

HIV Awareness Bike Ride

Welcome Pack

An Outline of the Event

The HIV Awareness Bike Ride is a 52-mile route around a clearly marked path covering the length and width of Kielder Water (twice around). The ride should take between **6 and 8** hours depending on fitness levels to finish and what training the individual has completed. This event will take place on 19th of July 2014.

The Ride Route Map



BodyPositive
North East

MEA House, Ellison Place
Newcastle upon Tyne, NE1 8XS
Charity Number 1000714
Registered Company Number 02534846
(0191) 232 2855 bp.ne.org

Address of Meeting and Finishing Point of Ride:

Tower Knowe Visitor Centre, Tower Knowe, Kielder, Northumberland, NE48 1BX

Itinerary:

There are two options for this bike ride, either the 2-night cabin sleep-over or on the day cyclists.

Friday 18th of July

6.45 pm – Cars meet at Tower Knowe Visitor Centre

7.00 pm – Travel together to Kielder Cabin

8.00 pm – Registration/Briefing

9.00 pm – Evening free

Saturday 19th of July

7.30 am – Breakfast

8.30 am – Registration for Cyclists turning up on the day (Tower Knowe Visitor Centre)

8.45 am – All cyclists assessable at Tower Knowe Visitor Centre

9.00 am – The Ride begins anti-clockwise around the lake

6.30 pm onwards cyclists are invited to a BBQ at the lakeside by the Cabin

Sunday 20th of July

8.30 – Breakfast

Rest of the day free to explore or simply relax by the lakeside

Fundraising

As well as raising the awareness of the issues relating to HIV, this bike ride is also a fundraising event. We would like you to set a minimum target of £125 per person to help increase the necessary funds required to raise the profile of this awareness campaign. There are many ways to do this:

- Hard copy sponsor forms (supplied in welcome pack) to friends, family and work colleagues.
- Set up a Just Giving page (www.justgiving.com) and mail all your Facebook friends and start an email campaign

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Reason for HIV Awareness

HIV has been off the radar for a number of years, a lot of people still think it is a Gay issue! This is one of the myths this Awareness Bike Ride is trying to address, and how HIV can devastate people's lives. Did you know that there 100,000 HIV+ people in the UK and a further 24,000 people who do not even know that they are positive. 47% of those positive in the UK are straight and 32% are females, therefore you can see how this virus concerns us all, please don't wait until HIV affects a member of your family or a loved one. The aim of this walk is to raise awareness of issues of HIV and that it has not gone away.

Information about the area

The Lakeside Way multi-user path offers visitors to Kielder Water & Forest Park a truly unique experience giving access to the most scenic parts of the lake shore and the opportunity to get up close to some of Kielder's abundant wildlife. The 26-mile path encircles Kielder Water and is suitable for walkers, cyclists, horse riders, mobility scooters and wheelchair users.

The Lakeside Way has a good surface which is suitable for comfortable walking boots, Wellington boots or trainers. Some hills may be difficult for younger or less experienced cyclists and it is recommended that people in wheelchairs are accompanied. The Lakeside Way is one of England's finest long distance paths. For those adventurous enough, it can be completed in one visit. If walking, allow 8 to 10 hours if you are fit. Allow more time if you wish to take in the scenery, have lunch or visit some of the contemporary Art and Architecture along the path. When planning your day, please always take account of the remoteness of the site and the weather forecast - in this area the weather can rapidly change.

The route incorporates a number of art and architecture pieces including 'Sylvan Capitalis', better known as the 'forest head' and the landmark bridge over Lewisburn inlet. The south shore is approximately 14 miles in length, stretching from Kielder Dam to Kielder Castle Visitor Centre and including Tower Knowe Visitor Centre and Leaplish Waterside Park.

The Lakeside Way on the north shore of Kielder Water runs from Hawkhope car park at the north end of the dam to Kielder Castle Visitor Centre. The distance is just less than 12 miles. Unlike the south shore, there are no visitor centres along the north shoreline so please be adequately prepared before setting out. The North and South shores at the Kielder village end are connected by a new loop of track at Kielder Viaduct that allows you to access this spectacular 150 year-old skew arched viaduct via the route of the old Border Counties railway line.

