

SUNDAY 1ST OCT 2023

WEST BROMWICH LOOP



REGISTERED CHARITY: 115 4449

LOCAL FAMILY BIKE RIDE

if Under 16, you must be full time supervised / accompanied by an adult who must also register and stay with you throughout the ride



FOR MORE INFORMATION AND TO REGISTER, VISIT:

WWW.SIKHHELPLINE.COM/BIKERIDE

Gurdwara Guru Har Rai Sahib West Bromwich High St B70 6JW

Guru Nanak Gurdwara 8 Edward St, West Bromwich B70 8NN

Gurdwara Amrit Parchar Dharmic Diwan, Oldbury B69 4EH

Gurdwara Guru Maneyo Granth, Popes Lane, Oldbury, B69 4PA

Gurdwara Baba Sang Ji Smethwick B66 1EE

Guru Nanak Gurdwara, High Street, Smethwick, B66 3AP

Ramgharia Sikh Temple, Graham Street, B1 3LA

START & END

17 MILES, 12 STOPS



Baba Deep Singh Shaheed Gurdwara 5 Oakland Rd, B21 0NA



Bebe Nanaki Gurdwara, Rookery Road, B21 9PX



Mr Singh's Pizza, Handsworth Wood, B20 2HY



Gurdwara Pita Kalu, Cherry Orchard Road, B20 2NG



GNNSJ Gurdwara Soho Road, Handsworth, B21 9BH



TERMS AND CONDITIONS APPLY, VISIT THE WEBSITE FOR DETAILS



The Sikh Helpline

The **Sikh Helpline** continues to receive a high volume of nationwide calls, issues ranging from grooming, domestic abuse through to racism and substance addiction and more recently an increase in call relating to suicide of young members of the community. Due to **cultural barriers** and protection of “honour” within the community, such victims **suffer in silence**. With an understanding of these cultural issues and barriers, The Sikh Helpline offers a support network for these victims.

For this year Sikh Helpline bike ride we have a new West Bromwich loop, cyclists will be cycling through Oldbury, Smethwick, Handsworth and then back to West Bromwich 17 Miles

"Every Call Matters; that missed call may have been their only chance to make a call"

We need you!





Bike Safety & Maintenance

The bike ride route from start to finish will cover 17 miles and please ensure you put in the training you need before the big day.

It is your responsibility to ensure that your bike has been checked to make sure it's in full working order.

****NOTE****

If your bike is not roadworthy you will **NOT** be allowed to ride.

Immediate Care Medical and first aiders will be on hand throughout the ride.

Sponsorship

Money raised from the ride will go towards Sikh Helpline's fundraising campaign.

Every Call Matters & Suicide prevention

There are 2 ways that you can collect your sponsorship:

1. Get your friends, family and colleagues to sponsor you for completing this challenge! Record all agreed sponsorship on the sponsorship form included with your e-pack.
2. Set up your own personal online sponsorship page on the Sikh Helpline Justgiving page. Further details can be found at: [Sikh Helpline Local Family Bike Ride 2023 - JustGiving](#)





The Bike Ride

The ride will start from Guru Har Rai Gurdwara, 126 High St, West Bromwich B70 6JW. You must arrive at the Gurdwaraby 8.45am. On arrival, please make and rider's wristband.

**** If you do not attend the registration and safety briefing you will NOT be allowed to ride ****

It is your responsibility to ensure your bike is road worthy. If the organizers feel your bike is not road worthy, they have the right to refuse your entry and no refunds will be offered.

Ride Schedule

- 8:00am** - Registration
- 9:00am** - Safety briefing
- 9:15am** - Group photographs, radio and TV interviews
- 9:30am** - The ride begins!
- 3:00pm** - Expected arrival back at Gurdwara Guru Har Rai

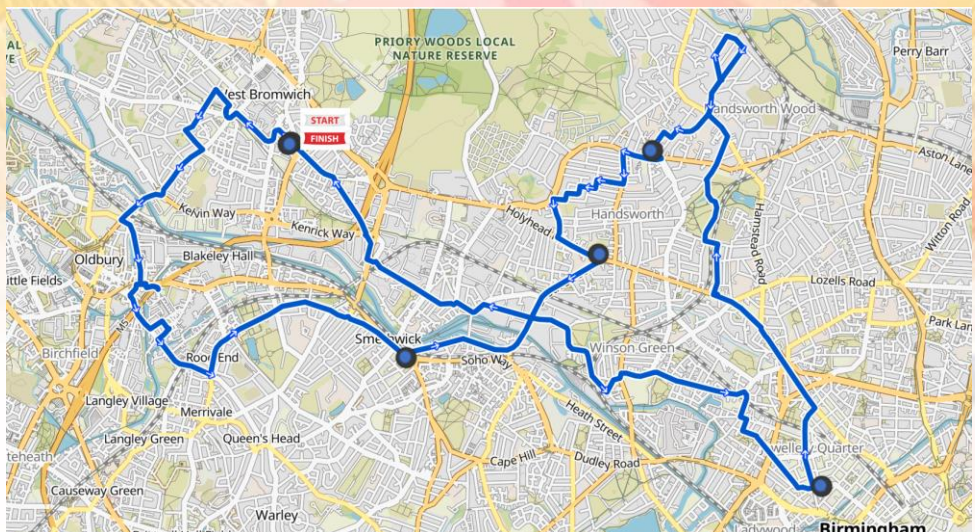
Drinks & refreshments will be served en-route at each Gurdwara.

The Route

For 2023 we have a new improved route, this year the ride will be a loop, so we will start and finish at Guru Har Rai Gurdwara. The route in total is a little over 17 miles. This route will have 12 stops in total, here below are the locations we will be visiting in order.

