

# Ripon TOUR Sportive

1<sup>st</sup> July 2018

Rider  
Manual



**VELO29**  
**PRIMAL**  
CYCLING EVENTS

FOR MORE INFO VISIT  
[WWW.VELO29EVENTS.COM](http://WWW.VELO29EVENTS.COM)

# **Welcome to the 2018 Ripon Tour Sportive**

**This short event manual gives you all the info you need to prepare for the Sportive. Please read it carefully before day and arrive well prepared ready for an enjoyable and safe ride.**

**You will need to sign-on before the ride to confirm that you are taking part and that you have read the event manual and believe that you and are bike are capable of completing the chosen route. You are also signing that you understand this is an open road non-competitive event and you will follow the Rules of the Roads at all times.**

**Thank you very much for entering, we hope you thoroughly enjoy the day!**

**Any questions, drop us an email at [events@velo29.com](mailto:events@velo29.com)**

**Richard Williamson, Event Director, Velo29events.com**

## **Index**

- 1.) Getting to the event/ Parking/ Changing/ Showers**
- 2.) Preparing for the day**
- 3.) Registration on arrival**
- 4.) Timing chips**
- 5.) Departure/ rider briefing**
- 6.) Rider conduct**
- 7.) First aid**
- 8.) Route signs**
- 9.) Feed stations**
- 10.) Camping**
- 11.) At the finish**
- 12.) Photos, event certificates**
- 13.) Significant Climbs**
- 14.) Massage**
- 15.) Under 16 Parental Consent**

# 1.) Getting to the Event

The HQ, Car Parking and Changing facilities are located at;

Ripon Race Course Boroughbridge Road, Ripon, HG4 1UG

OS GRID REFERENCE Latitude 54.124443 Longitude -1.5044305



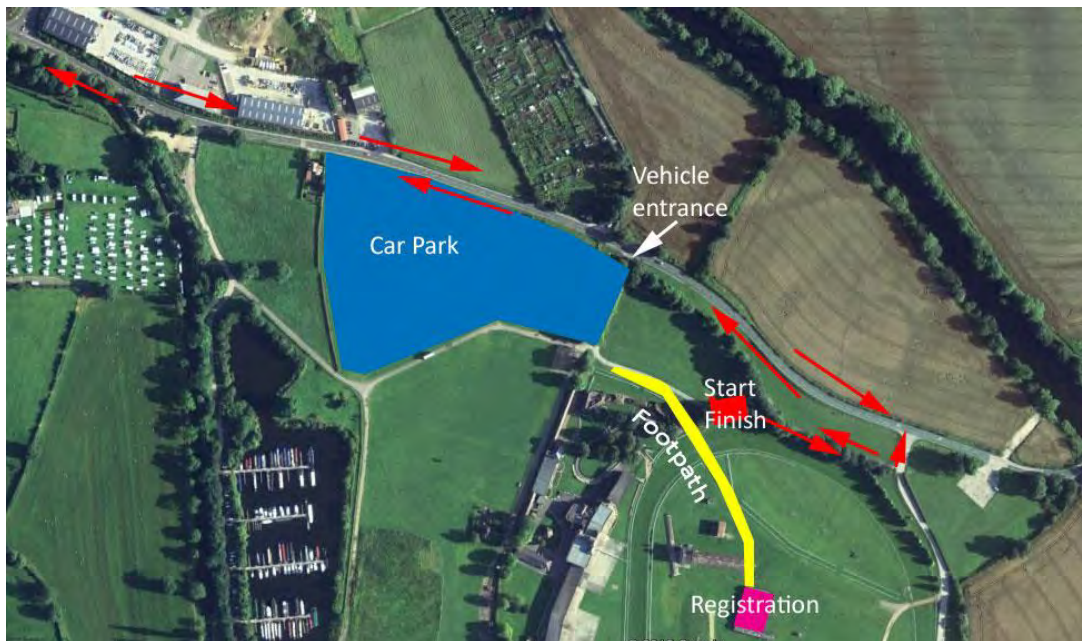
If you scan the QR code, it will open the HQ location in Google Maps

You will be directed by the Parking Marshals to a parking place, please follow their instruction.

Park as close as possible to the other cars and share a lift or ride to the event whenever you can. **There is a discretionary £2 charge for the parking with all funds going to the Air Ambulance. We are very grateful for your support.**

Water is available at the HQ for those who have ridden.

Toilets and Showers/ Changing are available at the HQ as shown on the map below.



