

KPMG's Wheely Big Cycle FAQ



Frequently asked questions

Who is organising the event?

This is a KPMG organised event, and we are working with [Velo-Tech Cheshire](#) and the [NSPCC](#) to ensure that KPMG's 'Wheely Big Cycle' is a huge 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.
- [NSPCC](#): The 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:

- Team-building with your KPMG colleagues
- Improving your health and wellbeing
- Strengthening client relationships through client participation
- Using the six days of volunteering time available from the firm
- Having some fun!

What is the entry fee?

You pay a non-refundable registration fee of £20. This reserves your place on the ride, includes your co-branded cycling jersey, nutritional gels and a contribution towards supporting NSPCC's vital work with Childline and their 'Speak Out, Stay Safe' programme. You can pay your registration fee directly to the Wheely Big Cycle virgin money 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 a fundraising guide.
- The NSPCC will support you with fundraising ideas to help you reach your fundraising target.
- You will have access to [training plans](#) from 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. You should carry any items needed during the day in a bum bag, day sack or saddle bag. At the start of your trip you will be given a map and your route will be clearly marked. There will also be a vehicle with spare parts and equipment.

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.

- Half / 1 day - £150 minimum target
- 2-3 days - £250 minimum target
- 4-6 days - £500 minimum target
- 7-9 days - £750 minimum target

The money you raise will support children who are fighting abuse and neglect through the NSPCC.

How can I fundraise?

You can fundraise as an individual or as part of a team, alumni, family, friends 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 should be paid directly to the Wheely Big Cycle virgin money page [here](#) – please ensure you quote your name so we can track those who have paid.

For your sponsorship money to reach us there are two 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.

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 2020, which you can then create and link to your individual fundraising page from.

How fit do I need to be and do I need to train?

This challenge is suited to all abilities, however we would recommend a good level of basic fitness and experience cycling on the road. The overall mileage to cover per day ranges from 40-94 miles for the full days, or 25 – 43 miles for the half day options. You will see from the map, that each route has been graded, along with guidance to help you if you are unsure which routes to take:

These categories are indicative. If you have any doubt of your capability please contact [UK-FM National Charity](#).

Open

- Capable of riding for up to 4 hours.
- A good level of fitness or will have trained to complete this challenge.
- Bike: minimum of hybrid fitted with road tyres

Intermediate:

- Cycle regularly (at least once a week) for at least 1-2 hours on a road bike.
- Some experience of riding a full day in excess of 50 miles.
- Some experience of group riding.
- A good level of cycling fitness or have trained to complete this challenge
- Bike: minimum of a road bike (drop handlebars/ cleated or toe clip pedals)

Advanced:

- Capable of riding in excess of 80 miles with a challenging amount of climbing (c. 4000ft +).
- Used to group riding.
- Have trained to complete this challenge.

If you are unsure which route would be suitable for you, please do get in touch! It is important to train in the lead up to the cycle and to not be afraid to step out of your comfort zone. After all, you will be raising money for a fantastic cause, the more it's a challenge for you, the more donations you will likely receive!

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 (afternoon only) on three of the days.

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

There are 9 cycle days planned this year travelling from Edinburgh, down to Tring. 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 in the interactive map linked below. The routes have been graded to help support individuals determine whether they will be able to complete the route or not. Some half day routes are also available for beginners and those who are not able to commit to a full day.

What route does the cycle follow?

[Click here to see an interactive map of the route.](#)

Day 1: KPMG Edinburgh, Coldstream, Alnwick Starting in the Scottish Capital City of Edinburgh, we head South East across the Lothian Hills, crossing the border into England at the historic town of Coldstream. We then head through the Cheviot Hills in Northumberland finishing at the market town of Alnwick.

Day 2: Alnwick, KPMG Newcastle

We start in Alnwick before heading straight towards the coast at Alnmouth, passing through the coastal towns of Amble and Cresswell before heading inland at Whitley Bay, making our way to the centre of Newcastle.

Day 3: KPMG Newcastle, Stanhope, Darlington

Starting in Newcastle we head west along the Tyne Valley before climbing up to Derwent Reservoir and the North Durham hills, dropping into the Wear Valley at Stanhope then climbing again to then descend into the Tees Valley, passing through Barnard Castle before ending the day in Darlington.

Day 4: Darlington, Ripon, KPMG Leeds

Leaving Darlington we head South into Yorkshire passing through the market town of Ripon and the spa town of Harrogate, before ending the day in Leeds.

Day 5: KPMG Leeds, KPMG Manchester, Stoke on Trent

We leave Leeds climbing into the Pennine Hills before passing through Huddersfield and onto Saddleworth Moor before descending into Manchester. We then head south through Cheshire and into Staffordshire ending the day in Stoke On Trent.



