

# The Wheely Big Cycle



## Frequently asked questions

### Who is organising the event?

This is a KPMG organised event, and we are working with [Velo-Tech Cheshire](#), [Haute Rouleurs](#) and the [NSPCC](#) to ensure that KPMG's 'Wheely Big Cycle' is a really big success!

- **Velo-Tech Cheshire:** Martin Girdwood, is a professional bicycle mechanic and owner of Velo-Tech®. Velo-Tech's Primary focus is around ensuring individuals keep their bike in top condition.
- **Haute Rouleurs:** Established in 2012 by Richard Lang, Haute Rouleurs is an innovative company dedicated to cycling. They offer coaching and nutrition packages for cycling enthusiasts of all abilities and also specialise in corporate events, allowing teams to get out of the office and on to the roads for a unique day out. They have organised multiple events for companies. Their priority is the riders. Professional motorbike riders safeguard the cyclists throughout the day. Martin and Rich have worked together for a number of years, taking the decision for Martin to organise the corporate event side of Haute Rouleurs under his company (Velo-Tech). They will both be fully involved and part of the team supporting the event.
- **NSPCC:** NSPCC are KPMG's chosen National Charity until September 2020. All funds raised will go to NSPCC.

### Why should I get involved?

This is a fantastic opportunity to raise money for a cause close to all our hearts and has multiple additional benefits including:

- Acting as a great way to be One Firm and bringing all of our KPMG colleagues and offices together for team-building
- Demonstrating our commitment to healthy living and wellbeing
- A new and exciting avenue to collaborate with clients
- Employees can use some of their six days of firm volunteering time to participate
- It is something completely different to our day-to-day work and a chance to have a bit of fun whilst raising money for a great cause!

### What is the entry fee?

You pay a non-refundable registration fee of £20. This reserves your place on the ride and goes towards supporting NSPCC's vital work with Childline and their 'Speak Out, Stay Safe' programme. You can pay your registration fee directly to the Virgin Money Giving page [here](#) – please ensure you quote your name so we can track those who have paid.

### What support will I get?

#### Before the ride:

- You will receive a Welcome Pack from the NSPCC, which will contain a co-branded jersey and fundraising tips.
- NSPCC will support you with fundraising ideas you can use to reach your fundraising target
- You will have access to training plans and support from both NSPCC's training provider, Full Potential, as well as Velo-Tech Cheshire's training app Spok'd.
- You will receive regular emails in the lead up to the cycle that will contact useful information such as fundraising tips, accommodation information, and training tips.

#### On the ride:

You will be riding with a tour leader and experienced support staff, and a first-aider will be with you throughout the journey. All luggage is transported by vehicle en-route while you will have access to a day bag in a support vehicle. Your day bag should contain clothing for cold and/or wet conditions should these be encountered on the ride. Additional nutrition products should also be carried in your day bag. You will be supplied with a route map and a support vehicle will follow with spare parts. At the start of your trip you will be given a map and your route will be clearly marked.

### How much do I need to raise?

We hope that you will fundraise as much as possible and we will support you every step of the way. We'd like all participants to raise a minimum amount as stated below. The money you raise will support children who are fighting abuse and neglect through the NSPCC.

- 1 day - £150 minimum target
- 2-3 days - £250 minimum target

- 4-7 days - £500 minimum target
- 8-14 days - £750 minimum target

### How can I fundraise?

You can fundraise as an individual or as part of a team, alumni, family or client group. The Corporate Responsibility and NSPCC teams are here to support you every step of the way and can provide lots of tips and ideas on how to fundraise, advice on setting up a Virgin Money Giving page and receiving donations through a charity account or from other corporates.

### How do I get my money in?

Your £20 registration fee needs to be received within 10 working days of your registration form being submitted. This can be paid by donating to the Virgin Money Giving page [here](#).

For your sponsorship money to reach us there are three routes you can choose:

1. You can raise your money through Virgin Money Giving page (directions on how to set up your own page can be found just below). If you choose this route you will need to tell us your link when you set this up so we can receive your sponsorship.
2. We would encourage you to receive online donations as much as possible. However, if you are wanting to collect cash, you can then pass this onto your local fundraising champion to bank.
3. If you have your own CAF account – you can use this to donate direct to the NSPCC. Please note, KPMG do not have access to individuals CAF account, so please do let us know if donate using this method.

