

The Cathedrals Cycle Route (CCR) Relay

Cycling with a Purpose Q&A - Work in Progress

General

What is the CCR Relay?

England's cathedrals are on a mission to get as many people as possible cycling Cathedral to Cathedral, spreading hope and supporting each other in raising funds for those impacted by Covid-19. A special 'artist commissioned' baton will set off from Newcastle (the most northerly diocese of the Anglican Church in England) on the 30 May and after 2000 miles and 42 Cathedrals it will return, having raised money for a Well-being: Covid Recovery Fund and raised awareness of the CCR cycle route. Cyclists will be able to join for as little or as long as they like.

When does it take place?

The relay event starts on the 30 May to coordinate with Cycling UK's Bike Week. The final dates and schedule are currently work in progress: the aim is to cover 42 cathedrals in 42 days, taking in many other places of historical and spiritual interest.

What is Bike Week?

Delivered each year by Cycling UK, in partnership in Scotland with Cycling Scotland, it encourages quarter of a million people to join in events, rethink their everyday journeys and switch to cycling as the most convenient way to get around. This year the theme is wellbeing and Cycling UK will be joining forces with the Cathedral Cycle Champions to welcome cyclists to cathedrals across the country.

Why does the route only include England?

It was felt that connecting England's cathedrals would be the first step, with the route and events expanding to include Wales, Scotland and Northern Ireland in the future. We are looking into the possibility of the baton visiting Wales, Northern Ireland and Scotland.

Do we have to follow the official CCR route?

No. The CCR route has been designed with the safest route in mind. Local knowledge of the group or the CCC may suggest alternatives. You may wish to include alternative points of interest on route, this also provides the opportunity to work with others.

If the CCR Relay an annual event?

If the event is successful and together the cathedrals feel we can build on this success, it may be possible that the relay becomes an annual event. We recognise the physical and mental health benefits of cycling and believe cathedrals can play a special role in promoting this hand in hand with our heritage and beliefs.

What is the significance of the hands on the baton?

The hands are symbolic of our nations struggle during the pandemic. The baton carries a message of hope along with inscription "Some days you need a hand...other days you are called to lend a hand." Each year the baton will be displayed at a different cathedral.

Completing the Ride

Can we split the distances between the team?

Yes, ride as much or as little, as long or as short as you feel. The key is that you enjoy the ride and keep safe. It is possible for example to have 10 different people covering a 10-mile stretch each, handing the baton from cyclist to cyclist.

Does the baton need to remain with one rider?

The baton can be handed between team members. This allows a team to split the distances if they wish.

What time does the ride start?

Each cathedral can choose what time to start the journey - some of the more challenging distances may mean an early start for the teams. It would also help to arrive at a time agreed (if practical and possible) with the destination cathedral, this would allow for a welcome to take place.

How can we welcome the team and the baton?

A warm welcome would be very appreciated for all groups, this might be a designated individual ready to collect the baton or a welcome party with refreshments.

What happens if the weather prevents cycling on the scheduled day?

The relay event is scheduled over 42 days, traveling between cathedral to cathedral on consecutive days. Due to the proximity of some cathedrals, this schedule allows for potential rest days. If the weather is regarded as extreme or unsuitably bad the event for that day will be postponed and scheduled in one of the rest day slots.

What about insurance for the ride?

As we are taking part in Bike Week, Cycling UK provide the teams with group insurance. For more details on the insurance cover and eligibility see [insert link].

The Cathedral Teams

Do we need to register our team?

Not officially. Each cathedral with the help of the CCC can keep an account of the team members. As we get closer to the date we will provide more details.

Can people come along to watch the team and baton depart or arrive?

This will depend on current Covid Restrictions....add more.

Is there a limit on the number of cyclists in each cathedral team?

With Covid restrictions in mind we are suggesting that at this stage a max of 6 people cycle with the relay baton at anyone point. A cathedral can split the journey between operate teams or individuals.

What if we can't provide a team or cyclists?

Don't worry the baton will still arrive and depart from your cathedral. We have a team of enthusiastic cyclists that are willing to take up the baton.