## **2.) Preparing for The Day**

### **What to Bring on the Day?**

**Velo29 Sportives are well supported however we strongly recommend you prepare yourself with some essentials.**

**Please arrive with the following;**

**2 Water Bottles - you can fill up at the feeds and HQ**

**Enough food to keep you going for several hours of riding**

**Water proof light-weight jacket in case the weather changes**

**2 x inner tubes, tyre levers and a mini pump**

**Mobile phone pre-programmed with emergency contact number – 07478 824 929**

**Basic tool kit including chain tool**

**Helmet – must be worn by all riders, please contact us via email if you are not able to wear a helmet**

**If you use a Garmin then don't forget it, preloaded with the route!**

**The wearing of hard shell helmets conforming to CE standards EN1078 is mandatory for all riders participating in Velo29 Sportive events. It is the rider's responsibility to equip themselves appropriately prior to event day, that the wearing of helmets is a requirement of the event. Participants who start without a helmet, or choose to discard their helmet at any point of the ride will be withdrawn from the event without refund.**

## **Fitness and the Bike**

**The responsibility is upon the rider to be physically capable of completing the distance of ride you have chosen. If you are not confident then you can change in advance or at registration on the day.**

**Also, the rider is responsible for their own bike and you need to be confident that it is safe and reliable enough to complete the distance. There is a professional mechanic available on the day but their role is to assist with timing chips, small mechanical issues which occur on the ride and any issues which may have occurred on the way to the event.**

**If the event team judge your bike not to be suitable for the ride, then you will not be allowed to start. Refunds will not be given if the rider's bike is not suitable.**

## **3.) Registration**

**Register in the Race Course where you will receive your timing chip and rider number.**

**06:45 – 08:30 Sunday 1<sup>st</sup> July**

**The desk will be sorted alphabetically.**

**We recommend strongly that if you are doing the medium or long route, you aim to leave at close to 08:00**

## 4.) Timing Chips

**ride timing**  
.co.uk

**We will be issuing disposable timing chips for the event. Please make sure that your bike and helmet do not have any other chips on them from previous events as this will interfere with giving you an accurate time.**

**Please make sure that the chip is firmly attached to the top of your helmet.**



**Rider times and certificates will be at;**

**[www.ridetiming.co.uk](http://www.ridetiming.co.uk)**

# 5.) Departure/ Rider Briefing

**You need to depart between 08:00– 09:00**

**If you are doing the long you need to leave close to 08:00**

**We need to stager your starts to avoid congestion on the roads near the start.**

**In the briefing, we'll highlight any issues that might have occurred on the route, dangerous sections etc. It is important to pay attention and make sure you hear it.**



## **6.) Rider Conduct**

**This is a challenge event aimed at riders of all abilities, it is not a race.**

**Please read this short but important message.**

**As an increasing number of us take to the roads, the focus from the public on Sportives increases to grow. Sadly, not everyone is as excited about the explosion of cycling as we are. In previous events, we've had a small number of complaints regarding rider conduct and we fear that there is potential for these negative comments to escalate putting Sportives on the open road at risk.**

**As such we ask you all to please ride with every consideration to other road users, including cars and horses. Be as courteous to others as you can and absolutely follow the rules of the road 100% of the time.**

**Also, NO LITTERING please!**

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**Velo29 do an increasing amount of work each year with the areas we pass through to minimise the disruption and prevent any objection to Sportives on the open roads.**

**We need the riders to do the same, it's in all our interests to prevent public objection. Please ride well and ride safely for yourself and other road users.**



## **7.) First Aid**

**Qualified first aid is on site at the HQ for the duration of the event. They are there to deal with any incidents in the immediate area and with riders returning with issues.**

**There will be a mobile first aider out on the course as well.**

**Outside of the immediate area 999 should be used for any emergencies.**

**The Event Emergency number will reach event control at the HQ who will record your call and respond appropriately however for serious emergencies, please dial 999 immediately.**

**If you require first aid at the Start/ Finish, then report to the Gantry and a member of the team will deal with you.**

**The emergency contact number is below,  
please add this to your phone**

**07478 824 929**

**For breakdowns, rider recovery or non-emergency injuries call the above number.**

**Breakdown service for this event is provided by**



# 8.) Route Signs

Velo29 deploy a huge number of route signs in all our Sportives, you will not find a Sportive with better signage!

We check the signs on the morning of the event and during the event.

The routes are colour coded as follows;

When all 3 distances are using the same route, riders follow the yellow **ALL ROUTES** signs



You will then see a “ROUTE SPLIT SIGN”, from that point follow signs specific to your ride **SHORT, MEDIUM, LONG**.



