



RIDE THE NIGHT

LONDON 2025



Are you ready for the UK's biggest women-only cycling event?

**BREAST
CANCER
NOW** The research
& care charity

**OVARIAN
CANCER
ACTION**

www.womenvcancer.org.uk/ride-the-night/ride-the-night-london/
[01590 646410 //customer@dream-challenges.com](mailto:01590646410//customer@dream-challenges.com)

Join us for an adventure of a lifetime!

Cycle Kilimanjaro to Coast



1st – 10th October 2026

Fall in love with Tanzania on this breath-taking challenge for Women V Cancer.

Kicking off at the foot of the mighty Mount Kilimanjaro, we'll cycle for 5 days through mountains, plains and friendly local towns to the paradise beach in Pangani.

[CLICK HERE for more information and to register](#)

**OVARIAN
CANCER
ACTION**



women
v cancer

**BREAST
CANCER
NOW**
The research &
support charity

A PACK FULL OF GOODIES

YOUR RIDER MANUAL – Read through this booklet carefully and take note of everything in it.

YOUR RIDER NUMBER – Your rider number will be sent in the post to you by 7 days before the event day. This number is unique to you and has your start time printed on it. You'll need to bring this with you to the event. Please fill in your emergency medical and contact details and your car registration number on the back of your rider number. This will need to be attached to the top you wear cycling on the night, with the safety pins we have included in your pack.

ATTACHED TO YOUR RIDER NUMBER - is a bag tag. Please attach this to any small bag you would like to leave in the bag drop area at the event village in Windsor Racecourse. There is also a voucher unique to you for your free pre-cycle hot meal at our Pasta Party.

YOUR BIKE NUMBER – Your bike number will be sent in the post with your rider number. This number goes on the front of your bike and can be attached with the cable ties included in this pack. Medical and mechanic phone numbers are printed on it. The bike number is also used by our photographers when they upload the photos to their website, so make sure it is clearly visible on your handlebars.

GETTING TO THE START LINE

We recommend planning your travel arrangements carefully as this is a night-time event. You will be tired when you finish! Our advice is to use public transport if possible or ask someone to drive you to and from the racecourse.

The address for the start/finish line is:
**Royal Windsor Racecourse,
Maidenhead Road, Windsor,
West Berkshire, SL4 5JJ**



SADDLING UP: THE BIG NIGHT

SITE MAP



SADDLING UP: ARRIVING

ARRIVING BY CAR



The car park will open at 5pm on Saturday, with last access at 8pm. Parking at the racecourse is free, and car-sharing is recommended to ease congestion. On arrival to the Rider Entrance at the racecourse, a Ride the Night steward will greet and direct you.

After completing the ride, you'll need to be patient when exiting the car park, as there may still be riders coming in to the racecourse. The car park will close at 10am Sunday.

If parking overnight, please ensure you write your car registration details on the back of your rider number.

DROPPING OFF/PICKING UP



If you are being dropped off, please ask whoever's driving you to enter the racecourse Rider Entrance along with the other cars. From there a Ride the Night steward will direct you to the drop-off area and then your driver can exit. The same information applies for pick-ups.

ARRIVING BY PUBLIC TRANSPORT



The nearest train stations to the racecourse are Windsor and Eton Central, Windsor and Eton Riverside, and Slough. Trains to these stations run from Paddington and Waterloo, and taxis are available from all. There is also a National Express coach stop less than a mile from Windsor Racecourse.

FINDING A BED



If you haven't done so already, you may wish to book a room at a local hotel or guesthouse on the Friday and/or Saturday night. This will mean you have somewhere to lay your head for a few hours before and after the ride.

CAMPING



You can camp at Windsor Racecourse in a tent, or small Campervan.

Please inform the car parking team when you arrive if you are doing so, so they can direct you to the right area in the car park. Please note there will be no access to electric hook ups, showers, toilet and waste disposal, or bins. There are no fires, cooking, or music allowed. You **MUST** take all your rubbish away with you. The nearest bins and toilets will be located a short walk away in the event village.

