

Rider Instructions Trent Valley 100 15th October 2017

Event HQ

Gainsborough Academy

Sweyn Lane (Off Corringham Road)

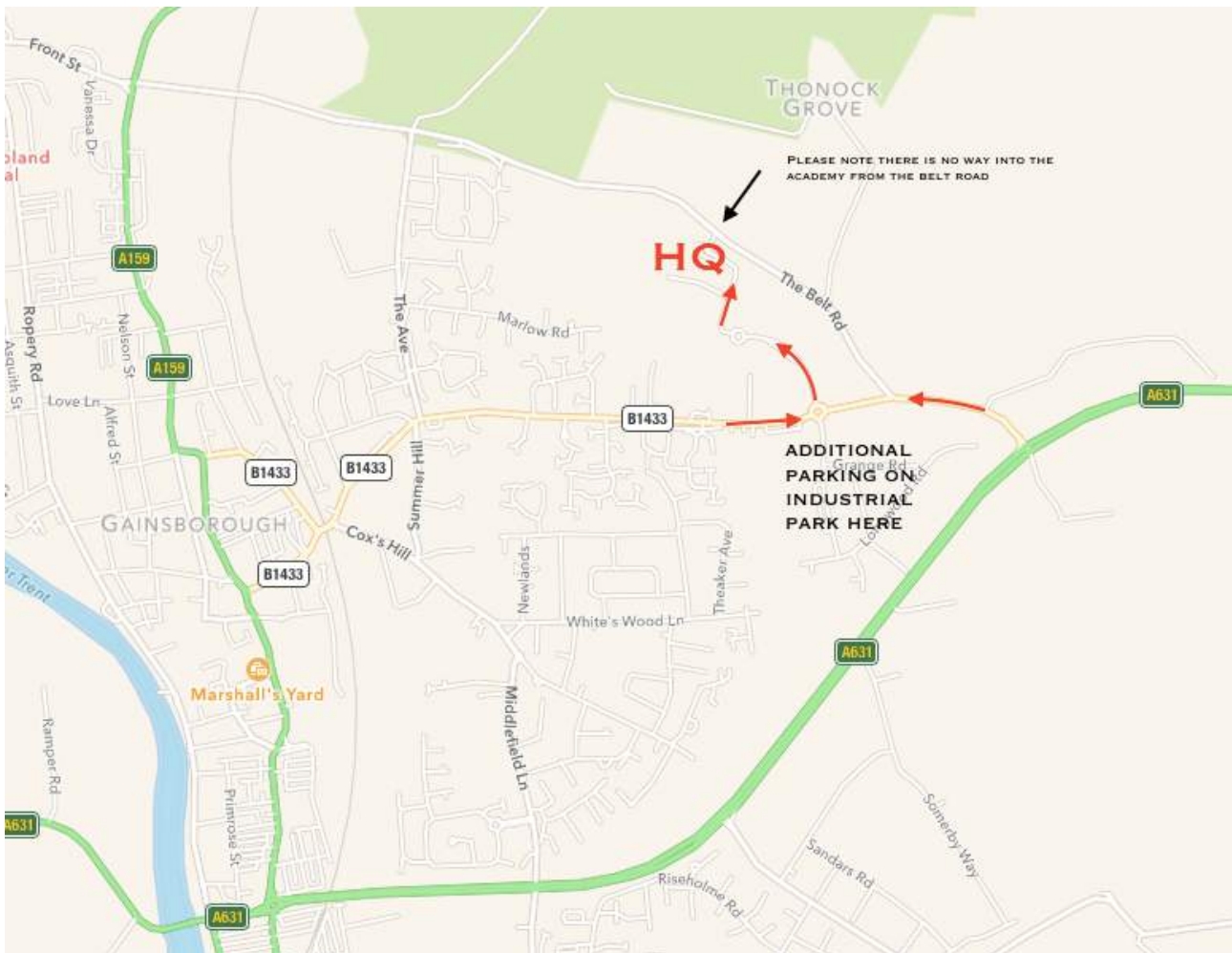
Gainsborough

Lincolnshire

DN21 1PB

DN21 1XZ

Please see picture below for directions to the site, the Postcode in a Sat Nav will take you to the back gate of the School which is not accessible, DN21 1XZ will get you to Corringham Road where the entrance is .



