

THE BIG VIRTUAL CYCLE

FAQs

What is The Big Virtual Cycle?

The Big Virtual Cycle is a fundraising event for Weston Hospicecare that allows you to cycle a specific distance across 30 consecutive days between 22 May and 31 August 2020.

When can I take part?

You can take part any time between 22 May and 31 August 2020 (sign ups close 31 July). Once you sign up you can choose your start date, you just need to make sure you cover the distance in 30 consecutive days.

Can I complete all the distances?

Yes! But you will need to register for each challenge so that you can then collect all three medals!

Where is The Big Virtual Cycle?

You can choose to complete your distances wherever you like whether it's in your local park, around your local neighbourhood, or even on an exercise bike in your lounge, garage or garden shed! There will be lots of tips and help from our fundraising team to help you smash your target and raise funds for Weston Hospicecare.

Is there a registration fee?

Yes, this is only £5 per person or £10 per family (1-2 adults & 2-3 children). With the family pass you will work together to achieve one medal between the family.

Is there an age limit for The Big Virtual Cycle?

No, we welcome people of all ages to take part in The Big Virtual Cycle. However, participants under the age of 18 will need consent from a parent or guardian.

Do I have to cycle outside? Because I am shielding as advised by the NHS.

No you do not have to cycle outside, as you can use an indoor bike stand or an exercise bike as long as you clock your miles by taking a photo of your miles tracker.

Can my friends take part?

Yes! We want this to become a challenge you do with your friends and family. Why not share on social media that you are taking part in The Big Virtual Cycle with #TheBigVirtualCycle and challenge your friends to do the same. The challenge can be done from anywhere in the world!

What happens after I sign up?

We are here to support you on your journey for The Big Virtual Cycle. We will be in touch with emails that will provide you with inspiration, motivation, top tips and fundraising resources and ideas.

You will be part of a dedicated Facebook group, where you will be able to upload your progress, talk to other participants about how they are getting on, post tips and be part of an online community.

Do I have to fundraise?

Your entry fee helps to cover the cost of running the challenge. It is your amazing fundraising that will make the difference to the hospice, at a time where every penny counts more than ever and will make a huge difference to people in Weston and northern Somerset with life-limiting conditions.

Is there a minimum fundraising amount?

No, there is no minimum fundraising amount, however we encourage you to make the most of your challenge by asking your friends and family for sponsorship. We encourage you to set yourself a fundraising target on your Just Giving fundraising page to keep you motivated and weekly updates to keep your supporters updated with how well you are doing.

How will you know when I've finished The Big Virtual Cycle?

You can use a phone app to track your distances across days, weeks and months. These apps can be downloaded to your phone from the App Store or Google Play Store. Once completed, you can send a screenshot of your total to get your much deserved medal.

Can I create a team on JustGiving?

Yes! Once you've signed up to The Big Virtual Cycle you and your friends can join your individual fundraising pages together so you're fundraising contributes to a larger team goal. Remember, you must sign up as an individual before creating or joining a team.

How long do I have to pay in my money?

If you want to be eligible to receive one of the three medals please pay in your sponsorship money by Saturday 31 October 2020.

How does the Weston Hospicecare spend the money I raise?

We provide our services free of charge, but only 20% of our £4.2million-a-year running costs are funded by the NHS – leaving us to raise the other £3.3million we need each year.

So, how do we raise that money? Our hard-working retail and fundraising teams! We work with our community to organise fundraising events and to encourage individuals, local businesses and other trusts and organisations to make donations.

By taking part in this challenge your fundraising will make a huge difference to people in Weston and northern Somerset with life-limiting conditions.

I can't find an answer to my question here, who do I contact?

You can email the Events & Challenges Manager, Grace Dibden:
Grace.dibden@westonhospicecare.org.uk 01934 423965

Or Zelah Ellis, the Events and Challenges Officer:
Zelah.ellis@westonhospicecare.org.uk 01934 423927