



# Prudential RideLondon – Surrey 2019

## Sunday 4 August



### Your cyclist guide

**Thank you for taking on RideLondon to raise vital funds for Diabetes UK. This guide has all the information you need to know about the day.**

If you've got any friends or family coming, share this guide with them so they know where to find our cheer points to help us make lots of noise for you. There's also details of where they can meet you after the ride at our cool down get-together. If you've any questions, give us a shout, otherwise we'll see you on the day.

### Why it's important

**"In 2017 our lives changed forever when, out of nowhere, our seven year old son was diagnosed with Type 1 diabetes. I've now signed up to take part in RideLondon with a couple of friends. We want to raise funds for Diabetes UK to help them continue their amazing research and support for people affected by diabetes and as a bonus it's a great way to keep us fit over the summer!"**

Phil, cycling in RideLondon 100 this year.

### Getting ready

The expo is where you'll collect your rider documents and kitbag. It'll be held at the Excel Centre in London on **Thursday 1 to Saturday 3 August** and you **must attend** (or send someone in your place).

We'll be setting up shop at the Starbucks coffee shop near the Custom House entrance to Excel from 10am to 3pm on Saturday so if you're there during that time, please come and say hi, we'd love to see you.

If you've got a Diabetes UK cycle jersey, don't forget to wear it on the day. Iron your name on the front so we can see you coming and the crowd can shout your name as you pass our cheer points. Try to stick your race number below our logo so everyone knows who you're riding for.

### Social media

If you're on Twitter, Facebook or Instagram, then get sharing. We'd love to see your pictures and posts about the day. And don't forget to share your JustGiving link with all your followers. You're about to cycle 100 or 46 miles. Either way, it's a great way to get that money rolling in.