### How do I set up a Virgin Money Giving page?

Setting up a Virgin Money Giving page is a fast, effective and simple way to ask people for sponsorship. Simply go to <https://uk.virginmoney.com/virgin/> and search for NSPCC's page in aid of KPMG's Wheely Big Cycle, which you can then create and link to your individual fundraising page from.

### How fit do I need to be?

This challenge is suited to all abilities, however we would recommend a good level of basic fitness and experience of cycling on the road. It is important to remember that the more of a challenge the ride is for you, the more donations you will likely receive! The overall mileage to cover per day generally ranges from 57-102 miles, with the final day's ride into Canary Wharf covering 28 miles. You will see from the map, that each route has been graded with guidance to help you choose a day suitable for your ability and fitness, along with half-day distance options.

**Beginner:** You're either brand new to cycling or a very occasional rider who has previously ridden up to 20 miles in a single ride. For The Wheely Big Cycle the challenge to the drop-off point will be a 'step-up' for you.

**Intermediate:** Rides a couple of times a week. For example, may commute or take part in weekend club rides and feel comfortable. Sometimes rides longer distances of up to 50 miles.

**Advanced:** Rides numerous times a week, comfortable completing distance rides, for example, may compete, rides faster club rides or cycling sportives over longer

distances. Comfortable with riding long distances over 50 miles.

If you're unsure which route would be suitable for you, please get in touch with Velo-Tech Cheshire who will assist you with a training plan to help you achieve your goals.

We appreciate some people want to get involved but may not want to do a full day, therefore you also have the option to cycle only half the day (morning only) of each route.

### How do I choose which day of the route is best for me?

There are 21 legs of KPMG's 'Wheely Big Cycle', spanning from Plymouth up to Aberdeen. Each day has an assigned level which will help you choose the one best suited to you. More details and the full route options can be found on the information page. The routes have been graded to help support you determine whether you will be able to complete the route or not. Half day routes are also available for those who are not able to commit to a full day.

### Can I do more than one day of the route?

Absolutely! You can sign up for as many days of the route as you wish, though we do recommend that if you are cycling multiple days you include a weekend either side. If you are feeling really brave you can take on the whole route from start to finish!

If you're thinking of taking part in multiple days we've put together some great route ideas you could choose to ride and the offices you will pass through:

#### North Route:

##### Day 1 to 3: **Aberdeen, Glasgow and Edinburgh!**

Highland to Borders - 3 days travelling from Aberdeen to Galashiels taking in the stunning East coast, Scotland's two major cities and finishing before the challenge of the Cheviot Hills.

##### Day 3 to 4: **Glasgow, Edinburgh and Newcastle!**

Border Reiver Glasgow to Newcastle - from Scotland's former Capital of Culture via the Capital to the borders, day 4 sees the crossing of the Carter Bar into England and across Northumberland to Newcastle

##### Day 5 to 7: **Newcastle, Leeds, Liverpool and Manchester!**

Ship building to Cotton Mills - 3 days from the banks of the Tyne to the Centre of Manchester, taking in the stunning Durham and North Yorkshire countryside, crossing the spine of England to the historic Mersey docks and then onwards to Manchester

##### Day 8 to 9: **Manchester, Nottingham and Birmingham!**

Peaks to Plains - 2 days from Manchester crossing the stunning Peak District to the heart of Robin Hood country and onwards to England's second city.

##### Day 10 to 11: **Birmingham, Milton Keynes and Cambridge!**

Midlands Weekender - 2 days from England's second city passing through the heart of Milton Keynes to the University City of Cambridge and beyond.

## Day 12 to 14: **Norwich and London!**

Fens to Capital - 3 days from the Market Town of Thetford, encompassing Norfolk, East Anglia and a route through North London to the Grand Finale in Canary Wharf.

