

# WHITBY REGATTA SPORTIVE

11<sup>TH</sup> AUGUST 2018

RIDER  
MANUAL



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

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



















## **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.**

**FA is also based at the Dales Bike Centre Feed Stop (Medium and Long).**

**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**



**Godley's Cycles, 91 Guisborough Road, Nunthorpe,  
TS7 0JS**

## 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;

### All Routes

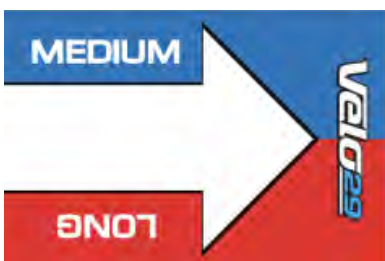
When all 3 distances are using the same route, riders follow the yellow **ALL ROUTES** signs



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



When the routes re-join each other, you will see a "ROUTES MERGE" sign

## 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.**

**Also from a local bakery we have cakes/ sandwiches/ sausage rolls etc.**

### Short

**Egton Village Hall, Egton YO21 1TY**  
28.1 km  
Grid Reference 54.444637 -0.75406954

### Medium

**You will stop at Egton Village Hall Twice**  
First Pass 28.1km  
Second Pass 57.6 km

**Egton Village Hall, Egton YO21 1TY**  
Grid Reference 54.444637 -0.75406954

### Long

#### Feed 1

**Egton Village Hall 28.1 km**

**Egton Village Hall, Egton YO21 1TY**  
Grid Reference 54.444637 -0.75406954

#### Feed 2

**Cropton Village Hall 67.5 km**

**High Street, Cropton, YO18 8HL**  
Grid Reference 54.291758 -0.83824664

#### Feed 3

**Egton Village Hall 90.3 km**

## 10.) 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



# 11.) Riders Under 16

**Riders under the age of 16 can 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)**

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**Of (child Under 16)** \_\_\_\_\_

**Date of Birth (Day/ Month/ Year)** \_\_\_\_\_

**Wish to participate together in the Velo29 Whitby Regatta non-competitive Sportive Saturday 11<sup>th</sup> August 2018.**

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

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**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)**

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**Date** \_\_\_\_\_

## 12.) **Massage**

# ***POST RIDE MASSAGE***

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



**VELO<sub>29</sub>**  
/// CYCLING EVENTS

# 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





**Free for all entrants!**  
**Collect at the finish line**

