

RIDELONDON- ESSEX 2023

Sunday, 28 May



DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

RIDELONDON-ESSEX 2023

Your Cyclists Guide

You're cycling the RideLondon-Essex 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. 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.



The British Diabetic Association operating as Diabetes UK, a charity registered in England and Wales (no. 215199) and in Scotland (no. SC039136). A company limited by guarantee registered in England and Wales with no. 00339181 and registered office at Wells Lawrence House, 126 Back Church Lane London E1 1FH. © Diabetes UK 2023.



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 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.

We will be at Stratford High Street at roughly miles 10 and 95 where we will be able to see you twice on the course. The nearest station is Stratford, served by the London Underground, London Overground, Docklands Light Railway (DLR) and National Rail.