### **South Route:**

#### Day 1 to 2: **Plymouth, Bristol and Cardiff!**

Mayflower to The Bay - a challenging 2 days crossing Exmoor, Bristol and the River Severn to the magnificent Cardiff Bay

#### Day 3 to 4: **Cardiff and Southampton!**

Capital to South Downs - travelling from Cardiff, through the historic Cities of Bath and Salisbury to the South Coast and crossing the South Downs

#### Day 5 to 7: **Gatwick, Reading, Watford and London!**

South Downs to Capital - passing through three KPMG offices you will travel from the South Downs across North London to the Grand Finale in Canary Wharf.

### **These are particularly long days, are there other options?**

Each day is split into two legs so you are welcome to do half a day (morning only) if you are unable to give up a whole day for the event, or would like to ride a shorter distance. You can find details of all the half way points within the full route details on the information page. Your minimum sponsorship money (as stated above) and non-refundable registration fee of £20 will remain the same.

### **Once registered, what's included?**

- A welcome pack including: cover letter, sponsor form, paying-in form, cardboard coin collection box, co-branded jersey, booklet of fundraising event ideas and guidance for organising fundraising events
- Trainer who you can contact directly (at NSPCC) or using the Spok'd training up supplied by Velo-Tech
- Gels and nutrition on the day
- Daily support from a mechanic and outriders on the ride
- Regular blog posts from Velo-Tech
- Access to private Strava Club for training

### **What's not included?**

- Accommodation: KPMG will reserve a number of rooms at each location at a discounted price
- Food: gels are included. We are currently looking into lunch options for our cyclists
- Bike/helmet must be provided by the individual
- Transport to and from the starting and finishing point (each point has a train stations except Galashiels)
- Personal insurance (see below).

### **Do I need my own bike?**

You will need to supply your own bike and helmet for the challenge – the wearing of helmets for this challenge is mandatory. If you don't currently own a bike and accessories, see the 'What happens if I don't have a bike?' section for more information.

Alternatively how about borrowing one from a friend?

We strongly recommend only using a road bike for this challenge. Anything other than a road bike will affect your ability to complete this challenge.

### **How do I know how to properly set my bike up?**

It's important that your bike is the correct size for you and that the handlebars and saddle are properly adjusted and it is in good maintenance. We recommend having your bike serviced a few weeks before the event to help you avoid mechanical issues during the event. For participants we are putting on a session with Velo-Tech covering bike setup, and the basics of bike maintenance. Please ensure that the tyres on your bike are in good condition, if unsure treat yourself to a new pair of tyres. Velo-tech will be with you each and every day should you need assistance with your bike.

### **What happens if I don't have a bike?**

No problem! Have a look on our staff discount site here where they have plenty of offers with bike stores! – please enquire with [ukfmnc@kpmg.co.uk](mailto:ukfmnc@kpmg.co.uk) for more information. If you are buying a new bike, ideally choose a 10 or 11 speed. It is always best to try before you buy. Most cycling shops should be able to advise on appropriate size and height that fits you.

### **What should I wear?**

- Clothing: Wear appropriate cycle clothing for the conditions, it may not be the best looking but Lycra is made for the job and is comfortable. We recommend investing in padded shorts. They make a lot of difference and will make the ride more enjoyable.
- We recommend short sleeve top and bib shorts (they protect your lower back) with arm and leg warmers that can be taken on/off as and when needed.
- The NSPCC will also be providing a cycling jersey. See below for the size guide. Please note, that any day bags you wish to carry with you on the cycle (i.e. to hold rain jackets, extra clothing) can be stored in the team's vehicle that will be travelling with you.



### **Acrobat Document**

- Velo-Tech will check the weather forecast during the week and can advise whether any additional clothes are suggested.
- It is better to have layers of clothing as this will keep you warm and dry; and if you get too hot you can peel away a layer at a time.
- If rain is forecast, bring a waterproof jacket that can fold easily into your back pocket.

### **What should I eat on the cycle?**

- Velo-Tech will provide you with nutritional gels on the morning of your cycle. You should use these throughout the day.
- Each day will pass through a KPMG office, some locations may provide a lunch there that you could pick up on the day. We will provide more details closer to the ride so you are aware which locations are providing lunch and where you can source it from each day.

