

# White Horse

29<sup>th</sup> September 2018

Rider  
Manual

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

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



# **Index**

- 1.) Getting to the event/ Parking**
- 2.) Preparing for the day**
- 3.) Registration on arrival**
- 4.) Timing chips**
- 5.) Departure/ rider briefings**
- 6.) Rider conduct**
- 7.) First aid**
- 8.) Route signs**
- 9.) Feed stations**
- 10.) Photos, event certificates**
- 11.) Riders under 16**
- 13.) Massage**

























## 12.) **Massage**

# ***POST RIDE MASSAGE***

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



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# HIGH5

## SPORTS NUTRITION

**Event Nutrition for all the 2014 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.**

