



Sunday 19th August

Ride Manual

START / FINISH VENUE.

The event will start and finish at the Chipping Sodbury Rugby Club, Wickwar Road, Chipping Sodbury. BS37 6GA. Which is just on the outskirts of Chipping Sodbury on the B4060 in the direction of Wickwar.

DIRECTIONS.

Approaching Via M4.

Leave at Junction 18 and take A46 DP Stroud. After approx. 2 miles at the traffic lights at Cross Hands, Old Sodbury, **LEFT** on A432 DP Chipping Sodbury. On outskirts of Chipping Sodbury at large roundabout, take **last exit** into St Johns Way DP Wickwar. Continue to mini roundabout where **RIGHT** DP Wickwar. After approx. 150 metres **RIGHT** into Rugby Club.

Approaching Via M5.

Leave at junction 14 and take B4509 towards Wickwar. Follow B4509 for approx. 2 miles to mini roundabout where **RIGHT** on to B4058, DP Cromhall & Wickwar. Follow the B4058 for approx. 6.2 miles through Cromhall and Rangeworthy. **N.B. do not turn left approx. 0.4 miles after mini roundabout as road is closed in Wickwar.** At traffic lights near Iron Acton turn **LEFT** onto B4059 DP Yate & Chipping Sodbury. At next roundabout take first exit B4059 DP Chipping Sodbury & Yate, then continue SO through 2 sets of traffic lights. At next roundabout take second exit DP Yate Town Centre, then turn left at next lights DP Wickwar. Take third exit at next roundabout DP "Through Traffic" and continue through lights to T junction where **RIGHT** towards Chipping Sodbury (M4). On the outskirts of Chipping Sodbury and just after the 30mph limits signs, **LEFT** into the Rugby Club.

When you arrive at the Ruby Club please follow marshals instructions to the car park. Once parked please make your way to the Club house for Registration. If you need help ask a marshal who will be pleased to point you in the right direction.

Warm and cold food & drinks will be available at the Start and Finish.

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

REGISTRATION.

Registration will open at 07.00hrs. there will be tables for each of the 30, 60 100 mile rides, if there are any queues make sure you are in the correct queue, this will save you time and keep any frustration to a minimum.

- You must sign-on in person. **Requests by third parties to sign-on on your behalf will not be accepted.**
- Please report to the correct desk, these will be labelled "30 mile", "60 mile" and "100 mile".
- At registration you will be asked to sign against your name on the official signing-on sheet, you will then be given your rider pack containing a Route Card, Rider Number, and Cable Ties.
- All entrants when signing on agree to abide by the regulations of the event, ride according to the Highway code and Road Traffic Act and participate in the event at their own risk.
- Please take time to fill in your emergency contact details on the back of your rider number.
- Your rider number should be secured to the front of your bike so that it is clearly visible. Keep it flat and do not wrap it around the head tube. **You must have your number displayed in order to start and it must be kept in view throughout the ride.**
- If you retire from the event for any reason, your ride number must be removed and you must report your retirement to an official Marshal or by phoning 07785 270350 this is important because we don't want to be searching all night for missing cyclists!.
- Your ride number will be used for identification by the event's official photographer.

STARTING ORDER.

100mile and 60 mile riders will be started between 08.00hrs and 08.30hrs.

30 mile Riders will be started between 08.45hrs and 09.15hrs.

Please make sure you are ready to start at your appropriate time.

STARTING PROCEDURE.

Please Note. In order not to disturb those living nearby no public address system will be used during this event.

100 mile and 60 mile Riders.

- Starting pens will be used, each holding up to fifty riders. These will be filled between 07.55hrs and 08.30hrs giving the 100 mile riders preference, then 60 mile riders but as these riders present themselves as ready to start.
- The first pen of riders will be released at 08.00hrs or afterwards as soon as the first pen of riders are ready.
- Other pens of riders will be despatched at 5 minute intervals or afterwards as soon as they are ready, until all the 100 mile riders and 60 mile riders have left, but before 08.30hrs.
- **100 mile riders please see the note under "Event Timing" regarding the cut-off time for the last 40 miles of the 100 mile route.**

30 mile Riders.

- Starting pens will be used each holding up to fifty riders, these will be filled between 08.25hrs and 09.10hrs as riders present themselves as ready to start.
- The first pen of riders will be released at 08.45hrs or afterwards as soon as the first pen of riders are ready.
- Other pens of riders will be despatched at 5 minute intervals or afterwards as soon as they are ready, until all the 30 mile riders have left but before 09.15hrs.

Please try to take a relaxed attitude with regard to your own choice of starting time. Riders of each distance can be recognised by the colour dot on their riding number. This will help Stewards and marshals to identify your ride. Once you have started the clock keeps ticking until you cross the finish line.

If You Get Lost!

If you get lost and are having a problem getting back on track, then make sure you are near a landmark (name of a farm, road junction with signposts or other distinguishing point), then phone John on **07530 466846**. He will try and help you get back on course.

FEEDING / WATER STATIONS.

On the 60 mile & 100 mile routes there are Feeding /Water Stations approximately every 25 miles giving 2 Stations on the 60 mile route and 3 Stations on the 100 mile route.

There is 1 Feeding / Water Station on the 30 mile route which is approximately 15 miles into the route.

The provisions available at the feeding stations are only intended to top-up riders own food and drink which they should carry from the Start of the event and you should only take that which you require to complete the next section of your ride. The feed stations are for replenishing your supplies but they are not to be relied upon as the only source of your provisions. Remember, if you are in the early groups of riders to arrive at the feeding stations, there are many more riders following who will also need to refill their bottles and pockets, so please don't take more than your fair share.