Start

- Guru Har Rai Gurdwara, West Bromwich, B70 8NN**
- Gurdwara Amrit Parchar Dharmic Diwan, Oldbury B69 4EH**
- Gurdwara Guru Maneyo Granth, Oldbury, B69 4PA**
- Gurdwara Baba Sang Ji, Smethwick, B66 1EE**
- Guru Nanank Gurdwara, Smethwick, B66 3AP**
- Ramgharia Sikh Temple, Jewelry Quarter, B1 3LA**
- GNSNJ Gurdwara, Handsworth, B21 9BH**
- Gurdwara Pita Kalu, Hamstead, B20 2NG**
- Mr Singh's Pizza, Handsworth, B20 2HY (Lunch Stop)**
- Bebe Nanaki Gurdwara, Handsworth, B21 9PX**
- Baba Deep Singh Saheed Gurdwara, Handsworth, B21 0NA**





Support & Car Parking

Please ensure your vehicles are parked in the Gurdwara Carpark upon arrival.

**We will have vehicles assisting us during the ride if any ride encounters problems with their bike along the route.
More details will be provided during the morning safety brief.**

We will also have First Aiders on hand if / when we require their assistance.



Useful Links

For further information and to help you prepare for your bike ride, we recommend the following websites.

Sikh Helpline website:

www.sikhhelpline.com/

The Highway Code for cyclists:

<https://www.gov.uk/guidance/the-highway-code/rules-for-cyclists-59-to-82>

Cycling for beginners:

<https://www.nhsinform.scot/healthy-living/keeping-active/activities/cycling>

Cycling insurance (highly recommended):

www.ctc.org.uk/insurance

Hiring bike facilities for the day

www.onyourbike.com



Terms and Conditions

Getting ready for the ride:

- Your bike must be roadworthy and checked by a competent bike technician.
- Wear appropriate clothing for cycling. Avoid clothes which may get tangled in the chain or wheel.
- Wear suitable clothing for the weather on the day. Avoid jeans.
- Mandatory to wear a cycle helmet which conforms to current regulations, is the correct size and securely fastened. The only exception to this is if you are wearing a dastar (not a patka).
- Have a bottle of water and if possible, a puncture repair kit with you.

During the ride

- **This is NOT a race. Ride safely and for FUN.**
- If there are any problems during the ride please make a marshal / sevadar aware.
- You **MUST** Know the Highway Code for cyclists. You can read the up-to-date rules and regulations here:
<https://www.gov.uk/rules-for-cyclists-59-to-82>

- Obey all traffic signs and traffic light signals.
- Keep both hands on the handlebars except when signaling or changing gear.
- Keep both feet on the pedals.
- Ride in single file on narrow or busy roads and when riding around bends.
- Follow the instructions of the marshals.
- Be considerate of each other and other road users.
- Look all around before moving away from the kerb, turning or maneuvering to make sure it is safe to do so. Give a clear signal to show other road users what you intend to do.
- Look well ahead for obstructions in the road such as drains, potholes and parked vehicles so that you do not have to swerve suddenly to avoid them.
- Leave plenty of room when passing parked vehicles and watch out for doors being opened or pedestrians stepping into your path.
- Be aware of traffic coming up behind you.
- Take extra care near road humps and other traffic calming measures.
- Take care when overtaking.
- Ensure you pay particular attention to your braking and slippery surfaces in wet conditions.



You MUST NOT...

- Carry a passenger.
- Use a mobile phone or headphones whilst riding.
- Hold onto a moving vehicle or trailer. Ride close behind another vehicle.
- Ride in a dangerous, careless or inconsiderate manner.
- Ride when under the influence of alcohol or drugs (including medicine).
- Cross the stop line when the traffic lights are red.
- Undertake vehicles or other cyclists.

BY REGISTERING ONTO THE RIDE YOU ARE ACCEPTING ALL LIABILITY AND RESPONSIBILITY FOR YOURSELF DURING THE RIDE. **NO FORMAL SIGNATURE OF ACCEPTANCE WILL BE REQUIRED AS YOUR REGISTRATION WILL BE DEEMED AS AUTHORISATION.**

IMPORTANT

Riders ride at their own risk. The Sikh Helpline and the organizing / assisting individuals on the day do not accept any liability for injury or damage.



Collecting Your Sponsorships & Donations

You should ensure that all sponsorships and donations that you raise are collected and sent to The Sikh Helpline by 31st October 2023

You can send us your sponsorships and donations in three ways:

1. Write a cheque for the total amount to Sikh Helpline and post to:
Sikh Helpline, 86 Birmingham Street, Oldbury, B69 4EB.
2. Pay the funds directly into The Sikh Helpline **NatWest bank** account: Account Name: **Sikh Helpline**
Account Number: **38178877** Sort code: **56-00-69**
3. Online or at your bank. *Include your name in the reference.*
4. Pay in person by calling the Sikh Helpline on 07999 004363 and we can arrange to collect the funds from you.
5. Or Justgiving page [Sikh Helpline Local Family Bike Ride 2023 - JustGiving](#)



Be sure that you send a copy of your sponsorship form and details of your method of payback to allow us ensure that we have received your payment and that you have raised the minimum £50 sponsorship.



Final Thoughts...

Please read carefully through the included rules and regulations.

Make sure you spend time training for the ride. We hope you will develop a genuine love of cycling just like many of us have.

Did you know regular cycling:

- Can help you lose weight, reduce stress and improve your fitness?
- Can reduce the risk of chronic illnesses such as heart disease, type 2 diabetes and stroke.
- Is the third most popular recreational activity in the UK - an estimated 3.1 million people ride a bicycle each month.
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Thank You