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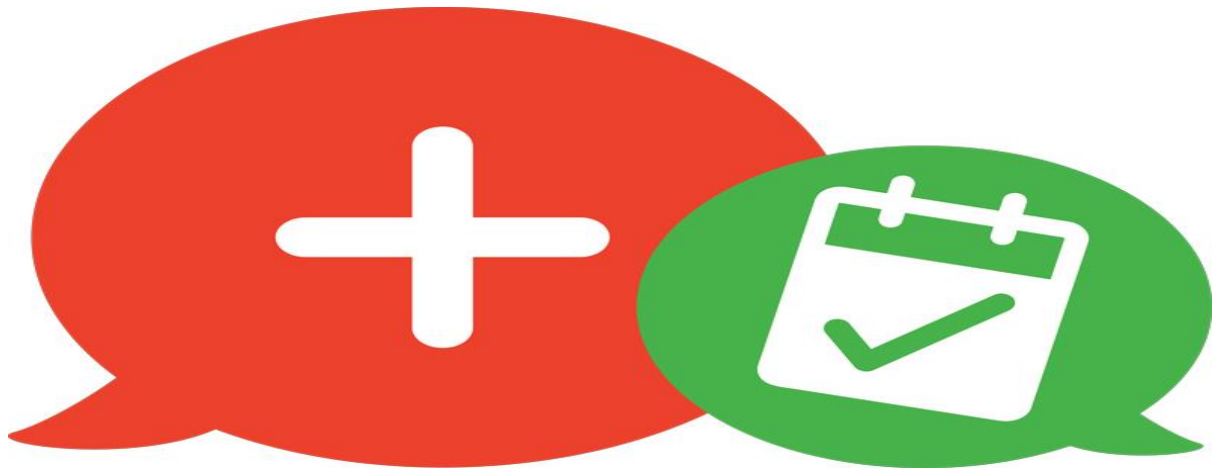
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Preparing for the bike ride

It is highly advisable that appropriate training is taken. Building up your fitness levels over time. Do not over work yourself! Start off with light walking building up your distance with each walk. It is better to walk slower over a long period. Keep up your hydration levels by drinking often. Maintain a healthy diet as a run up to the event. If possible walk with others for motivational purposes. **Do not expect to arrive on the day without any training** as this could pose serious risks to your health and unlikely to complete the walk.

Recommended items for the bike ride

- Map of ride route
- Packed lunch with energy snacks for the walk to snack on little and often
- Water (bottled)
- Light weight rain coat/mac
- Layered clothing
- Sun cream and sunhat
- Small torch
- Basic first aid kit and Vaseline
- Toilet roll/tissues
- Mobile phone (fully charged)
- List of contact details of other cyclists/lead in case of emergency
- Any other items of personal needs such as medication or medical alert necklaces/bracelet



HIV Awareness Bike Ride

Please support and give generously!

Body Positive North East (BPNE) is a long established user-led organisation, providing support and services to people, families and communities affected by HIV throughout the North East since 1988.

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UK TAXPAYERS:

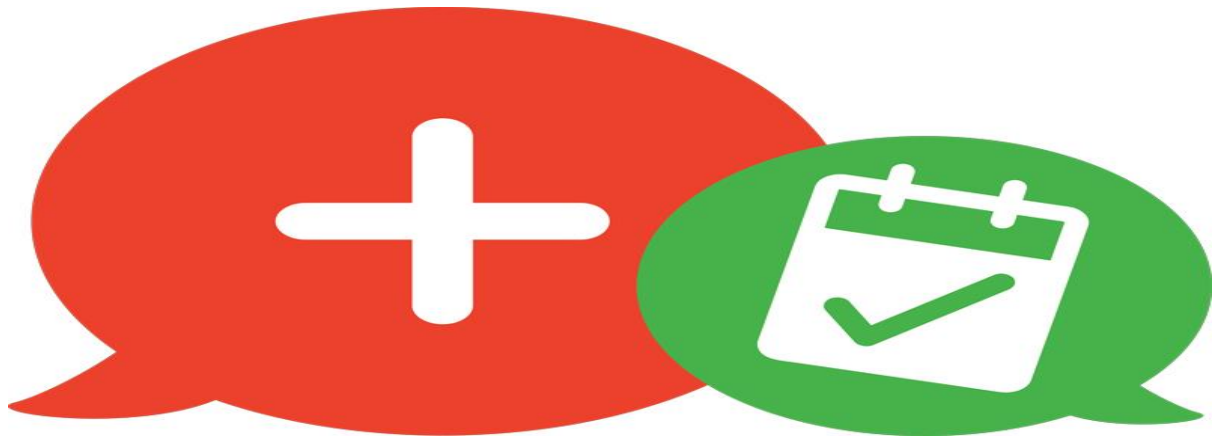
We, who have given our names and **home** addresses below and who have ticked the box entitled 'Gift Aid', want BPNE to reclaim tax on the donation detailed below.

Full Name	Home Address House number and street name essential	Post Code essential	Amount Pledged	Amount Given	Date Given	Gift Aid (√)

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HIV Awareness Ride - Registration Form

First Name:	Surname:
Address:	
Mobile Number:	Email:
In case of Emergency	
Contact Person:	
Mobile Number:	Email:
<p>Disclaimer: You have read the Information Pack and fully understand that this walk covers 52-miles and could take up to 8-hours to complete. You are prepared to be personally responsible for your own training and will inform your GP (if necessary) before partaking in this Event. Also by agreeing to take part in this Event you will attempt to raise a minimum of £125 in sponsorship as well as your (non-refundable) registration fee.</p>	
I would like to register for the weekend cabin, ride and BBQ:	Please enclose £15 with form
I would like to register for the ride plus BBQ:	Please enclose £5 with form
<i>Cheques should be made payable to Body Positive North East</i>	
Sign:	Date:

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