

RIDELONDON- ESSEX 100 2022

Sunday, 29 May



DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

RIDE LONDON-ESSEX 100 2022

Your Cyclists Guide

You're cycling the RideLondon-Essex 100 for Diabetes UK. Thank you.

This guide will give you all the information you need about the day. Share this with your friends and family so that you can all find our cheer point and post-race reception. If you've got any questions, give us a shout. Otherwise, we look forward to seeing you on the day.

Why It's Important

"Our youngest nephew Harry, who was only 10 years old at the time, was rushed into the hospital out of the blue. Harry was diagnosed with type 1 diabetes and doctors said that he was minutes away from falling into a diabetic coma, along with the possibility he may not have pulled through. It was a scary and anxious time for us all. With all this in mind, I'll be taking part in RideLondon 2022, raising money for Diabetes UK in May. As you can tell, it's a charity that's close to our family's heart."

David, RideLondon 2022 participant

Getting ready

Your race pack will be posted out by the race organisers in early May and you will receive your start time by email approximately 3 weeks before the event. Please do have a good read through it. If you haven't received your pack by 10 days before the event please contact RideLondon at ridelondon.co.uk/help/contact-us.

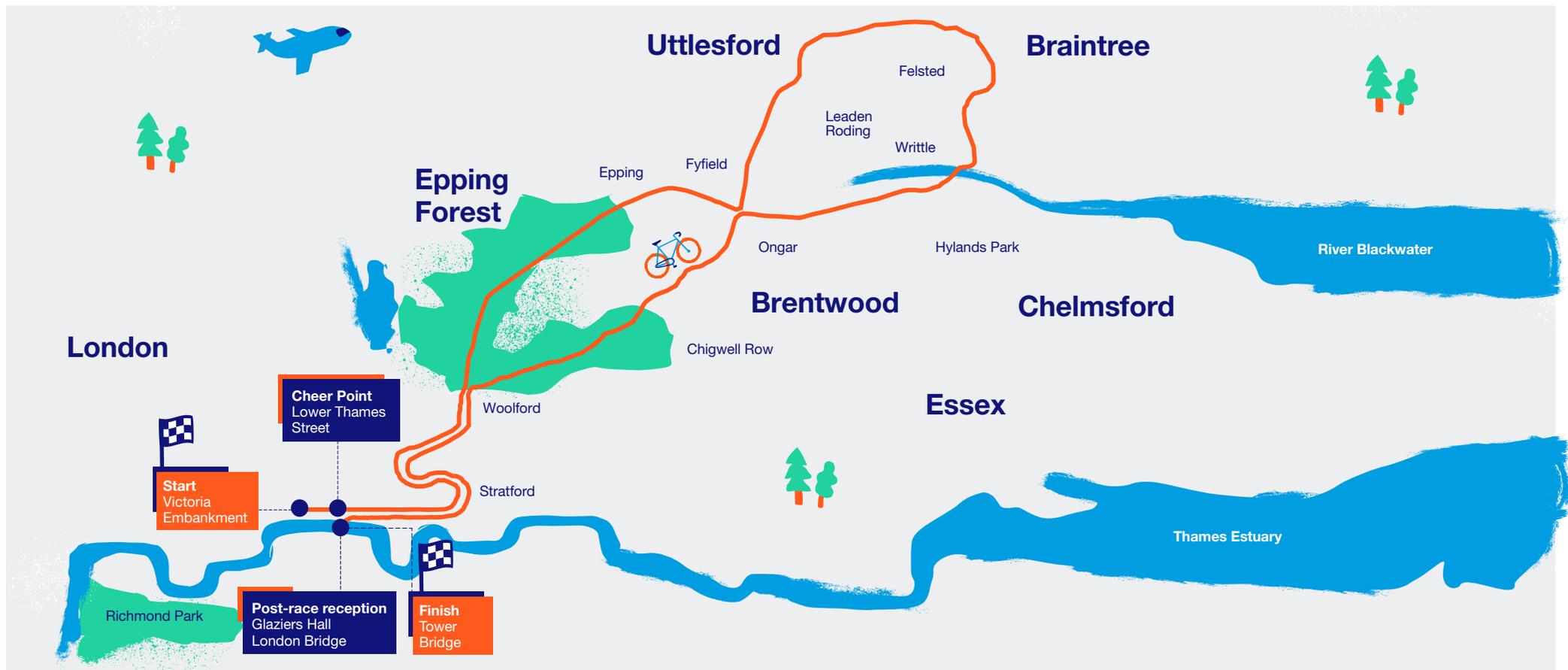
Don't forget to wear your Diabetes UK cycling jersey on the day. If you didn't request one and would like one then let us know. It means we can see you coming and will cheer you on as you pass our cheer point. Iron your name on the front so the crowd can chant your name and try to position your race 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 taking on an amazing challenge so it's the best day to get those donations flooding in.

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





Feel the noise at our cheer point

Never underestimate the power of hearing your name called to give you a boost as you set off on your 100 mile ride. Look out for our big blue cheer point along the route and encourage your friends and family to join us. We'll be on Lower Thames Street at roughly the 1.5 mile mark.

Celebrate with us

Celebrate your amazing achievement at our post-race reception from 10.30am to 6pm. We'll have tea and coffee available, along with a well-earned massage for those weary legs. Friends and family are welcome to meet you here too.

Where

Glaziers Hall, 9 Montague Close, SE1 9DD.

You'll find us here, right next to London Bridge.

- After you cross the finish line walk along Tooley St, passing Pret a Manger on your right and McDonalds, Starbucks and London Bridge station on your left.
- At London Bridge Hospital on your right, take a right turn onto the smaller part of Tooley St and pass St Olaf House.

- Continue a few hundred metres along Tooley St and pass underneath London Bridge. Glaziers Hall is just on the other side of the bridge.

We'll have bike racks available indoors for you to keep your bike secure while you enjoy a rest.

The nearest station is London Bridge, a four minute walk away but please do check TFL on the day for any closures/updates.