



Sponsored by



WELCOME TO

The Nello

BIKE RIDE



EVENT PACK 2026

Included in this pack

Thank you	3
Preparing for the day	4
Route maps	4
Arrival at Nello HQ	5
– Travel, registration, event village	
The ride	6
– Safety, sweep cyclists	
Route food stops	7
Support on the route and accidents	8
Finish and event village	9
General information	10



Nello 2026 appeal

More and more people are being diagnosed with cancer every year and that means a growing demand for support from FORCE.

Could you help us meet the need for the sort of care only FORCE can offer here in Devon?

We expect to see an extra 150 people affected by cancer in 2026. It costs an average of £850 to support each person on their cancer journey.

FORCE provides a wide range of free services including specialist information and advice, counselling, complementary therapies, advice on keeping active, support with hair loss, benefits advice, relaxation and mindfulness courses, art groups and programmes to help people move on after treatment or cope with cancers that can't be cured.

To care for 150 more people, we need to raise an extra £127,500.

And we believe our Nello cyclists are the very people we can rely on to rise to that challenge.

We're proud to have you as part of The Nello in 2026 and we want to thank you for your support of this unique event.



Preparing for the day with Bike Shed



The Nello's main sponsor, Bike Shed, are not just bike support on the day of the event but can help ensure you are prepared for the ride.

Pop into a Bike Shed store (Outta Town at Sowton, Exeter city centre, Crediton and Barnstaple) to see the range of stuff you can buy and get advice about the event.



Servicing

www.bikesheduk.com/workshop/

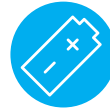
Why not get your bike serviced before the big day. Every Bike Shed store provides workshop repairs and servicing for all types of bicycles. Their mechanics are Cytech qualified and have many years of experience.



Bike Fit

www.bikesheduk.com/bike-fit/

A bike fit can help to transform your cycling performance and help prevent injury – no matter whether you're seeking power, comfort, injury avoidance or even simple reassurance ahead of an upcoming challenge.



E-bikes

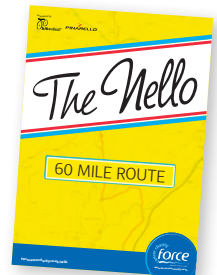
We encourage participants to ride The Nello on an e-bike but if you have any concerns or worries about the range of your bike, please call Bike Shed for advice and a chat.

Check out all Bike Shed's top tip [videos](#) to get yourself ready for

Route Maps

Cyclists set off on the morning of The Nello from 8am and we ask that you ensure you can complete your chosen route in 10 hours to be sure you can return to Topsham by 6pm.

There will be signs around the course and you can also get a route card at registration. Below are links to the route maps. We highly recommend you download on to a device in preparation for the day.



60 miles 100 miles



60 miles 100 miles



60 miles 100 miles



60 + 100 miles

Join the
The Nello
STRAVA
club



Arrival at The Nello

Arrive at Topsham Rugby Club, Exeter Road, Topsham, EX3 0LY between 7am and 7:45am



TRAVEL

Please plan your travel arrangements carefully and, where possible, get dropped off at Topsham Rugby Club as parking is limited. Why not park a little further out and cycle the last bit to help with parking on site.

If you do park on site, please follow directions from the traffic marshals to ensure you park correctly.



REGISTRATION

All cyclists MUST register their arrival at Topsham Rugby Club. Please head to the registration marquee at the top of the pitch with your QR code text showing – you only need this to be scanned in and receive your wristband.

Morning event village will include:

- FREE refreshments served by FORCE volunteers.
- Bike Shed maintenance on site for any last-minute checks.
- Toilets are situated inside the clubhouse building.
- Alliance Pioneer, our medical team, will be on site. **If you have a medical condition, it is your responsibility to inform Alliance Pioneer before you set off.**





The Ride!

SET OFF

When called, please line up in the pen before setting off.

There will be a short safety briefing in groups before you set off. This helps to avoid congestion on the roads.