Itinerary

6.30am - Parking Opens - marshals will direct you where to park

7.00am - Registration Opens

7.55am - Time Trial Riders - Ride Starts

8.00am - 8.45am 100 Mile Route Riders Start

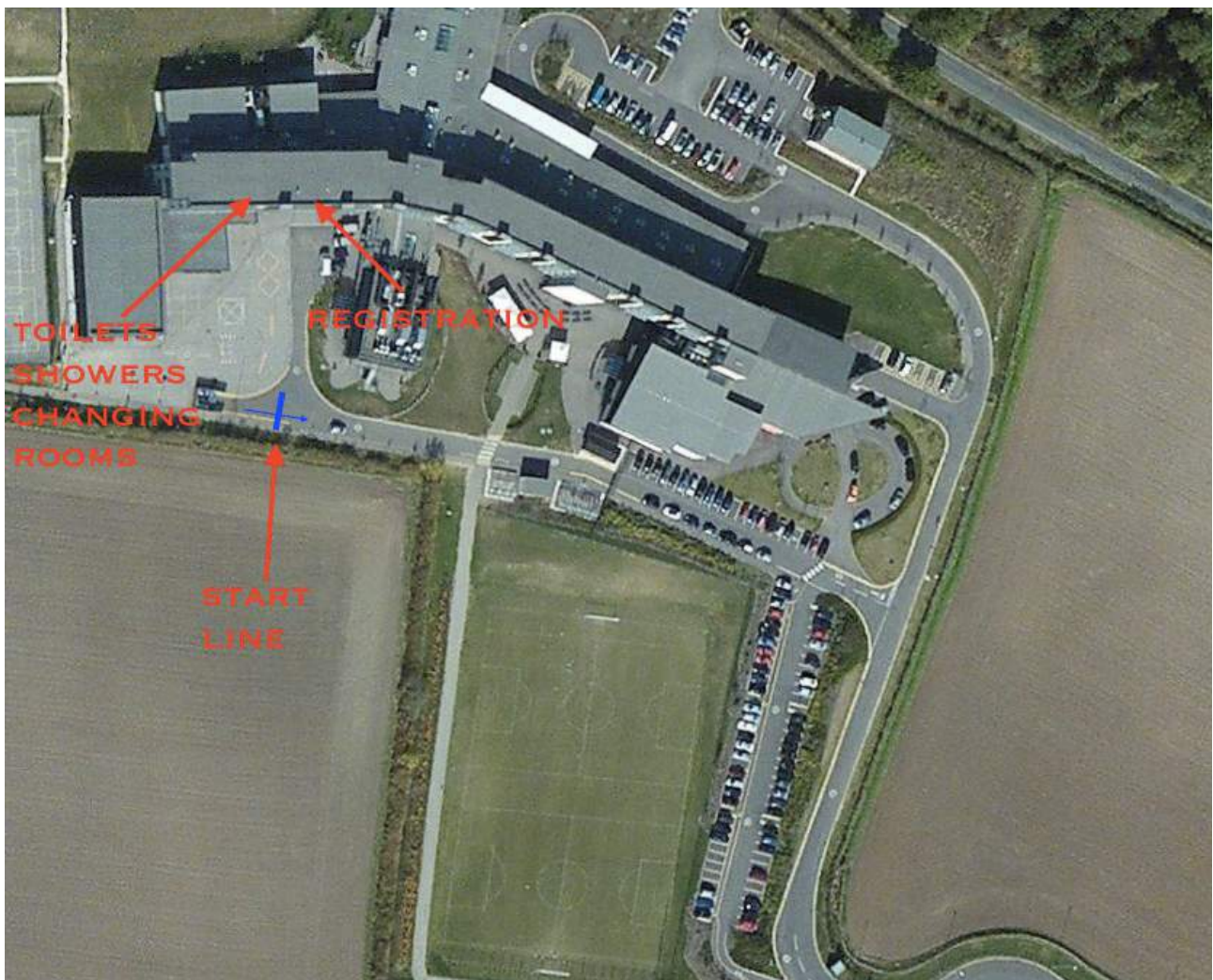
8.45am - 9.15am 100km Route Riders Start

11.30am - 100 Mile Route Option Closes at 40 Mile Point (1 Mile after feed station)

4.30pm - Ride Finishes

Parking

Parking will be on site at the Gainsborough Academy and additional parking on the industrial estate roads opposite the academy. You will be directed by members of the Trent Valley Road club, please drive slowly whilst on site.



Registration

Registration will be divided up into equal sections alphabetically by surname. At registration you will be issued a rider number to attach to the front of your handlebars and a timing chip which must be attached to your helmet, we will provide ties to attach the rider number.

Once you are registered please feel free to collect your Dorset Flapjack and Haribo. Nutritionally we recommend that the flapjack is eaten straight away, giving you some slow burn carbs to set you up right for the day.

Timing Chip

Please attach the timing chip to your cycling helmet, it is a sticker, please remove the backing paper and dispose of carefully.