SADDLING UP: DROP OFF YOUR BIKE

RACKING

On arrival at the racecourse, follow the signs to Bike Racking, where you can leave your bike securely. Please ensure you have attached your bike number to your handlebars using the cable ties sent to you with this pack. If you have forgotten them or need more, please go to the information desk next to GEO Tracks & Registration.

NEED A MECHANIC?

Near the bike racking area will be mechanical support if you require it before the ride. This will be very busy near to starting each wave so we recommend you see them as soon as you arrive on site.

GEO TRACKS

We have teamed up with Geo Tracks for Ride the Night 2025 and every participant will be issued a Geo Tracks device that must be returned at the finish line. You and your supporters will be able to see your live location through these links for the different distances. Some tracking options are only possible with a paid for app but free tracking of the whole event is available.

100km - www.geotracks.co.uk/live/3569

50km - www.geotracks.co.uk/live/3568

There is a mobile app that has better functionality for supporters trying to follow your location, rather than the web links above but there is a small charge for the app. You can download the app here -

www.geotracks.com/gtapp

Geo Tracks enables us to know where you are at any point if required and you can share your event virtually with your friends and family to follow you on your challenge. The best way for them to do this is on the app and we suggest you and your friends and family download it before the night. The app allows them to focus on just one rider if they want to.

It is a safety requirement for all riders to carry one while on the event and will be available to collect after you have racked your bike.

- The collection points will be at registration which will be clearly signed in the event village after you have racked your bike.
- To collect your tracker, please tell the Geo Tracks staff member your name or bib number.
- The Geo Tracks staff will issue you a GPS tracker in water proof bag. The tracker needs to be stowed securely in a pocket on your person.
- Don't store the tracker under any other kit, it needs to be as close to the outside as possible.
- The tracker is issued to you turned on and ready to go, you do not need to do anything to it. The battery will last the duration of the event.
- Geo Tracks staff will be waiting at the finish to retrieve your GPS tracker from you
- Please don't leave the event without handing in your GPS tracker to the Geo Tracks Staff at the finish point. you will be charged for the tracking device if you don't return it to the finish line.

SADDLING UP: REGISTRATION

GET YOUR PINK HI-VIZ

When collecting your GEOTracks device [at registration] you will also be given a pink hi-viz vest. All cyclists must have a Ride the Night hi-viz vest to ride.

Ensure that your rider number is attached to the **front** of your cycling top, is visible, and that you have completed the back of the rider number.

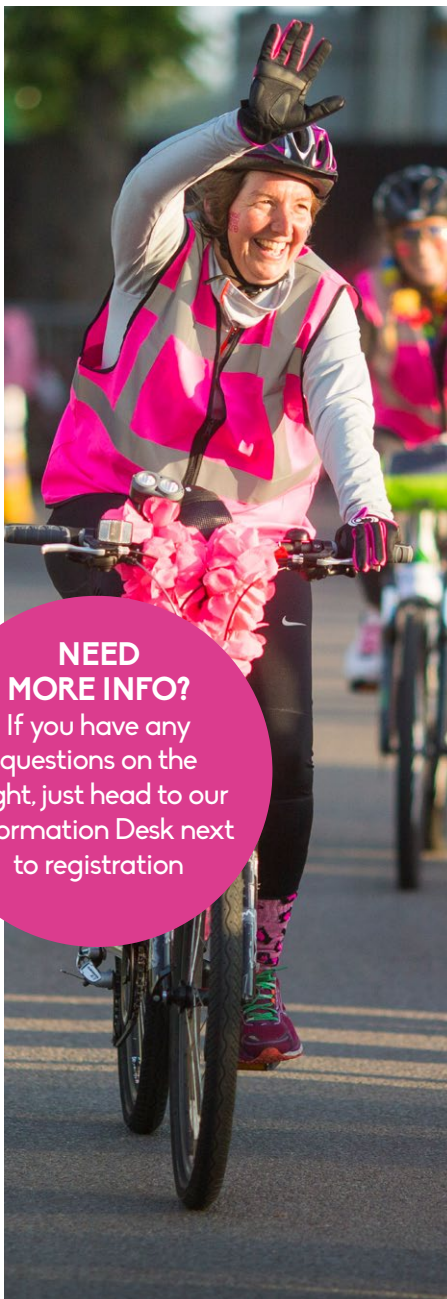
Attached to your Rider Number you will find a bag tag. Please use this to attach to any bags you would like to leave at the racecourse through the night, at our bag drop area.