8:00am: 100-mile cyclists set off

8:15am: 60-mile cyclists set off

8:45am: last cyclists leave

SAFETY

- All cyclists **MUST** wear a helmet.
- This is not a closed road event and you are responsible for cycling sensibly on the roads.
- We know there are some beastly ruts on Devon roads so **PLEASE** be careful.
- Please remember that you are representing FORCE so maintain good cycling etiquette.
- We ask you to ensure you have refreshed your memory of the [Highway Code's rules for cyclists](#)
- There are a great many of you taking part and you need to be aware and courteous to traffic around you as well as each other.



SWEEP CYCLISTS

There will be two sweep cyclists, who will position themselves at the back of the pack to make sure nobody gets left behind.

They are here for your safety only. Please do not feel any pressure to speed up if they catch up with you. They are there for an enjoyable cycle ride, just like you.

Route food stops

To maintain your energy levels, there will be plenty of water available plus homemade cakes and savouries at the refreshment stops on both routes.

We advise that you bring water with you along with any additional snacks/energy gels that you might require.

The following refreshment stops are available to you – **the amount of food at each stop is subject to availability:**

Tiverton (both routes): bananas and water

Nomansland (60-mile route): flapjacks, jelly babies, water

Comers Gate (100-mile route): rolls, pasta salad, crisps, cakes, fruit, tea and coffee, water

South Molton (100-mile route): rolls, savoury bites, crisps, cakes, fruit, tea and coffee, water

Morchar Road (both routes): rolls, savoury bites, crisps, cakes, fruit, tea and coffee, water

We encourage family and friends to support you around the course but the refreshments we provide are for the CYCLISTS ONLY.

ALLERGIES

We do our best to cater for everyone, however we cannot cater for all lifestyle choices. If you have identified that you have an allergy/ intolerance, our team will be in touch with you nearer to the event day to make arrangements for this.

On each route stop there will be a list of food that is GF, DF, Vegetarian and Vegan. Please ask for this if you require it.





Support on the route

Please take note of these numbers in case you need them on route:

Bike Shed Support: 07542 698536 / 07542 698531

Alliance Pioneer: 0845 539 5307

FORCE/Event HQ: 07772 347805

Bike Shed have their support vehicles on the course and will be on hand to support if you have any issues (see Bike Shed top tip "[equipment](#)" for what to take in case of an issue on the route)

Alliance Pioneer provide our medical cover and will have ambulances on the route as well as at Topsham Rugby Club



ACCIDENTS

If you are involved in or see an accident, please stay and support any injured cyclists.

Contact the First Aid number or 999 (whichever is needed).

If vehicles are involved, please try to take driver details or at least registration details of those vehicles involved and report them to us.

You can take photos and text/email this to the FORCE if needs be.

Finish

Once you have arrived back at Topsham Rugby Club and have received your finishers' medal, **please come to the registration tent with your wristband to sign back in from the ride.**

If you are unable to finish the ride, please text or phone the FORCE number to inform us that you are leaving the event.

We'd love you to celebrate finishing your ride at Topsham Rugby Club where there'll be local food vendors, bars and post-ride massage from ReBalance Injury Clinic in our Nello event village.

Make sure to invite your friends and family to come and join us and cheer you in as you finish.



General information



Important numbers for the day – please add these to your mobile for ease:

Bike Shed Support: 07542 698536 / 07542 698531

Alliance Pioneer: 0845 539 5307

FORCE/Event HQ: 07772 347805



Make a donation or set up a fundraising page:

[The Nello 2026 - JustGiving](#)

JustGiving™

HOW TO PAY IN MONEY

If you receive any cash donations, ensure that you get the donor to fill in a sponsorship form so we can collect their Gift Aid details, if appropriate.

You can pay into the account below:

FORCE bank details

Account Name: FORCE Cancer Charity

Sort Code: 30-80-37

Account Number: 60796568

Reference: YourSurnameNello26



FAQs on our website:

forcecancercharity.co.uk/nello



Contact us:

thenello@forcecancercharity.co.uk

01392 402845







FORCE Cancer Support Centre
Corner House, Barrack Road, Exeter EX2 5DW

Tel: 01392 406150

Email: forcefr@forcecancercharity.co.uk

www.forcecancercharity.co.uk

-  [forcecancercharity](#)
-  [FORCEcancercharity](#)
-  [charityforcecancer](#)
-  [@forcecancer](#)

