.
- Leave plenty of room when passing parked vehicles and watch out for doors being opened or pedestrians stepping into your path.
- Be aware of traffic coming up behind you.
- Take extra care near road humps and other traffic calming measures.
- Take care when overtaking.



- Ensure you pay particular attention to your braking and slippery surfaces in wet conditions.

### **You MUST NOT...**

- Carry a passenger.
- Use a mobile phone or mp3 player or headphones whilst riding.
- Hold onto a moving vehicle or trailer. Ride close behind another vehicle.
- Ride in a dangerous, careless or inconsiderate manner.
- Ride when under the influence of alcohol or drugs (including medicine).
- Cross the stop line when the traffic lights are red.
- Undertake vehicles or other cyclists.

## **IMPORTANT**

**Riders ride at their own risk. The Sikh Helpline and the organizing / assisting individuals on the day do not accept any liability for injury or damage.**



# Collecting Your Sponsorships & Donations

You should ensure that all sponsorships and donations that you raise are collected and sent to The Sikh Helpline by 30th October 2016.

You can send us your sponsorships and donations in three ways:

1. Write a cheque for the total amount to Sikh Helpline and post to:  
The Sikh Helpline,  
86 Birmingham Street, Oldbury, B69 4EB.
2. Pay the funds directly into The Sikh Helpline NatWest bank account:  
Account Name: Sikh Helpline  
Account Number: 38178877  
Sort code: 56-00-69
3. Online or at your bank.  
*Include your name in the reference.*
4. Pay in person by calling the Sikh Helpline on 07999 004363 and we can arrange to collect the funds from you.



Be sure that you send a copy of your sponsorship form and details of your method of payback to allow us ensure that we have received your payment and that you have raised the minimum £75.00 sponsorship.

Please note that all donations given via Everyday Hero will go directly to the Sikh Helpline.



## Final Thoughts...

Please read carefully through the included rules and regulations.

Make sure you spend time training for the ride. We hope you will develop a genuine love of cycling just like many of us have.

Did you know regular cycling:

- Can help you lose weight, reduce stress and improve your fitness?
- Can reduce the risk of chronic illnesses such as heart disease, type 2 diabetes and stroke.
- Is the third most popular recreational activity in the UK - an estimated 3.1 million people ride a bicycle each month.





**Date for Your Diary:**

# **Sikh Helpline**

**Kirtan Darbar**

**20th November 2016 | 4pm – 6pm**

We look forward to seeing you all, the grand total will be announced, certificates will be presented to all riders and sponsors and prizes will be given to the highest fundraisers.

**Guru Har Rai Gurdwara**

**West Bromwich West Midlands B70 6JW**