You will also find a voucher for your hot meal at our Pasta Party that is included with your entry to the event. There are gluten free and vegan options available.

HIRED A BIKE?

If you have hired a bike from our bike hire partners 'Event Bike Hire', you will find them next to the bike racking area, waiting for you to collect your ride. You must book with them before the event day.

[CLICK HERE for more information](#)



NEED MORE INFO?

If you have any questions on the night, just head to our Information Desk next to registration

SADDLING UP: THE VILLAGE

THE RIDE THE NIGHT VILLAGE – AND FREE PASTA PARTY!

Once you've completed registration it's time to pump yourself up in the Ride the Night Village. Here you can meet fellow riders and get set for the challenge. There's plenty to do and see before you start cycling, including:



- **Dinner!** Don't miss your complimentary grab and go pasta meal, served in the Pasta Party Marquee from 6pm. Other food and drink items will also be available for purchase at the racecourse
- Purchase our **official Ride the Night merchandise** from Scimitar Sports
- **The Photo Corner:** a place for taking pictures with the fabulous Carnival head dresses and sharing photos.
- You can visit our Glitter Bar, to make yourself sparkle for the night ahead!
- Stalls from the Women V Cancer charities: Breast Cancer Now and Ovarian Cancer Action. They'll all be there to thank you for the fab fundraising targets you've achieved, and help you find out more about the wonderful work they do each day to help women fight cancer.

There will be **nowhere to withdraw money at the racecourse**, so do bring spare cash with you. And as no bikes are allowed in the Village, please leave your ride in Bike Racking.

PRIZES ON THE NIGHT!

Everyone who raises £199 by the night: You could win a **FREE PLACE ON WOMEN V CANCER KILIMANJARO TO COAST CYCLE 2026.**

Everyone who raises £199 by 23:59 on Friday 9th May 2025 will be entered into a random prize draw which will be drawn on the night in the event village at 8PM.

The top fundraiser: They will be announced in the event village at 8PM and will also win a **FREE PLACE ON WOMEN V CANCER CYCLE KILIMANJARO TO COAST OCTOBER 2026.**

SADDLING UP: FANS



FOR YOUR FANS

Friends and family are more than welcome to come to the racecourse and support you. Refreshments will be on sale there all night. If your supporter is driving to Ride the Night, they can park at the racecourse. However, they will need to be aware that the car park will shut at 8pm and will only re-open when the last rider leaves the racecourse at approximately 11pm. They will not be able to exit the racecourse during that time.

Family and friends who want to support you out on the course can find details of suggested locations at the Information Desk next to registration.



BE SNAP HAPPY

Our official Ride the Night photographers will be waiting at the start line, finish line, and around the course to take your picture. If you do not have your bike number attached to the front of your bike you will not be able to find your photos online after the event.

View photographs and purchase prints at <https://search.sportsactionphoto.co.uk/galleries/ride-the-night-london-2025>

All the official photos will be available to see and buy on the Sports Action Photo website above from Tuesday 13th May

SADDLING UP: THE START



A MANLY MESSAGE

Although we love them dearly, please do not ask male friends or partners to join you on the ride. This is a women only cycling challenge, and for insurance purposes we just can't have the fellas taking part.

We do, however, really need Ride Makers on the course and at the start/finish line. So if your male friends want to come along we would love them to get involved.

Email customercare@dream-challenges.com for more details on volunteering.

SADDLING UP: THE START

STARTING OUT

The start area will be marked by a large gantry opposite registration. You won't be able to miss it!

Once your start wave has made its way there it will be filtered into groups of about 60 riders. You will then receive a short safety briefing from the Ride Director.