Day 6: Stoke on Trent, KPMG Birmingham, Worcester

Heading south from Stoke we pass Wolverhampton, before a stop in Birmingham and then heading to the Malvern Hills before a descent into the Severn Valley and finishing the day in Worcester.

Day 7: Worcester, KPMG Bristol, Chippenham

Leaving Worcester we skirt along the Malvern Hills before crossing the River Severn again at Gloucester and travelling along the Severn Valley before heading into Bristol. We then cross the southern arm of the Cotswolds and finish the day in Chippenham.

Day 8: Chippenham, Newbury, KPMG Reading

We head East into the North Wessex Downs, passing through Marlborough, Hungerford and Newbury before travelling along the Kennet Valley and into Reading.

Day 9: KPMG Reading, Tring

Our finale, we climb across the Chiltern Hills before descending into our finish at Tring.

These are particularly long days, are there other options?

On three of the days, you are able to sign up to half days (afternoon only). These routes are:

- KPMG Manchester to Stoke on Trent (43 miles)
- KPMG Birmingham to Worcester (31 miles)
- KPMG Bristol to Chippenham (25 miles)

Please note, your minimum sponsorship money 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, vest/jersey/t-shirt, 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
- Insurance covered by KPMG (internal)
- Daily support from a Mechanic and Outriders on the ride
- Regular blog posts from Velo-Tech
- Access to the KPMG Strava Group for the Wheely Big Cycle.

What's not included?

- **Accommodation:** it will be your responsibility to arrange any accommodation you require
- **Food:** only gels are included
- **Bike/helmet:** must be provided by the individual
- **Navigation:** all participants are expected to bring a navigation device in order to follow the route – we suggest a Garmin 500 or above, Wahoo Element Bolt or above, phone Strava or Ride with GPS phone app provided the phone is in a holder attached to handlebars
- **Transport:** to and from the starting and finishing point.

Do I need my own bike?

You will need to supply your own bike, helmet and navigation device for the challenge. However, we can give you ideas on where to purchase these and access to discounts if you do not currently have them. Please see the 'What happens if I don't have a bike?' section below for more information.

We will only allow the use of a hybrid bike fitted with road tyres ('open' routes) or a road bike ('intermediate' and 'advanced' routes) for this challenge. Anything other than a road bike could affect your ability to take part safely.

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

It is important your saddle height is correct for you and to ensure your bike is a road worthy condition. For participants we are putting on a session with Velo-Tech that can go through specifics, including ensuring your tyres have plenty of tread, how to correctly position your saddle, checking your brakes and gears etc. Velo-Tech will be with you every day and can check over your bike and saddle height if you are unsure.

What happens if I don't have a bike?

Have a look on our staff discount site here where they have some of offers with bike stores! If you a 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.

We recommend you purchasing a bike with enough time to train and get use to the bike before the event.

What should I wear?

- **Clothing:** Wear the appropriate 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. Click [here](#) for the size guide – please note, these tend to come up small and we therefore suggest choosing the size up. 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.
- 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.
- You must carry a GPS-enabled navigation device with you on the cycle.



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.
- We encourage you to source some lunch you can take with you if you can (e.g. a sandwich, fruit). 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 at least a 500 or 750ml bottle of liquid each hour.

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

There will be hotels close to the start and end points of each route if you require overnight accommodation. Please note, this is down to the individual to organise and expense though we will recommend places to stay in each location.

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, please contact the Client Lead Partner before extending the invitation as the same independence rules apply as for our client engagements.

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.

You will be asked to sign a [Velo-Tech waiver](#) at the start of each day. In advance of the cycle ride, please complete the waiver attached and return to [UK-FM National Charity](#).

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. If you are travelling via train, 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.

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 20km (12 miles), depending on a suitable area to stop, 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?

There will be two options if you breakdown. The first option is the tour leader will provide a roadside repair. The second is, if a 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 dependant 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.

Can I use my 6 days volunteering allowance?

Yes, you can use your volunteering days to take part provided that you have the days left to take, have had approval from your Line Manager and meet the minimum fundraising requirements:

- Half / 1 day - £150 minimum target
- 2-3 days - £250 minimum target
- 4-6 days - £500 minimum target
- 7-9 days - £750 minimum target

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 volunteering your time to help organise the celebration events, helping with fundraising, being part of a cheering squad or simply sponsoring your favourite rider or KPMG office.

If you are interested in volunteering please contact [UK-FM National Charity](#).

How can I find out more information?

You can email [UK-FM National Charity](#).

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](#). Moreover, don't forget to pay your registration fee to reserve your place. You will then receive a pack with fundraising and training tips in preparation for the challenge.

kpmg.com/uk



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