Don't forget to use **#TeamDUK** and **@ us** in your posts

 **/diabetesuk**

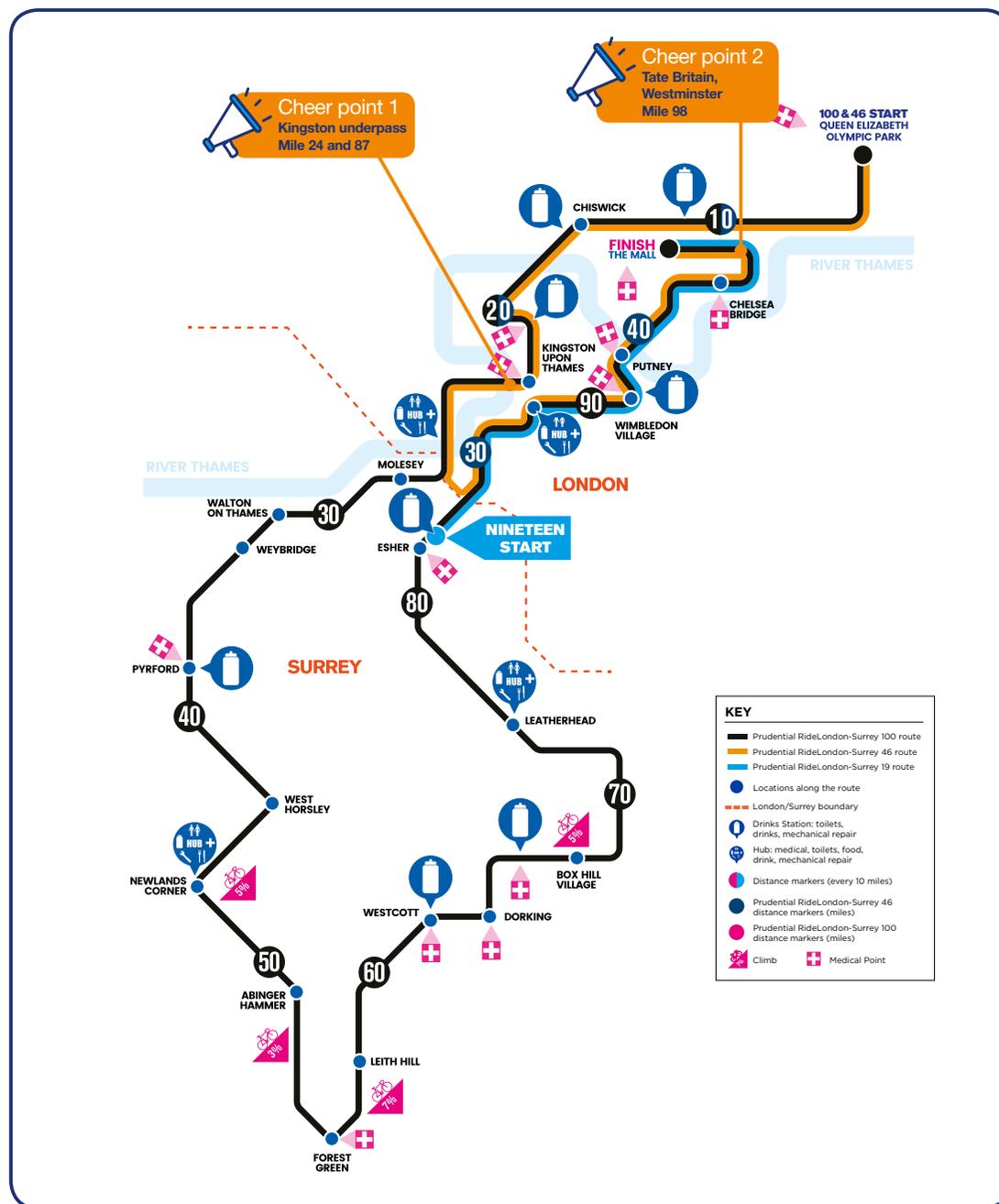
 **@diabetesUK**

 **@diabetesUK**



Got a question? Email us:  
**events.fundraising@diabetes.org.uk**

# Course map



## Feel the noise

Never underestimate the power of hearing your name shouted out, it will really perk you up if you're flagging and spur you on if you're feeling great. Look out for our big blue cheer points along the route and encourage your friends and family to join us.

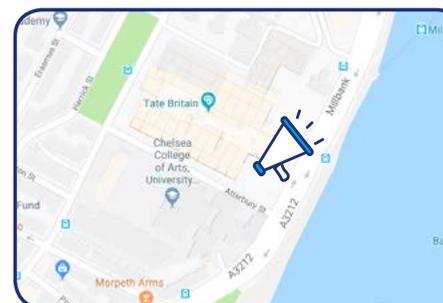


### Cheer point 1

Kingston underpass  
KT1 1TY  
Mile 24 and 87

#### How to get there:

On the traffic light island in the middle of the road at Horse Fair, where it meets Wood Street, about a 6 min walk from Kingston station.



### Cheer point 2

Tate Britain, Westminster  
SW1P 4RG  
Mile 98

#### How to get there:

This cheer point will be near the Tate Britain which can be found on Millbank. We'll be outside cheering the riders on for their last couple of miles. The nearest stations are Pimlico – about 9 min walk – and Vauxhall – about 13 min walk.



## Celebrate with us

Celebrate your amazing achievement with us at the **#TeamDUK cool down get-together**. We'll have refreshments, a very well-deserved sports massage 11.30am – 5.30pm, and a chance for celebratory photos.

**Where: 10–11 Carlton House Terrace SW1Y 5AH – 10am to 6pm**

You will find us here overlooking The Mall, less than ten minutes walk from the finish line. Once you've crossed the finish line, head back along The Mall and up some steps by the Duke of York column to Carlton House Terrace. Please use the number 10 entrance. We will have bike racks available indoors for your bike to be left securely while you have a well earned rest.

The nearest stations are Picadilly Circus just 6 minutes away, and Charing Cross, which is 8 minutes away.