IMPORTANT:

You will need to be wearing your helmet and your high-vis vest from the start. You will also need to have working front and rear lights, and have your GEOTracks device on you. We strongly advise you bring spares to the challenge.

No lighty? No likey!

You can help us with the smooth running of the start by ensuring you are fully equipped and prepared before entering the start area. We recommend leaving plenty of time to get ready.

Here are our timing guidelines:

Start Wave Time	Collect Bike and Head to Start Line
9pm	8.30pm
9.30pm	9pm
10pm	9.30pm
10.30pm	10pm

TIME TO RIDE

All riders will be on the road by 11pm on Saturday. For safety reasons, riders will need to be off the road by 7am on Sunday. A sweep vehicle will be following at the rear of the ride and Ride the Night marshals will ask you to leave the road if you are still riding at that time. If this happens, you and your bike will be returned to the racecourse. But don't worry - you will, of course, still be presented with your well-deserved Ride the Night 2025 medal!

The decision of the marshals will be final and must be respected.



ROUTE MASTERY



ROUTE MASTERY

Following our most recent recce the 2025 route is now finalised.
Check out the GPS links here:

[CLICK HERE for the 50 Km \(Short Route\)](#)

[CLICK HERE for the 100 Km \(Long Route\)](#)

We recommend having your route handy on the night, but this is completely optional as both routes will be very well sign-posted, with marshals peppered at key points along the way to point you in the right direction. All the signs will be A3 and florescent yellow with a black arrow or writing. Just look out for these signs.

Both the 50km and the 100km routes are well lit and on tarmac. However, you will still need to have your bike lights on throughout your cycle and to keep spare batteries to hand.



SADDLING UP: USEFUL TIPS

OUT ON THE COURSE: USEFUL TIPS AND NEED-TO-KNOWS

- The route is on open tarmac roads and is generally very well lit
- There will be directional signage throughout the whole of the course (see previous page for examples) and some marshals at key junctions. Please be prepared to slow down at these points and obey the marshals' instructions
- It is your responsibility to navigate the course safely and successfully, so make sure you are following the Highway Code at all times. There are no road closures for this event, so be prepared for other vehicles to be driving alongside you.

Don't forget: you will need to stop at any traffic lights that are red

- Please take care when cycling and always check over your shoulder before overtaking
- You must have working lights for the whole of the ride. You will need these to see other people, to see the road and any potholes, and, even more importantly, to be seen by other road users. We strongly advise you to bring spare batteries for your lights, even if they are fully charged.
- There are three feed stations along the course for 100km ride and one for 50km ride, all providing snacks and drinks free of charge for our night riders. We recommend fitting a water bottle holder to your bike and bringing a bottle with you. This can then be refilled as you go
- A sweep vehicle will be helping any cyclists who decide not to complete the course. If you find yourself in any difficulty speak to a member of the team, a Ride Angel or a Ride Maker and we will do everything we can to help you finish the ride



ANGELS IN THE NIGHT

Keep your eyes peeled for our Ride Angels, in their heavenly hi-vis vests. These experienced cyclists are there to give you moral support and will be riding alongside you throughout the night.

SADDLING UP: ROAD SAFETY

RIDE SAFETY ESSENTIALS

- This is not a race and you are not being timed. It is a non-competitive ride
- Please cycle single file or maximum two abreast
- **Red means STOP** – do not jump traffic lights
- Observe the road signs: they apply to cyclists too
- There are no road closures for this event, so please respect all other road users
- Obey any instruction given by Marshals or Ride the Night staff
- Be prepared for adverse weather by dressing appropriately
- If you look after your bike it'll look after you – so book your two-wheeler in for a service before the big night
- You are responsible for bringing at least one spare inner tube (correct for your bike), a tyre pump, tyre levers, spare lights and batteries
- Brush up on your road cycle safety on the British Cycling website: **www.britishcycling.org.uk**
- Anyone still riding at 7am on Sunday will be returned to the racecourse by the sweep vehicle. The marshals' decision on this is final and must be respected
- Finally, please remember that you – and only you – are responsible for your own cycling



WATCH IT!

