



# WORLD SUICIDE PREVENTION DAY

## *Cycle Around the Globe*

### Frequently Asked Questions



#### ***What distance do I have to cycle?***

Whatever distance you wish. There are no rules or recommendations regarding cycle length. We value and greatly appreciate all efforts you make to engage with the **Cycle Around the Globe** event. Every kilometre/mile counts towards the final count!



#### ***Do I have to cycle with a group in an organised event?***

No. You can cycle in a group, in the gym or even just at home at your own pace.



#### ***How do I register?***

You can register for this cycle at any time via our website at: [www.iasp.info/wspd/cycle\\_around\\_the\\_globe.php](http://www.iasp.info/wspd/cycle_around_the_globe.php). Here you can tell us how far you plan to cycle in advance of WSPD. You can also download a participant bib to attach to your t-shirt on the day, a sponsorship form if you wish to arrange sponsorship for your cycle and also, a certificate of completion.



#### ***How do I submit my miles after the event?***

Having completed the cycle, we would be delighted to hear how well you did. You can submit your miles or kilometers via the IASP website where you first registered.



#### ***Do I need sponsorship to cycle?***

No, cycle participants do not need to collect any sponsorship at all. This worldwide cycling event is about raising awareness and community spirit. If you do wish to raise funds for your local or national suicide prevention charity or even for the IASP, you can do so by downloading our sponsorship form and following the instructions from there. Alternatively, if you or your company are interested in providing corporate sponsorship to Cycle Around the Globe, please get in touch by emailing Caroline Daly at: [research@iasp.info](mailto:research@iasp.info).



#### ***Where can I submit my cycle photographs?***

As always, we encourage participants to share their experiences of their Cycle Around the Globe event. You can share your photographs with us via our WSPD 2016 Facebook page, Pintrest ([pinterest.com/IASPinfo](http://pinterest.com/IASPinfo)) and Instagram ([instagram/iasp.info](http://instagram/iasp.info)).



#### ***Do I have to cycle on September 10th?***

If for any reason you cannot cycle on September 10th itself it is possible for you to still take part. Any cycle which has taken place throughout September can be included and can contribute towards the total distance covered by the Cycle Around the Globe.



#### ***How do I organise a group cycle?***

Anybody can organise a group Cycle Around the Globe event. To organise a cycle you can arrange this locally and use the materials we provide on our IASP website. Before the event, be sure to submit your planned kilometres/miles to us via this link: [www.iasp.info/wspd/cycle\\_around\\_the\\_globe.php](http://www.iasp.info/wspd/cycle_around_the_globe.php). From here you can also print off participant bibs for all of your enthusiastic cyclists. If you are interested in raising sponsorship for a local suicide prevention charity, you can also download a sponsorship form. We also provide certificates of completion for cyclists which can be downloaded and printed from the website and awarded to all your cyclists upon completion. Finally we love to hear from our participants; you can upload photographs on our WSPD 2016 Facebook page, on our Pintrest page and also via Instagram.



**World Suicide Prevention Day** and **Cycle Around the Globe** are annual events sponsored by the International Association for Suicide Prevention (IASP), a 501 (c)(3) non-profit charitable organization recognized by the IRS - Status EIN 20-4701041