Where Medium and Long use the same road, follow the signs as below



## 9.) Feed Stations

# HIGH5 SPORTS NUTRITION

**Rest, take shelter and enjoy a snack at the feed zones, the atmosphere is always great here! All feeds have a “1 Mile to Feed Station” sign and are sign posted as you approach.**

**Each feed is stocked with High5 energy product to fuel up or the rest of the ride. Carbohydrate powders, gels and bars.**

**Short Route      Nidderdale Gazebo                      20 miles**

**The Gazebo will be signed and flags/ banners to make it clearly visible to the riders**

**Medium Route    Kilnsey Feed Station                      30 miles**  
**Thornton Watlass Village hall       62 miles**

**Long Route        Kilnsey Feed Station                      30 miles**  
**Dales Cycle Centre Feed Station    75 miles**  
**Thornton Watlass Village hall       92 miles**



**PARTNER GHANA**

*Sharing experience and advancing education  
through global school partnerships*

# 10.) Camping

**Riders are able to camp at the Ripon Race Course on the Saturday night. If you are camping you can register for the event from 18:00 – 19:00 on Saturday night.**



**Camping is £10 in advance or £15 if you arrive and pay.**

**Full details and booking are here** <http://www.ripontriathlon.co.uk/camping>

**It's a great way to make a weekend out of the event!**

# **11.) At the finish**

**Riders will return to Ripon Race Course and ride over the line to receive a finish time.**

**The Velo29 team will be there to welcome you back and remove your timing chip and rider number.**

**Any feedback you have on the day; we are there to chat about with you.**

**We'll confirm your ride time, give you your goody bag and direct you to your massage (if wanted).**

**HQ will remain open until 17:00. If you are not able to make it back by then please make, contact with us either through the emergency number or to one of the event officials out on the course.**

**If you are not accounted for by 17:00 we will take this seriously and contact the emergency services who will start looking for you.**

**In every event a rider decides to get a friend to give them a lift home and doesn't tell us. We've had Police knocking on doors, air ambulance and every other flavour of emergency service you can think of looking for riders who are sat at home! Please call us if you feel the need to go home.**

# 12.) Photos and Event Certificates

Out on the course at various positions our Professional Event Photographer will be snapping away with some great photos you can purchase.

These will be available on their website  
<http://www.sportivephoto.com>



Ridetiming.co.uk will automatically take your finishing photo when crossing the line, these will be uploaded to the Ride Timing Facebook page after the event.

Ride Timing also offer a free event certificate available to download after the event. Simply navigate to their website [www.ridetiming.co.uk](http://www.ridetiming.co.uk) and follow the "Certificate" link



