



Young Bristol
Works for young people

ROAD TO RIVER - BRISTOL CIRCULAR

Duathlon with a twist! **Fundraiser**

Saturday 17th October 2020 Endurance event

Fundraising target - £250

Bike: 64km

An individual challenge with the route taking you from our Start/Finish Harbourside base at Pooles Wharf, heading North through the City and out to the rural countryside of South Gloucestershire, before heading East past the energy stop, taking in some great climbs before heading South back in to the outskirts of Bristol and to the River Avon.

Canoe: 20km

After a quick refreshment stop, transitioning onto the river and into the team element of the challenge. Under the guidance of our qualified instructors, you'll canoe (with a partner) down the River Avon taking in the sights of Bristol from the waterways but not before navigating the drop in water levels via the weirs (portage options available) and eventually making it to the City Centre and back to our Start/Finish point at Pooles Wharf.

How to enter?

Entries are limited. Places will be offered on a first-come, first-serve basis. Please contact Matt on 07444 905 332 or email md@youngbristol.com for a sign up form.

How to fundraise?

You are able to fundraise through the Local Giving online platform. Set up your page, share on social media and share amongst your contacts!

Can I win?

The simple answer is no. This is a fun challenge focused on raising vital funds and awareness of Young Bristol. However, with the use of technology all riders will be invited to the Strava event, where leader boards will be available for the cycling section of the event.

A little more information...



What equipment will I need?

Entrants will need to provide their own appropriate bike, helmet, lights, smartphone or GPS. For the canoeing element of the challenge, canoes, buoyancy aids, paddles and any relevant equipment will be provided by Young Bristol. A full kit will be sent to you with your entry pack on sign up.

Age restrictions?

Entrants must be at least 18 years old on the event day to take part.

Social distancing restrictions?

We have designed the event to ensure that everyone is able to stay compliant with guidelines.

At transition, how will I get my bike back?

We will have the logistics sorted. We will get your bike back to the start location ready for when you finish.

Can I change at transition?

You will be able to check in a bag for our team to take to transition for you for any equipment/refreshments you may wish to get to on transition. We will also provide changing areas, but there will be no toilets (except public ones).

How long will it take?

Depending on fitness, river levels and ability, we anticipate the Sprint Event to last between 5 – 8 hours and the Endurance Event to last between 8 – 12 hours.