Toilet facilities are available at all the Feeding / Water Stations **EXCEPT** the one on the 60mile and 100 mile ride situated near Rockhampton (50 miles into the ride)

There will be a First Aid kit at each Feeding Station which is available for your use in case you have any minor injuries. If you suffer 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 in case you need to top up the air in your tyres, and also some common size tubes and spares which can be purchased subject to availability.

EVENT TIMING.

There are no intermediate route checks or timing points. We rely on the riders honesty to follow the correct route if they are going for medal times, after all, there is no satisfaction in having a medal which YOU know was not fairly achieved.

NOTE: Riders attempting the 100 mile route who arrive at the 60 mile / 100 mile route split after 13:30hrs will be instructed to return to the finish via the 60 mile route. This is in order that the event may finish in a timely manner – hence the need for those attempting the longer route to start as early as possible but before 08.30hrs. Those who choose to ignore the instruction, intending to continue following the longer route, will be requested to remove their number and will be deemed to have withdrawn themselves from the event. Similarly riders overtaken by the broom wagon who choose to continue riding will also be requested to remove their number and will be deemed to have withdrawn themselves from the event. Food stations and other event back-up services may not then be available to any such riders deemed to have withdrawn. Event back-up services may not then be available to such riders and some route arrows may already have been removed. Timing services, at the finish, will cease at 18:00hrs.

Broom Wagon.

Shortly after the start closes, a broom wagon will set off along the route travelling at an average speed of 10 mph. This will become the cut off time for the event, (obviously adverse weather conditions will mean this might be adjusted on the day). Any riders that are passed by the broom wagon will if practicable be offered a lift. If they decide to carry on they must be aware that the feed stations will be closed before they get there they will also be asked to remove their bike number and will be deemed to have retired.

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 completion of your ride, you must cross the finish line to record your official time. Immediately you have finished, enter the bike compound and park your bike then proceed to the club house where some free warm food

and tea or coffee can be had on the production of your food ticket. Other food will be available for purchase and the Club bar will be open where the all-important cold liquid refreshment can be purchased.

Showers will be available at the end of the rides at the Rugby Club.

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

If you are unable to complete the ride for any reason, please advise a course marshal, the finish stewards, or phone the Event Organiser on 07785 270350, so that we know you are not stuck out on the route somewhere. A Broom Wagon will close the route and pick up anyone in trouble or who is too slow.

GENERAL CONDITIONS.

- THIS EVENT IS NOT A RACE. Make sure you pace yourself so you can complete your ride.
- Anybody seen riding in a dangerous or inappropriate manor may be asked to retire and remove their riding number.
- Hard shell type cycle helmets are compulsory in this event and must be worn throughout by all participants. We recommend cycle helmets complying with ANSI Z90/4 or SNELL standards. Any rider not wearing a helmet whilst participating on the event will be excluded.
- We strongly recommend that riders **DO NOT** wear head or ear phones whilst riding. When riding in narrow twisting lanes your ears often give you the first warning of other vehicles approaching.
- Ensure you wear the correct clothing for the conditions. It can get cold especially if it rains, so take something suitable with you to slip on over your normal cycling top. Equally, if it is a hot sunny day, you may need to apply sunscreen both before and during the ride.
- We strongly recommend you carry a mobile phone for your own convenience and make sure it's fully charged.
- You must be a competent cyclist and confident in your ability to complete your chosen course.
- Ensure your bike is in good mechanical order and, if in any doubt, take it to a reputable bike shop to be checked over.
- Ensure you follow the Highway Code. Ride on the left with your head up. If riding in a group never ride more than 2 abreast and, on narrow lanes, in single file.
- If you encounter someone in trouble, offer help and/or tell a marshal / phone the Event Control.
- Ensure you carry enough food and drink for your ride, as you may need to refuel in-between the feed stations.
- Ensure you carry spare inner tubes or tubular tyres and basic repair items. Mechanical assistance is for emergencies only.
- If you are unfortunate enough to experience a serious mechanical problem you can ring the Emergency Contact Number Tel: 07785 270350 or speak to Feed Station staff, who will advise how assistance can be given.
- If you suffer any personal injury other than minor cuts and bruises please phone the Emergency Services by dialling 999. Also please ask another rider to advise the staff at the next Feeding Station or phone the Event Organiser on 07785 270350.
- Whilst we will try and get riders back on the road if they suffer a mechanical problem we cannot cover all eventualities.
- The route is well signposted but the onus of staying on-course rests with each individual rider.
- There are some cattle grids on the routes. It is the responsibility of each rider to make sure they cross these safely even if this means dismounting.
- As with most of our roads there are some pot holes on the routes. Keep an eye out for them and make sure you pass them safely.
- Being in the countryside there could be some agricultural machinery using the roads, these can be big machines and can be travelling at quite fast speeds. Bear this in mind particularly in narrow lanes.
- You will pass over some unfenced common land where livestock can be on or near the road, watch out for them, they can suddenly decide to cross the road!
- You must not use a mobile phone while riding. You must stop in a safe place if you need to make or receive a call.

- Cycling inappropriately is a potentially dangerous activity. But, if you follow these basic rules, risks can be minimised.
- Riders participate in this event entirely at their own risk, and must rely on their own ability in dealing with all hazards, and must ride in a manner which is safe to themselves and others.
- Do not urinate near houses and in public places. Some Sportives have been banned from future use of some very attractive parts of their routes just because riders have been less than considerate in this matter.

****Because of a road closure in Wickwar High Street, all traffic For Yate & Chipping Sodbury from the M5 is being diverted through Rangeworthy. This means a short part of the 60 / 100 mile route might be more busy, so TAKE EXTRA CARE. Please ignore the temporary road sign at the beginning of Chaingate lane and follow our route markings.**

