

## THE FLAT 100

### Rider Manual

SPORTIVE  
HQ



THE FLAT 100

ROUX

Please read in good time before the event so that you understand everything that will be happening on the day.

Thanks

Matt & The Sportive HQ Crew.

#### The Flat 100

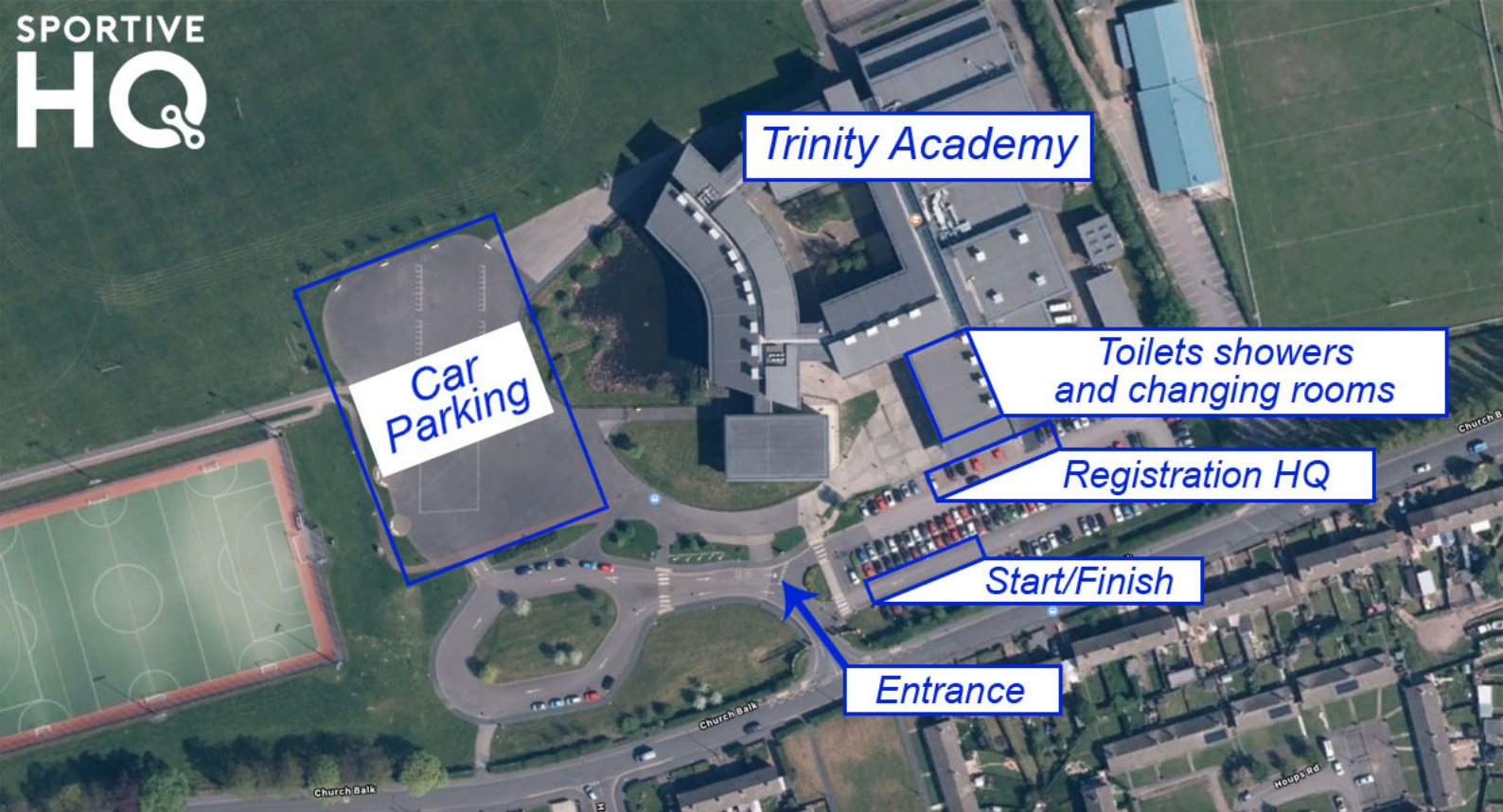
Saturday 1st June 2019

#### Event HQ

Trinity Academy  
Church Balk  
Thorne  
South Yorkshire  
DN8 5BY

#### Itinerary

06:30 - Parking Opens - Follow Marshals Directions  
06:45 - Registration Opens Long and Medium Route  
07:45 - Time Trial Riders - Ride Starts  
07:50 - 08:15 Long Route Riders Start  
08:15 - 09:00 Medium Route Riders Start  
08:45 - 09:00 Registration Short Route  
09:00 - 09:15 Short Route Riders Start  
12:00 - Long Route Option Closes at 48.2 Mile Point  
17:00 - Ride Finishes



**Parking** will be on site at the Academy and local surrounding sites, there will be marshals present to assist with this on the day. Please follow their instructions and drive slowly whilst on site.