Can I cycle more than one section?

Yes. We have some very keen members on our team including several individuals who have cycled every cathedral in the country.

Is the event open to the general public?

The cathedral can choose anyone to represent them in the cathedrals team. Unfortunately due to the pandemic this year's relay event will not be promoted as a public event. However if Covid restrictions allow the teams could invite others to join them closer to the date or encourage them. Additionally teams could encourage members of the public to support them by competing the CCR Relay Challenge virtually.

Will there be T-shirts/medals/other merchandise?

We will be investigating possible sponsorship for such items. If this is not available we will look into obtaining them for participants at cost price.

Is there any charge for participating in the ride?

No, the event is entirely free, though we encourage the teams to help raise funds for the wellbeing and cover recovery causes supported.

What about health and Safety?

A health and safety document will be circulated prior to the relay. The routes chosen have been selected on the basis of the quietest and safest. Additionally we will work with Cycling UK to provide a road safety seminar before the departure date.

Raising Money for Charity**What charity is the CCR supporting?**

The theme for the CCR is Wellbeing and Covid Recovery A charity page will be setup to raise funds to help support the Cycling UK 'Break the Cycle of Isolation' campaign <https://www.cyclinguk.org/breakthecycle> (Cycling UK is a registered charity). Participants may also raise funds for their local or regional projects. The exact mechanism for this is being worked with Cycling UK at present.

Is the CCR and CCR Relay a charitable organisation?

This CCR is a new initiative that is currently governed by an Advisory and Steering group. At this stage it is not a separate registered charity.

Logistics

Do you have a back-up team?

Each cathedral team will be responsible for providing a backup or support team if required. Help and advice on the ride and support is available for the CCR team and Cycling UK.

How do we carry the baton relay?

The baton can be carried in small backpack, panniers or attached to the frame of the bike.

Do you provide return transportation of the bike?

Transportation is the responsibility of individual and the cathedral teams. The Cathedral Cycle Champions may be able to help here.

Do you provide refreshments/cycle storage/a special service at the cathedral?

This will depend on the cathedral you are arriving at and any COVID restrictions. The Cathedral Cycle Champion for the cathedral you are arriving at will be able to advise nearer the time.

Do you provide accommodation?

Accommodation, if required, is the responsibility of individuals and the cathedral teams. The Cathedral Cycle Champions may be able to help suggest places to stay. Again this will depend on any Covid restrictions at the time.

Covid

If we have to cancel, will the event be moved to a new date?

What if Covid restrictions prevent the ride from happening?

These are of course challenging times. If restrictions remain in place we will aim to postpone the event to 2022. However not all will be lost, the goals of the CCR team will remain in place and we will work with the cathedrals in appointing Cathedral Cycle Champions and promoting both regional and national cathedral routes.

How does the event plan to keep Covid-safe?

[answer incomplete] Small groups. [Advice from the World Health Organization](#) is that "whenever feasible", you should consider cycling or walking for essential journeys. This means it remains advisable for people to cycle for their health, fitness and wellbeing, as well as for essential journeys.

<https://www.cyclinguk.org/article/coronavirus-qa-cycling-guidance>

What if an area is subject to a local lockdown?

We may see targeted 'local lockdowns' in certain areas to suppress spikes. If the ride is already under way it may have to be adapted to avoid these areas.

Is the relay a group ride or a single cyclist relay?

The ride can be done by a single cyclist, group or series of cyclist passing the baton (within current Covid guidelines)

What about handing over the baton?

The relay baton will be wiped down with disinfecting wipes and both cyclists will be asked sanitise their hands before handover. Northumbria University have kindly provided sanitising kits for all cyclist [to be confirmed].

About:

About the Cathedrals Cycle Route (CCR):

The CCR is about connecting our historic cathedrals and enjoying the spaces between them, about strengthening the cultural and heritage links between these important and historic buildings. About 'Cycling with purpose' and raising funds for good causes". The CCR is open to all, whatever your beliefs, background or age.

Useful contact details:

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