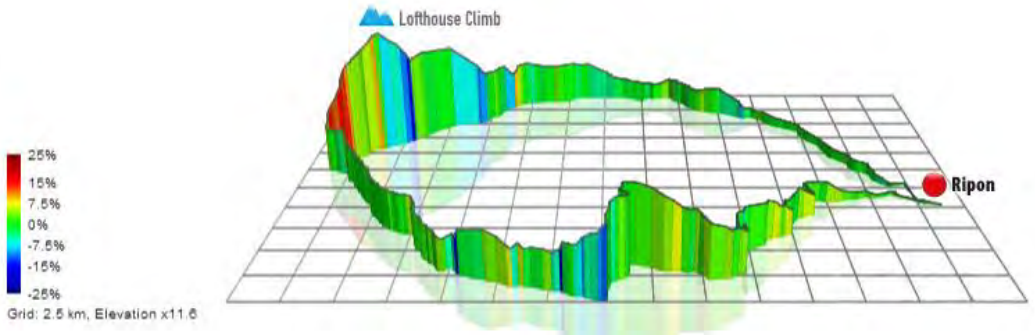
Date \_\_\_\_\_

# 13.) Significant Climbs



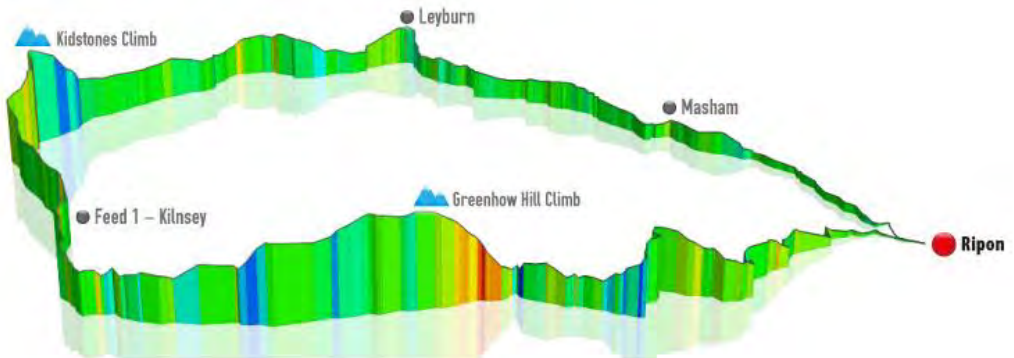
## Short Route: Lofthouse Climb

<https://www.strava.com/segments/1076384>



## Medium Route : TDF 2014 Buckden Grind Out Baby!!

<https://www.strava.com/segments/5538024>



**Long Route 1: TDF 2014 Buckden Grind Out Baby!!**

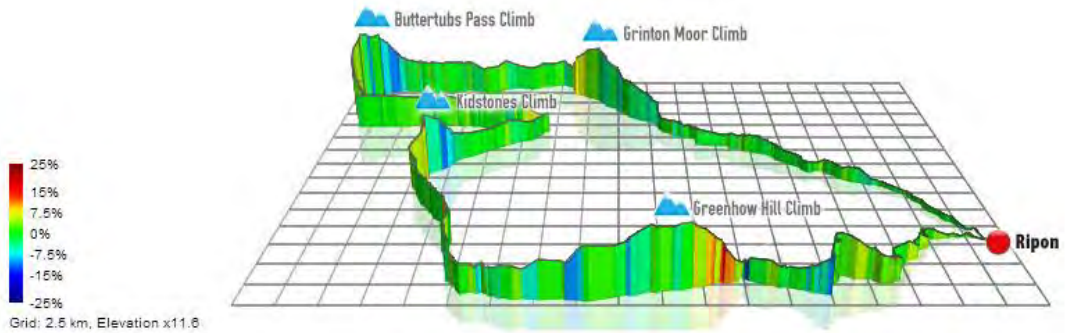
<https://www.strava.com/segments/5538024>

**Long Route 2 : Buttertubs Complete (From Hawes)**

<https://www.strava.com/segments/5066439>

**Long Route 3: Grinton Climb**

<https://www.strava.com/segments/1339830>





## 14.) **Massage**

# ***POST RIDE MASSAGE***

***FIRST 5 MINS FREE  
ADDITIONAL 10 MINS  
FOR £5***



**VELO**<sub>29</sub>

**/// CYCLING EVENTS**

# 15.) Riders Under 16

Riders under the age of 16 are able to ride in any Velo29 Sportive where accompanied by an adult.

There is no charge for Under 16 riders, simply enter the adult then email [events@velo29.com](mailto:events@velo29.com) with the details. We ask that you email the below consent form or bring it on the day.

I (parent/ guardian) \_\_\_\_\_

Of (child Under 16 ) \_\_\_\_\_ Date of Birth (Day/ Month/

Year) \_\_\_\_\_

Wish to participate together in the Velo29 Ripon Tour Sportive 1<sup>st</sup> July 2018.

I declare myself and the child of suitable fitness and both cycles are in suitable condition to complete the distance (short/ medium/ long) \_\_\_\_\_

I accept full responsibility for the child for the duration of the event and both myself and the child will wear a helmet, follow the rules of the road and observe good rider conduct at all times.

Signed (Parent/ Guardian) \_\_\_\_\_

Date \_\_\_\_\_

# HIGH5

## SPORTS NUTRITION

**Event Nutrition for all the 2018 Velo29 Sportives will be provided by High5.**

**They will have product for you at the HQ to load up before the ride, at the feeds to keep you going and at the finish to help you replenish and recover quickly.**

**Their range is huge and excellent, they are the Nutrition of choice for all the Velo29 Team, both on and off the bike.**

**Check them out at [www.highfive.co.uk](http://www.highfive.co.uk) and all good sports retailers.**





CYCLE INJURY CLAIMS

## THE SPECIALISTS IN CYCLING ACCIDENT CLAIMS

At Cycle Injury Claims our main priority is to get you back on your bike as quickly as possible.

As cyclists ourselves we fully understand your needs so our dedicated team will work hard to ensure that you receive the maximum level of compensation for your injuries and also the appropriate rehabilitation, to get you back on two wheels. Our service has been designed exclusively with cyclists in mind.



REHABILITATION



REPAIR



COMPENSATION

Hopefully you will never need us, but if you do we are here to help.



MICHAEL W HALSALL solicitors

Or visit our website  
[www.cycleinjuryclaimsuk.com](http://www.cycleinjuryclaimsuk.com)

Call us on  
**0808 223 0357**

11 The Parks, Newton-Le-Willows, WA12 0JQ