**Registration** will be divided up into equal sections alphabetically by surname.

At registration you will be issued with an envelope with your rider number, twist ties to attach your rider number to your bike and a sticky back timing chip to stick to your cycling helmet.

Please ensure that this is the only timing chip attached, remove any old timing chips from previous events.

Once you are registered please feel free to collect your Dorset Flapjack, Haribo and any other freebies we can get our hands on.

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.

Headwear will be available to collect if it is pre paid for near registration or purchase one for £6.50 Cash if you want one, several designs will be available.

**Mechanical Support** Whilst it is your responsibility to come to the event with a mechanically sound cycle we will have support at HQ, mobile support from our fully qualified cycle mechanics. We will do our best to keep you going but please turn up on a fully serviced bike and try to look after yourself in terms of punctures and simple problems.

**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

07:45 - Time Trial Riders - Ride Starts (Time trial and aero bikes start first in small groups for safety reasons)

07:50 - 08:15 Long Route Riders Start

08:15 - 09:00 Medium Route Riders Start

09:00 - 09:15 Short 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 option is optional, the choice to do the Long route will be closed at the 48.2 Mile point (route split) at 12:00.

It is possible to swap between long and medium routes, it is not possible to change from short to either medium or long.



## Signage

All routes start by following bright yellow arrows, you will be warned of any route splits where there will be signs to remind you of which colour signs to follow.

Short Route is the first 'split' and will change to Green Signs.

Medium and Long routes will continue to follow Yellow signs.

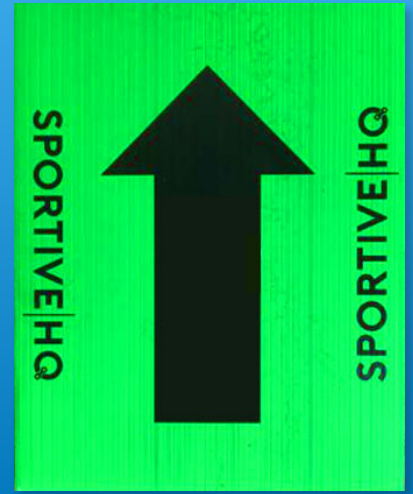
The second split is next where the Medium route will then follow Orange Signs. The Long route will continue to follow Yellow signs all the way to the finish.



Main/Long Route Yellow



Medium Route Orange



Short Route Green

## Feed Stops

**The Short Route** does not have a food stop but there is food included at the finish line for riders on this route. With this in mind, please top up with plenty of water.

### Feed Station 1 Keadby - 40.6 miles

Inside the hall itself there will be access to toilets.

Food on Offer will be:

- Tortilla Wraps
- Homemade Cake
- Crisps
- Nuts
- Fruit
- Tea, Coffee, Squash, Electrolyte Powders and Water

**This is the only feed stop on the Medium Route**

### Feed Station 2 Bawtry - 80 miles (Long route only)

Inside the hall there will be access to toilets.

Food on offer will be:

- Homemade Cake
- Soreen
- Bananas
- Haribo
- Tea, Coffee, Squash, Electrolyte powders and Water

There will be food available on return to HQ courtesy of local traders. 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 Flat 100. 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. There will also be First Aid Teams at each Feed stop and Event HQ for the whole day.

**Event HQ**

Event support will be managed from the HQ at Thorne Trinity Academy. 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 - 07537 892268

**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.



## Cyclosportive Rules

We the organisers have a responsibility and duty of care towards our participants. The following regulations are to be followed for the duration of the event;

You must be 14 or over to participate in the 25-35 mile routes (distance depending on event), between 14 and 16 to participate in the medium route (60 - 65 Miles) and 17 or 18 to participate in the 100 Mile route. Under 18's must have the consent of a parent or guardian and be accompanied by a nominated adult at all times whilst on the ride. All riders under 18 must have a signed parental consent form which includes details of the nominated adult that they will be riding with.

A 50% refund is available up to 1 week from the event date, after this date no refund is available. Entries on the day are subject to availability.

Please make sure you have read and fully understand the Rider Handbook in advance of the event, it contains many details that you need, saves you asking a lot of questions. Rider Handbooks are available to download from the event webpage, will be emailed out 3 days before the event and you will be signing at registration to say that you have read, fully understand and will comply with all rules given for the event.