If you haven't already done so, check out our safety video on YouTube:

www.youtube.com/watch?v=q-q1LSD5THA&t=3s

SADDLING UP: ASSISTANCE

MEDICAL AND MECHANICAL ASSISTANCE

We strongly recommend saving the following numbers into your phone contacts before you set off on the ride. These are also printed on the front of your bike number:

Medical: 07719 928284 (serious incidents should be called through to 999)

Emergency line 1: 07719 928285

Emergency line 2: 07719 928286

These numbers will take you through to Event Control, who will be able to assist you with medical/mechanical support. If you do not have a medical or mechanical emergency, please keep riding to the next feed station where you can receive assistance.

Important: please make sure you know how to fix a puncture on your bike in time for Ride the Night and bring your puncture repair kit with you on our ride, along with a spare inner tube. If you are struggling to fix a puncture on the ride, please flag down a Ride Angel.

If you think you may need any medication on the event, including Ibuprofen and Paracetamol, please bring this with you along with your own cream and plasters to stave off blisters.

If you have a serious incident call 999.

If you are able, please then call our medical line to inform us of the incident.

HELP FROM ANDY COOK CYCLING

Our good friends at **Andy Cook Cycling** are providing full mechanical support during the Ride the Night challenge, and will be at Windsor Racecourse by the start/finish line for any tweaks or mechanical problems you have before the ride kicks off.

There will also be roving mechanics on the course for any mechanical issues that occur en route, with extra help positioned at each feedstation.

Andy Cook Cycling will provide any parts or spares when necessary, and will charge for these at normal retail price.



SADDLING UP: THE BIG NIGHT

FEEDSTATIONS

- There are three feedstations along the route for 100km ride and one for 50km ride. These are located approximately every 25km, and will be clearly signed
- Each feedstation will have water, food and toilets – **all free of charge**
- To minimise queues, listen to instructions and follow the flow of riders
- You do not have to stop at the feedstations
- If you do decide to pull in to a feedstation, try not to spend too long there. The longer you stop the harder it can be to start again!



SADDLING UP: THE BIG NIGHT



APPLYING THE BRAKES

If at any point you decide you can no longer ride, you have two options:

1. **Call a taxi company local to your location when you stop, and catch a lift back to the racecourse.**

Here are a couple of numbers we have come across: Windsor Cars **01753 677677** or KB Cars **020 8870 8888**. Uber also operates in the area so it may be worth downloading the app if you aren't an Uber user already. You will, of course, be charged for any taxi service that you call, and in the middle of the night these services may be limited. Oh, and don't forget to mention that you have a bike with you!

2. **Keep cycling to the next feedstation, then wait for the rider-return minibuss at the back of the ride.**

This will return you to the racecourse, while your bike will be collected by the rear van and taken back to Bike Racking, free of charge. Please note: this is not a taxi service and you may have to wait a while if you pull out near the beginning of the ride. Your bike may not be returned to the racecourse until around 7-8am.

SADDLING UP: THE BIG NIGHT

A FANTASTIC FINISH – 50KM

- The finish line will be located at the Imperial War Museum.
- Once you pass through the finish line, you have finished: time to celebrate! But first...
- Dismount your bike and walk up the finish straight to receive your well-earned Ride the Night medal
- Refreshments will be available for you before making your way home!

TRANSPORT BACK TO WINDSOR RACECOURSE

We have free coaches running throughout the night, to drive you and your bike from the finish point back to Windsor. Our team will be on hand to guide you to the departure point once you have finished your cycle.

The coaches do not have set departure times, once each coach is full it will depart back to the racecourse.

There will be 3 coaches making 2 trips each. Each coach will have a lorry following it with your bikes packed securely to travel back to Windsor with you. The coaches and bike lorries will be colour coded; Red, Green & Blue in their drivers windows. It is **YOUR** responsibility to make sure your bike goes on the correct colour coach you are getting on. If you put your bike on a different colour lorry to the coach you are getting on you may have to wait several hours at Windsor for your bike to return back there.

