



Sunday 13th August 2017

Ride Manual

START / FINISH VENUE.

Chipping Sodbury Rugby Club, Wickwar Road (the B4060), Chipping Sodbury, BS37 6GA.
From the motorways the most convenient approaches are M4 Junction 18 and M5 Junction 14.

WHEN YOU ARRIVE AT THE RUGBY CLUB

Please follow marshals' directions to the car park. After parking please head towards the Club house for Registration and Signing In. If you need help ask a marshal who will be pleased to point you the way. Bikes are left at your risk so please secure your bike if you use the bike stand.

Tea, coffee and biscuits will be available at the Start and showers, hot & cold food available at the Finish.

REGISTRATION AND SIGNING IN.

Registration will open at 07.00 hours. Inside the clubhouse separate labelled desks are for entrants on the day, and for entrants who are under 18. **NB under 18s must have signed Parent or Guardian Consent Forms and Under 16s must also be accompanied at signing in and throughout the ride by an adult Responsible Rider.** Other online entrants please sign on in the marquee outside, at the desk labelled with the first letter of your surname.

- You must sign on in person. **Requests by third parties to sign on your behalf will not be accepted.**
- All entrants when signing on confirm they have read and accept this Ride Manual and the Terms and Conditions, will obey the Highway code and Road Traffic Acts and take part in the event at their own risk. There is also a health declaration and a disclaimer.
- When you sign the signing on sheet you get your rider pack containing a Rider Number (Event organiser's phone number **(07766 776483)** is on the back) and cable ties.
- Please fill in your emergency contact details on the back of your rider number.
- Please tie your rider number to the handlebars of your bike so that it is clearly visible from the front. Keep it flat and do not wrap it around the head tube. **You must have your number displayed in order to start and throughout the ride.**
- Your ride number will be used for identification by the event's official photographer.
- If you retire from the event, please tell a marshal or the Event organiser and remove your ride number.

STARTING ORDER and PROCEDURE.

Please note your starting time options depend on the distance you have chosen to ride. Please choose a starting time which matches your cycling speed and stamina.

Distance Group	First release time	Last release time
100 or 60 miles	08.00 hrs	09.00 hrs
30 miles	09.00 hrs	9.30 hrs

- Starting pens hold up to fifty riders each, together for 100 mile and 60 mile riders, separate for 30 milers.
- After the first release each pen will be released when full and the riders briefed.
- Once you have started the clock keeps ticking until you cross the finish line.

PARTICIPANTS' THIRD PARTY/PUBLIC LIABILITY

The Event Insurance does **NOT** cover any third party or public liability of participants e.g. for claims against them for causing death, personal injury or property damage to a third party. **Entrants are strongly advised to take out their own insurance cover.**

This event is not a race or trial of speed, but a personal challenge. There will be no list published which sorts riders either in finishing time or finishing order. An alphabetical list of finishers and times will be published.

ROAD COURTESY

The Organisers encourage tolerance and co-operation between ALL road users. As cyclists we can help by acknowledging other road users who show us consideration. Equally when appropriate be ready to give way to other traffic. A wave and a smile go a long way towards making friends!

HORSES

Please slow and be very careful and courteous when passing horses. From the British Horse Society's Code: Pass in small groups on the right. Large groups of cyclists are very scary for horses. Passing in small groups of no more than four or five will really help. If you are in a large group, make your presence known so that equestrians can try and find somewhere safe to stop, allowing you all to pass at the same time. Give them time to get to a safe spot.

FEEDING / WATER STATIONS.

Food station are for the benefit of riders, not their families and friends.

The two Food Stations on the 60 mile route and the three on the 100 miles are fairly evenly spaced, though the 100's first is not till 32 miles. There is one Food Station on the 30 mile route about 18 miles into the route.

Food station provisions include water, energy drinks and squash, jam or Marmite sandwiches, homemade flapjacks, fruit cake and malt loaf, mini bars from Marshfield Bakery, jelly babies and some savouries. But they are only intended to top-up your own food which you should carry from the Start. Please only collect what you need to complete the next section of your ride. Don't rely on the feed stations as your only source of food and drink.

Toilets are available at all the Feeding / Water Stations.

For minor injuries there will be a First Aid kit at each food station. For anything more than minor cuts and bruises then you should use the Emergency Services by phoning 999.

There will also be a track type tyre pump if you need to top up the air in your tyres. Some common size tubes and spares may be available for purchase.

TOO FAR TO THE NEXT TOILET?

If you are desperate to urinate and toilets at food stations are still too far away, please be discreet and keep out of sight, away from houses and public places.

EVENT TIMING.

There is one intermediate Check-point for the 100 milers **and it is the responsibility of all riders riding the 100 mile route to make sure they check in at this check-point.** There are no check-points on the 60 or 30 mile routes.

MEDAL TARGET TIMES.

Medal times for each group of riders will be shown on the Event website www.sodburysportive.co.uk and will be displayed on the notice board at the Start / Finish venue.

FINISHING PROCEDURE.

At the end of your ride, you need to cross the finish line to record your official time. As soon as you have finished, please park your bike. Bikes are left at your risk so you should secure your bike in the bike stand or in your vehicle. Showers are at the club house and the Food ticket given you entitles you to some free hot food and tea or coffee. You can buy other food and the Club bar will be open for buying cold drinks.

Finishing times will be displayed as soon as possible on the day and also appear on the website within a few days.

PROBLEMS

If you have a serious mechanical problem you can ring the Emergency Contact Number Tel: **07766 776483** or speak to a marshal or food station staff, who will advise how help may be given. But we cannot cover all eventualities.

If you retire from the event, please tell a marshal or the Event organiser and remove your ride number.

Broom Wagons will close the routes and may (subject to space) pick up riders in trouble or who are too slow