You must obey all Highway Code Rules. You are requested to ride in single file where appropriate and no more than 2 abreast at any time. Please be aware of your fellow cyclists and other traffic.

Please do not pass through any traffic lights on red. Local Police Forces may be patrolling the route and any cyclists found breaking the law may be subject to individual prosecution. Failure to comply with the rule will result in disqualification.

It is mandatory THAT ALL riders wear a safety approved cycling helmet complying with latest ANSI Z90/4 OR SNELL standards. Any rider not wearing a helmet will not be covered by the event insurance and will be disqualified from the event and could be liable for damages if involved in an accident on that basis.

Participants will be responsible for the road worthiness & safe working order of their own cycle, please do not turn up to the event with a bike that needs attention. We offer mechanical support for the ride but we do not offer to service your bike before the ride, if your bike needs work doing before the event, please take it to your local bike shop well in advance of the ride itself.

Turning up with a bike that is not fit to ride will result in disqualification from the event as it is seen as a major safety issue to yourself and others around you.

Tri bars / aero bars are allowed, under a sensible use policy; they may not be used in group riding, heavy traffic or whilst approaching road junctions. We recommend they are only used whilst in solo situations. Failure to comply to this regulation will result in disqualification.

The route will be marked with directional arrows. Direction will be indicated by signs placed clearly at or before junctions. It is the responsibility of each participant to take the correct route. Do not blindly follow the rider in front of you - they might not be riding at our event.

All volunteers and staff involved in the event will be clearly identifiable. The marshals do not have the authority to stop motorists; they are there for your safety and other road users. Please listen and obey their instructions.

You may not deviate from the official route. Failure to comply with the rule will result in disqualification. If you have entered onto a shorter route you will be allowed to continue on the longer ride providing you are within the set time limits.

Please indicate your intention to stop or change direction.

You may not use your mobile phone while riding. You must stop at the side of the road if you need to make or receive a call.

The organisers reserve the right to terminate an individual's ride on health and safety grounds.

The ride will take place regardless of bad weather and will only be cancelled, re-routed or stopped for reasons of safety. Entry fees, however, are not refundable.

We advise that all participants carry a form of identification showing their name, address and/or contact details of a person to be advised in the eventuality of an accident.

All riders are recommended to carry suitable wet weather gear, 2 drink bottles, an energy bar or similar snack, multi-tool, spare inner tubes and a working pump, a mobile phone, a small amount of money, as well as extra clothing to complete the ride being undertaken, taking into account the route and possible adverse weather conditions.

The organisers will endeavour to provide fluid and some form of food at designated "feedzones" however we cannot guarantee supplies will be available at all times and urge riders to only take what they need and be mindful of the needs of those following behind. You will need to display your rider number on the handlebars of your bike to be allowed entry into any of the feed zones, failure to do this will mean you will be turned away.

No participant may take food or drink from anyone whilst on the move. If you need food or drink you must stop to receive it.

Mobile support vehicles in the form of cars or motorbikes are strictly forbidden and will lead to disqualification. You may however receive outside support from a stationary vehicle any such vehicle must not interfere with the progress of other riders.

All riders are covered by third party insurance for the duration of the event. The cost of this is included in your entry fee. The organisation is covered for third party liability.

Rider's number, issued at registration, must be displayed, front facing from handlebars for identification at all times. These can be kept as a keepsake for the event, many people get a print out from the timing company at the end and stick it to the back of the rider number.

The organisers will send out regular newsletters by email to all entrants. You may only unsubscribe from this service after the event has been held.

#### Entry Terms & Conditions

- I understand that I participate completely at my own risk and that the organisers will not be held responsible for any damage, injury or loss, however caused by myself, outside of the third party insurance in place for the duration of the event.
- I agree to wear a safety approved cycling helmet complying with latest ANSI Z90/4 OR SNELL standards for the duration of the event.
- Entry fee(s) are non transferable.
- I declare myself medically fit and able to participate in the ride. By entering the ride(s), I waive any liability on the part of the organiser due to medical grounds.
- Cyclo Sportives are designed as events for serious cyclists who have the strength, endurance and stamina to successfully complete the challenge. Please ensure you have done the right level of training to go for your standard and/or chosen distance.
- If I am under 18, I have the written consent by parent or guardian to ride & my parent or guardian will also accompany me throughout the duration of the event by bicycle. \*
- Participants must agree to have read the event regulations and to agree to abide by the regulations and accept the entry terms and conditions as stated above by the organiser.

\* If you are under the age of 18 please contact (matt@sportivehq.com) to request a parental consent form in advance of the event and have it completed ready for registration on the day. This will speed up the registration process on the day.