A FANTASTIC FINISH – 100KM

- The finish is in the same place as the start, and marked by a large gantry
- Once you have passed under the gantry, you have finished: time to celebrate – and sleep! But first...
- Dismount your bike and walk up the finish straight to receive your well-earned Ride the Night medal
- Ride the Night officially ends at 7am
- The racecourse will stay open until 10am Sunday, by which time all riders must have departed
- We recommend having a bag packed with warm clothing for when you finish
- Whatever you do when you finish, don't drive home tired!



GOOD LUCK

We at Dream Challenges and Women V Cancer wish you the best of luck with your final preparations and training before the big night.

In the meantime, if you do have any questions please don't hesitate to contact us on

customercare@dream-challenges.com

or on **01590 646410**.



THANK YOU

SUPPORTING BREAST CANCER NOW AND OVARIAN CANCER ACTION.

THANK YOU FOR MAKING A DIFFERENCE

You're not just riding through the night – you're riding for hope, for change, and for a future where fewer women face cancer.

By raising at least £199 for **Women V Cancer**, you're powering the life-saving work of **Breast Cancer Now** and **Ovarian Cancer Action** – two charities working tirelessly every day to improve outcomes for women affected by breast and ovarian cancers.

HOW YOUR FUNDRAISING HELPS

Your dedication to fundraising is invaluable and the funds you raise will make a significant difference, supporting:

- **Life-Saving Research**
- **Earlier detection and diagnosis**
- **Patient and family support services**
- **Awareness & Education campaigns**
- **Pilot programs and projects**

WHAT £199 COULD DO

Your fundraising really does go far. Here's just a glimpse of the impact your efforts could have:

Fund a specialist nurse for a day

Offering expert, compassionate support through Breast Cancer Now's helpline.

Support a patient volunteer working with a researcher for two days

Ensuring ovarian cancer research is focused on real patient needs.

Provide a lifeline to two people

Giving them access to a 'Living with Secondary Breast Cancer' support session.

Fuel research with vital equipment

Covering two months' worth of lab supplies

**OVARIAN
CANCER
ACTION**

**BREAST
CANCER
NOW** The research & support charity

YOUR FUNDRAISING

YOU ARE AWESOME - KEEP THE MOMENTUM GOING!

BEFORE THE RIDE: BUILD THE BUZZ!

Share your story: Post updates, photos, and training snippets. Remind people why you're riding and who for.

Guess My Time Challenge

Ask friends and family to donate and guess your finish time. Give a fun prize to the closest guess!

Celebrate the Milestones

Break down your fundraising goal into mini targets. Celebrate reaching 50%, 75%... and invite others to help push you to the next one.

ON THE NIGHT: FUNDRAISE WHILE YOU RIDE

"I Did It!" Selfie

Take a proud medal selfie and post it! It's also a great reminder for anyone who hasn't donated yet.

Set a Ride Day Goal

Whether it's reaching your full target or just a little extra, set a mini goal for event day.

Video Blog

Capture video clips on your ride (safely!). Show supporters and share with a donation link – people love seeing the journey they've supported.

AFTER THE RIDE – KEEP THE IMPACT GOING

Share Your Highlights

Post pictures of your medal, favourite landmark, and team photos – donations often roll in after the event.

Follow up

Drop a quick message to anyone who hasn't donated yet: "I did it! Want to help me hit my final goal?"

Matched Funding

Ask your employer if they offer matched donations – it could double your impact with just one conversation.

Your fundraising truly changes lives thank you!



FINISH RIDE THE NIGHT



RIDE
THE NIGHT



RIDE
THE NIGHT



women
v cancer

RIDE THE NIGHT

LONDON 2026

REGISTRATION OPENS 10TH MAY 2025

**BREAST
CANCER
NOW** The research
& care charity

**OVARIAN
CANCER
ACTION**

www.womenvcancer.org.uk/ride-the-night/ride-the-night-london/

01590 646410 // customer@dream-challenges.com

@WomenVCancerUK @RidethenightUK womenvcancer



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