

## Tour De Midlands FAQs

### What is the Tour De Midlands (TDM)?

The Tour De Midlands is a 40-mile cycle challenge collaboration between 5 midlands clubs – Aston Villa, Birmingham City, Walsall, West Bromwich Albion and Wolverhampton Wanderers.

### How do I register for the TDM?

You can register to support The Albion Foundation here:

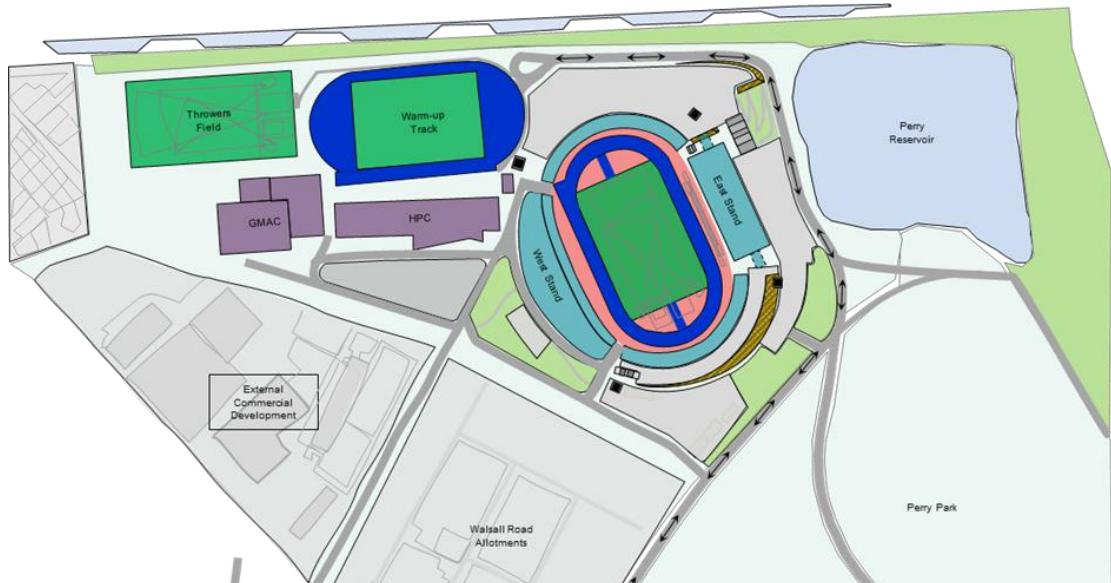
[Tour De Midlands Cycle Challenge for The Albion Foundation | The Albion Foundation](#)

### Where does the TDM start and end?

The challenge starts and ends at Alexander Stadium, Perry Barr.

### Is there parking available?

Yes, there is plenty of parking available. We recommend you park closest to the West stand where the main entrance is located. Please see map below:



### How far is the TDM and what is the route?

The route is 40 miles and takes in all 5 of our local football clubs. The challenge starts at Alexander Stadium and goes via Villa, Blues, West Brom, Wolves, Walsall and ends back at Alexander Stadium.

**How much does it cost to take part in the TDM?**

Registration costs £35 and you will need to raise a minimum of £150 in sponsorship.

**What will I get for my entry fee?**

You will receive a t shirt, refreshments at each stadium and a finishers medal at the end of the challenge.

**What time do I arrive at Alexander Stadium?**

All cyclists should arrive at Alexander Stadium no later than 7.30am. A briefing for all riders will take place at 7.45am inside the stadium.

**What entrance do we go to on arrival at Alexander Stadium?**

Make your way to the main entrance on the West Stand and you will find members of our team to help direct you. Please bring your bike with you for the briefing so the event can start promptly.

**Where do we keep our bikes during the briefing to all riders?**

During the briefing, bikes will be kept in the secure concourse. Doors to the concourse will be locked during the briefing. Members of staff will monitor the bikes in the concourse during the briefing to ensure their safety.

**What time will we start the cycle from Alexander Stadium?**

We will start at 8am prompt. Riders will be split into groups and leave shortly after each other.

**Where do we keep our bikes during the post cycle event?**

We recommend putting your bikes back in your vehicles. However, if you would prefer to keep your bikes in the stadium concourse, this can be arranged.

**Can my family and friends join us for the post cycle event?**

Yes, due to the room capacity we ask that this is capped at two per person. Please speak to a member of your Foundation if you need another space.

**Will there be any refreshments available?**

Yes, you can purchase refreshments at the café on the ground floor of the stadium. You can also purchase drinks at the bar area in the event room.

**What will the post event entail?**

It is a chance for all riders to come together and celebrate taking part in the first Tour De Midlands, mingle with other riders and celebrate with family and friends. A great way to round off taking part in a great challenge for a great cause!

**Where does the fundraising go?**

Your fundraising will go directly towards the Foundation that you are supporting, helping them to continue their work in the local community.

Aston Villa Foundation – [www.avfc.co.uk/foundation](http://www.avfc.co.uk/foundation)

Wolves Foundation – <https://foundation.wolves.co.uk/>

Walsall FC Foundation – <https://walsallfcfoundation.com/>

The Albion Foundation - <https://www.wba.co.uk/albion-foundation>

Birmingham City FC Foundation - <https://bcfcfoundation.com/>

**Who can take part in the event?**

Adults with varying abilities can take part in the event. You will need to be 18 or over. We will not be accepting children onto the event.

**What type of bike can I ride for this event?**

You will need to provide your own bike for this event. You can ride any roadworthy bike. Electric bikes will be permitted but it must have a maximum continuous motor power of 250W, a pedal-assist speed limit of 15.5 mph (25 km/h), and pedals that propel the bike

**Will refreshments be provided?**

There will be drinks and snacks provided at each football ground on the route. There is also a café at Alexander Stadium at the start and end of the challenge.

**Will there be mechanical support for the bikes?**

There will be limited mechanical support for the challenge. Participants should use a suitable, maintained bike and carry tools that you would for a regular ride. We would expect you to be

able to change an inner tube if you get a puncture. There will be support vehicles at various points on the route and a 'broom wagon' to sweep up any cyclist that can't continue.

**Will there be First Aid available?**

There will be support vehicles at various points on the route, tracking groups of cyclists and all staff are First Aid trained. Any serious incidents will be managed by the Emergency Services.