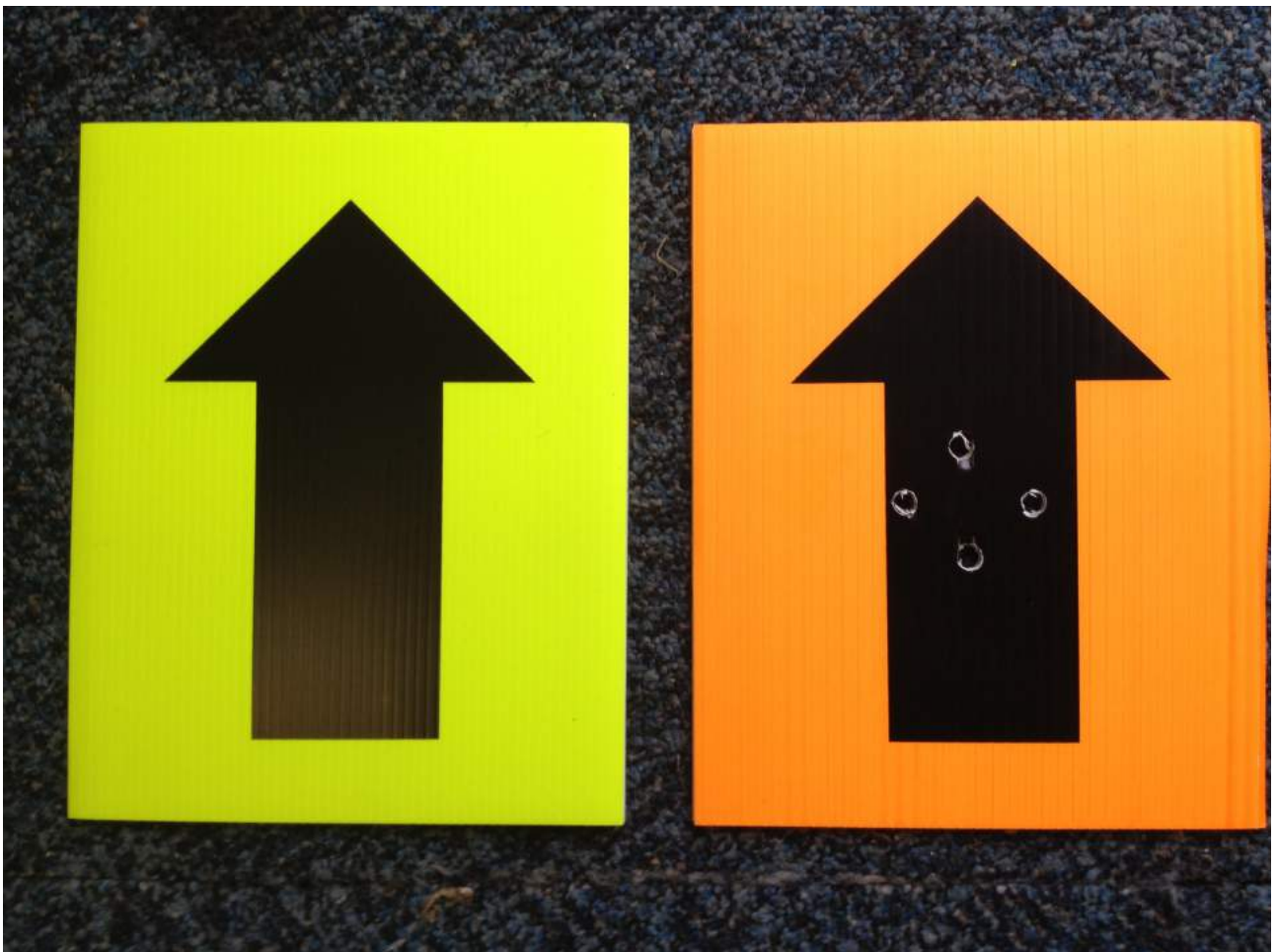
Rider Number

Please attach your rider number to the front of your handlebars with the supplied twist ties, as in the pictures below, it makes them easier for our crew to read. We will not be collecting rider numbers at the end.



Event Signage

The main route will be signposted with yellow signs, there will be a sign warning of the approaching split point of the route, this is about a mile after the feed station. The 100 Mile route continues with yellow signs and the 100km route will be in orange signs, please make sure you are following the correct route.



Merchandise

Please collect your pre-paid event merchandise after the ride from the merchandise stand. There will be a small amount of merchandise to purchase should you wish.

Mechanical Support

Whilst it is your responsibility to come to the event with a mechanically sound cycle we will have support at both HQ, Feed Stops and mobile provided by both Cycle Route Lincs and our own Gareth Joseph.

Roux Bikes

Roux Bikes will be present at HQ with a selection of bikes for you to have a look at and if you have pre booked via our website, collect your demo bike for the day.

