



RIDE OF CHAMPIONS FREQUENTLY ASKED QUESTIONS



What is the Ride of Champions?

The Ride of Champions isn't a race - it's an experience. It's a test of endurance, focus, and strategy, designed to challenge you and become a champion for Hampshire and Isle of Wight Air Ambulance. This event invites cyclists of all levels to take on a journey that's as rewarding as it is demanding.

With carefully planned routes and stunning scenery, it's an opportunity to push your limits and celebrate your love for cycling. Participation in the Ride of Champions means embracing the adventure and taking responsibility for your own safety.

Where is the start?

The ride begins and ends at Sparsholt College, nestled in the stunning Hampshire countryside just north of Winchester. With ample on-site parking and convenient toilet facilities, everything you need to get started is right there.

Sparsholt College
Westley Lane
Sparsholt Hampshire
SO21 2NF

What3words: [:///flick.ecologist.polka](https://www.what3words.com/#!/en/:///flick.ecologist.polka)

Will I have to navigate?

Yes, a .gpx file will be available for download to your bike computer, and map sheets will also be provided. These will be sent out in May. Keep in mind, there won't be any route signage - this ride isn't just about physical endurance; it's a test of your navigation skills too.

Are there any refreshment/ toilet stops?

Yes of course - along the route we have stops where you can use the facilities, as well as fuel stops on/ before the ferries. These stops will be detailed in your final ride information which you will receive in May and marked on your map.

Do you need to have a road/ racer bike?

Not at all - we welcome any bikes, but do ask that you service your bike before the ride. If you are joining us with an tandem or electric bike, we do ask you to email events@hiowaa.org to let us know.



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What if I have a mechanical failure or a puncture?

We have mechanics on the route, but this could delay your ride, so we ask you to carry a spare inner tube with you and tools to repair your own puncture if possible.

Is there a .GPX file I can use for my Garmin?

Yes, once you've registered to ride, you'll receive a link closer in May. This link will give you access to all the finalised downloadable content for the ride.

What happens if I loose my tracker?

We will ask you to pay £50 if you loose your tracker.

What training do I need?

We recommend training well for this ride - it's a real challenge, as the terrain in Hampshire and the Isle of Wight is far from flat. A good rule of thumb is to make sure you've ridden at least two-thirds of the total distance in a single ride 2-3 weeks before the event.

Is the event timed?

No. This is a ride, not a race. Each rider will receive a cycling number and tracker which will record your route and time, but we do not have a leaderboard.

Can I change my ferry time?

Yes you can, but please make sure you do this before 29th May so we can ensure we can get you and your bike booked on.

What happens if I miss the ferry time I selected?

When choosing your ferry time, please ensure you allow plenty of time to cycle to the terminal without feeling rushed. Consider the possibility of taking a wrong turn or starting later than planned to avoid unnecessary stress.

What happens if my ferry is cancelled?

If your ferry is cancelled, we will arrange for you to board the next available ferry and notify everyone affected. In the event that all ferries are cancelled due to weather, we will adjust the challenge route accordingly. Updates will be shared during the briefing at Sparsholt before the event begins.