



Virtual Cycle!

CYCLE IN AID OF THE SHAKESPEARE HOSPICE



Choose your miles and continue to support The Shakespeare Hospice with one of our virtual cycling challenges!

Take a look inside, there's a ride for everyone from our family fun 21 miles to the big ones, 320 - 6875 miles!
Every mile counts!

Welcome to our Virtual Cycling Challenge

It was with great sadness that we had to make the very difficult decision to cancel our Great Shakespeare Ride in what would have been our 10th Anniversary year... but the pedals don't have to stop here!

We started to wonder if there were ways we could offer an alternative to our riders and to families in our community, to provide an opportunity to stay in the saddle, motivate you to keep fit and celebrate 10 years with us.

Our virtual cycle rides offer all that and the opportunity to continue supporting The Shakespeare Hospice during these very difficult times. It doesn't matter if you use your daily exercise to cycle outside, use your turbo trainer or take to your exercise bike indoors, every mile cycled in aid of The Shakespeare Hospice counts!

If you've already signed up for one of our GSR rides, perhaps you'd like to transfer your entry to one of our virtual challenges. If you haven't yet registered, you may like to try our friendly 21 mile ride or maybe choose to do an hour a day for 21 days... the choice is yours!

For those that like a challenge, why not take on one of our 'Big Ones' in support of our Hospice and nurses. 320, 1250, 3125 miles or our big team challenge - 6875 miles.

We will be extending an invitation to all cyclists who take on one of our virtual rides to join us at The Shakespeare hospice when life has returned to normal.

Meet some of our amazing nurses who are working tirelessly to support our community through this crisis.

Collect your medal and enjoy tea and cake with all the other amazing riders who supported the Hospice.



www.theshakespearehospice.org.uk

@ShakespeareHospice

@TheBardsHospice



Friendly Cycle!

THE FRIENDLY 21 MILE OR CYCLE 21 HOURS



We wanted to create a ride in celebration of our 21st Anniversary and to encourage riders of all abilities including families.

Choose our family 21 mile ride or use your daily exercise and cycle an hour a day for 21 days.

Great family time together!



The Big Ones!

EVERY MILE COUNTS!



Whether you take to the roads, your turbo trainer or jump on your exercise bike at home... Every one of those miles shows your support for our Hospice and nurses who work tirelessly to support our community during this very difficult time.

Which distance will you choose?

THE SHAKESPEARE HOSPICE VIRTUAL CYCLE

Every Mile Counts!

WHICH DISTANCE WILL YOU CHOOSE?

The Friendly 21 Mile Ride or 21 Hours - Our Special Anniversary Ride.

The perfect challenge for new cyclists or families who want to cycle and exercise together in a relaxed and leisurely manner.

320 Mile Ride - Cycle for our amazing nurses.

Our Hospice at Home nurses travel approximately 320 miles a week to provide end of life care and support to patients and their families in their own home.

Can you take on this same distance on your bike?

1250 Mile Ride - Cycle for our Hospice at Home team.

The same distance in pounds - £1250 would run our Hospice at Home for a day.

3125 Mile Ride - Cycle for our Children's and Family Support Service

£3125 would help cover the cost of our Children's and Family Support Service for one week, helping children and their families learn to express and process their feelings, before and after bereavement.

6875 Mile Ride - The Team Event (You won't be riding out together but each cyclist in your team adds miles to reach a combined total)

The equivalent of every one of these miles in pounds - £6875, would help cover the costs of providing our day hospice for a week, delivering passionate clinical care, respite and wellbeing therapies for our patients and their carers.

Whether you take on one of these distances on your own or as a team (no limit to how many cyclists you want in your team), your support is hugely appreciated especially during this very difficult time... Thank you!



THE SHAKESPEARE HOSPICE VIRTUAL CYCLE

Every Mile Counts!

HOW DO YOU REGISTER YOUR ENTRY?

1

Go to our website www.theshakespearehospice.org.uk Register your participation and we'll send your pack with useful information, your handy cycling log and celebration invitation.

2

Why not set up a fundraising page in support of the Shakespeare Hospice. Details on how you can do this and more in your information pack.

3

Get on your bikes and ride! Create interesting and safe routes whether you're a family cycling in the park to the more experienced cyclist out on the road. Don't forget to log those miles!

4

Let everyone know about your ride! Tell your family and friends about your virtual challenge in support of The Shakespeare Hospice. Share your photos, upload them to Facebook, Instagram and Tweet about it... Encourage your friends to do an amazing thing and take up the Shakespeare Hospice Virtual Challenge!

5

Join us and all the other wonderful cyclists at our 'Every Mile Counts' celebration. Meet some of our incredible nurses that you have helped continue to look after our community. Celebrate our 10th Anniversary Great Shakespeare Virtual Cycle and collect your medal.