Ride Start

The ride starts have been split into manageable sections.
All riders will be set off in groups of 30 in 2-3 minute intervals to ease congestion on the roads.

Start Times Are as Follows

7.55am - Time Trial Riders - Ride Starts
8.00am - 8.45am 100 Mile Route Riders Start
8.45am - 9.15am 100km Route Riders Start

Please make sure you are in the start area, as per HQ Site Plan, in good time for your start time, so that you will be present for the event briefing.

Intended Route

You were asked when you entered the event, what is your intended distance? This can be changed at registration or indeed whilst you are riding the event, depending on how you feel on the day.
If you change route whilst riding, please inform the staff at the finish line so as to update the system.

Whilst the route is optional, the choice to do the 100 mile route will be closed at the 39 Mile point (route split) at 11.30am.

Routes

Garmin Connect

100 Mile - <https://connect.garmin.com/modern/course/13743047>

100 Km - <https://connect.garmin.com/modern/course/13743135>

Ride With GPS

100 Mile - <https://ridewithgps.com/routes/15354216>

100 Km - <https://ridewithgps.com/routes/15379118>

Feed Stops

There is a Tea & Biscuit Stop at Harby Village Hall - 18 Miles

The only thing on offer here will be tea/coffee and biscuits.

If you are intending on doing the 100 mile route please bear in mind the cut off time at the split time is 11.30 at 40 Miles, after this time the 100 Mile option will be closed.

The first feed stop is at Nocton Village Hall - 38.1 Miles

We will have bike racks outside to allow you to park your bike easily.

Inside the hall itself there will be access to toilets, food, SIS drinks, tea and coffee.

Food on Offer will be:

Wraps

Cake

Crisps

Nuts

Tea, Coffee

SIS and Water

This is the only feed stop on the 100km Route

The second feed stop (100 Mile route only) is at Binbrook Memorial Hall - 70 Miles

Again there will be bike racking outside.
Inside the hall there will be access to toilets.

Food on offer will be:

Cake

Bananas

Haribo

Tea, Coffee

SIS and Water

There will be food available on return to HQ courtesy of the Coffee Stop mobile caterers. If you have pre-paid for post event food, you can collect it directly from them. If you have not pre-paid for food you will still be able to purchase food and drink from them.

Ride Marshals

There will be 6 Ride Marshals mixing in with everyone riding the Trent Valley 100. As well as wearing Trent Valley Road Club kit, they will be wearing Hi-Viz vests. These riders are there to help you and will do the best to do so on the day, whatever the problem maybe.

Paramedics

There will be 2 Motorbike Riders circuiting the course on the day from Medi-Bikes. They are both fully qualified paramedics and can assist with many incidents, whilst they are there just for the safety of all of the riders doing the event, if you are find yourself in an emergency situation please do not hesitate to call 999 if needed.

Event HQ

Event support will be managed from the HQ at Gainsborough. Please store the number in your phone prior to the ride so that if you need any support or for any reason you are unable to complete the ride please phone to let us know what is going on.

EVENT CONTROL - Matt Porter - 07834 238431

Event Rules, Terms & Conditions

It is your responsibility to make sure you are familiar with the event rules, terms and conditions.

Insurance

Whilst the event is fully insured for public liability, should any rider cause injury to a third party as a result of taking part in the event.

Event Insurance does not cover the individuals taking part in terms of damage to bikes etc, this is at your own risk.

With this in mind we strongly recommend a personal insurance policy for your own peace of mind. We have arranged a discounted annual policy with Pro-Cycle Insurance (<http://www.procycleinsurance.co.uk>) if you quote SHQ10, the discount will be taken off the quote.



The British Horse society offer this advice to cyclists: -

Horses are creatures of fright and flight and sudden movement or noise can cause problems for all concerned.

Because cycles are generally quiet, they may not be noticed by either the rider of the horse until they are very close. Try to attract the horse rider(s) attention by making verbal contact before you reach them. Call out to the horses riders especially if you are coming up on them from behind them. Don't pass until you know they are aware of your presence.

Look out for the riders' signals and heed any request to slow down or stop.

For the safety of all involved, please be patient and wait for the rider to sort out any riding issues your presence might have raised.

Riders may be attempting to get off the road into a safe place, in order to let you pass - given the chance to do this by adjusting your speed and keeping a safe distance.

If possible, ask the horse rider if it is safe to pass, before attempting to do so.

Pass the horse(s) wide and slow. Horse riders may need to ride two abreast for safety, when escorting a young, or inexperienced horse or rider, give them a chance to sort themselves out. Don't be annoyed if a horse rider doesn't appear to be acknowledging your kindness and consideration. They do appreciate your help but may be concentrating on controlling their horse.

Bikes and horses are valuable. With a little courtesy and consideration all around, there is room on the road for everyone.