- We also encourage you to source some lunch you can take with you if you can (e.g. a sandwich, fruit). On the days you purchase your lunch, you are able to claim your £4 lunch allowance. Do not depend on any food stations as they might be poorly stocked or offer nutrition that doesn't agree with you.
- There will be water provided to you along the way, so you do not need to worry about topping this up.
- This is one aspect of the ride you can practise prior to the challenge. Try different drinks and foods to see what agrees with your body and makes you feel good. One of the all-time great mistakes is to try something new and find it makes you feel ill during a bike ride!
- One good marker along the way is to check you have drunk a bottle of liquid each hour.

### Where do we stay if we want to do more than one day?

We are working closely with our procurement team to secure hotel bookings located close to where the cycle will finish on the particular day. To keep costs minimal, these will not be glamorous but we will ensure they have catering facilities as well as bike storage to keep your bikes overnight.

### Who can participate?

The event is open to the whole of KPMG, including alumni, clients, friends and family of KPMG employees. Numbers are limited for each day of the route so sign up early to get your first pick! Due to insurance reasons, unfortunately under 16s will not be able to participate. If you are considering inviting your client to participate, the usual risk checks and processes will apply and the Client Leader Partner must be consulted before any clients are invited in order to a) give approval and b) coordinate and prevent multiple invites.

Please note, fundraising targets apply to everyone who participates (including alumni, clients, friends and family).

If you are wanting to invite alumni, client, friend or family member, please contact the [ukfmnc@kpmg.co.uk](mailto:ukfmnc@kpmg.co.uk) in the first instance. Please note, no audit clients are permitted to take part in the cycle.

### Do I need my own insurance?

It is the participants responsibility to ensure that they have adequate insurance in place relevant to the event, but not limited to personal accident and personal effects insurance (including, but not limited to your bicycle and helmet), if you deem such insurance necessary. It should be noted by all participants that the organisers will not provide any such insurance and each participant must make their own decision as to whether any such insurance is necessary.

### How do I get my bike to the start/finish?

You will need to organise your own bike transport to and from the start/finish point of your challenge. Each day of the route will set off from and end at a train station, (Galashiels is the only exception). Most train companies allow bikes on their services but you will need to book a free reservation for your bike before you travel to ensure a place. If there is a big group of you travelling on the same day or you are having trouble reserving your place you can contact [ukfmnc@kpmg.co.uk](mailto:ukfmnc@kpmg.co.uk). Your office may also consider transport for groups

### Will there be rest stops along the way?

There will be regular rest stops built into each day of the ride. On average there will be a rest stop every 20 km (12 miles) where you will have sufficient time to recoup and refresh. At most of the rest stops, toilet facilities will be available.

### What if I breakdown?

If you have a mechanical issue, your tour leader will provide a roadside repair or if a more serious breakdown occurs, then the support vehicle will be on hand to recover you and your bike.

### Will there be traffic on the roads I am riding on?

There is likely to be traffic on all roads, but dependent on where you are cycling the volume will vary. You do need to be road savvy and aware of the Highway Code! See link for the Highway Code for Cyclists [here](#).

### If I don't want to ride, but would like to help - what else can I do?

If you don't want to ride, we would love to welcome you onto the supporter team! You can support the event by helping with fundraising, being part of a cheering squad, volunteering to join the team organising the event in your local office, or simply sponsoring your favourite rider or KPMG office!

If you are interested in volunteering please contact [ukfmnc@kpmg.co.uk](mailto:ukfmnc@kpmg.co.uk).

### Can I use my 6 days volunteering allowance?

Yes, so long as you have the days left to take as you have had approval from your Line Manager.

### How can I find out more information?

You can email [ukfmnc@kpmg.co.uk](mailto:ukfmnc@kpmg.co.uk).

### Next steps

Why not sign up today! To find out more information, read through the information page [here](#) where you will also find a link to the [registration form](#) and [full route information via Strava](#). Please sign up before 18th April 2019! And don't forget to pay your registration fee directly to the Virgin Money Giving page [here](#) – please ensure you quote your name so we can track those who have paid.

[kpmg.com/uk](http://kpmg.com/uk)



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