

York-Leeds-York

10th March 2018

Rider
Manual

VELO29
PRIMAL
Cycling Events

FOR MORE INFO VISIT

WWW.VELO29EVENTS.COM

Welcome to the 2018 Velo29-Primal York – Leeds – York Sportive

This short event manual gives you all the info you need to prepare for the event. Please read it carefully before the day.

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

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.) Support vehicles/ mechanical issues during the ride**
- 11.) At the finish**
- 12.) Photos, event certificates**
- 13.) Riders under 16**
- 14.) Our Sponsors**

1.) Getting to The Event

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

York Auction Mart, York, YO19 5GF

OS GRID REFERENCE 53.960109 -1.0085466



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 car and share a lift or ride to the event where possible. Parking at the HQ is restricted to 300 cars.

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

Changing is available inside the mart as are toilets and shower facilities. These will be sign posted on the day from the main reception area.



2.) **Preparing for The Day**

What to Bring On the Day

Velo29 Sportives are well supported with experienced Motor Cycle Support Riders, Professional Mechanics in following cars, Broom Wagons, great route signs and plenty of refreshments at the feed zones however it's a good idea to bring a few items to look after yourself.

Please arrive with the following;

2 Water Bottles are suggested for all routes (you can fill up at the feeds) and at the HQ if you have ridden to the event

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

Basic tool kit including chain tool

Helmet – must be worn by all riders

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.

Godley's Cycles are supporting our events this year and would be delighted to help you with your bike preparation and service. Drop to their Nunthorpe Shop see them before the event.



3.) Registration

Riders must have entered before the closing date, there are no entries on the day.

Registration will open at 07:00 and first depart is 08:00. Registration will remain open until 09:00 by which time you must have signed on and set off.

Registration is in the car park in our gazebos, and will be sign posted on the day. There is bike racking available to park your bikes on, please don't lean it against our banners and tents.

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

The sign on desks are arranged alphabetically, please sign on the sheet, take your timing chip and rider number.

You are signing to say you have read all of the event manual, will wear a helmet, that the rules of the road and rider conduct will be followed at all times and that you consider yourself fit enough for the distance you intend to ride and your bike is suitable.

Do not start the ride if you are not happy with all of the above.

You will be issued with a ride number and timing chip. These must be attached to your bike and helmet for the duration of the ride. Details are in section 4.

4.) Timing Chips

Chip timing in all the 2017 Sportives is provided by www.ridetiming.co.uk

ride timing
.co.uk

Chips and rider numbers this year are disposable, you do not need to return them after the event.

You will be issued both on the day.

It is essential that both the chip and rider number are attached correctly.

The chip needs to be stuck securely to your helmet. If you lose it you will not get a ride time.



If you attached the chip to anything other than your helmet it will not work!

Bike numbers need to be attached to the handle bars and clearly visible at all times.

5.) Departure/ Rider Briefing

It is possible to depart from 08:00 – 09:00. After 09:00 we will close the registration and start to remove the route signs.

You can set off at any time between 08:00 and 09:00. If you are doing the Medium or the Long ride we suggest setting off close to 08:00

Riders will be held in front of the Start/ Finish Gantry to receive the rider briefing before setting off.

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.

Before setting off make sure you have attached the rider number and timing chip.

The briefing will last only a few minutes, we will then allow you to depart in small groups.

If you have not heard the briefing, please do not set off.

First aid is on site at the HQ however for the duration of the event, normal 999 emergency services apply.

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 too 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.

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.

We also have First Aid onsite at the Harewood House Feed Station. They will be a stationary point at the feed and only able to deal with people in that immediate area.

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

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.

Emergency Contact Number

07478 824 929

Tear off and put in your pocket/ store in your phone

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

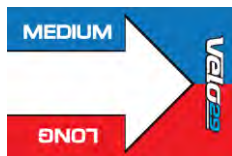
Medium



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

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.

Short

There will be one feed station in a gazebo at the road side for the feed station at the half way point. The exact location of this feed will be confirmed before the day. The stop will be well sign posted from the road side.

Medium

The Medium will stop once at Harewood House. Reached after 52.1KM

You will ride into the grounds of the Hall from the main road and continue until you see the marshal. Continue to the Velo29 Gazebo.

When you set off again turn around and ride back in the direction you came from

Long

The Long will stop once twice at Harewood House. Reached after 52.1KM and after 106KM

You will ride into the grounds of the Hall from the main road and continue until you see the marshal. Continue to the Velo29 Gazebo.

On the first pass continue through the grounds after the feed stop and past the farm

On the second pass turn around after the feed and ride back in the direction you came from

10.) Support Vehicles/ Mechanicals During the Ride

2 BROOM WAGONS will depart after the last rider. They will be taking down the route signs (we need to remove them on the day of the event) and will pick up any rider who cannot make it back to HQ by 17:00.

If you need collecting call the emergency contact number and wait in a visible position.

The **BROOM** will endeavour to bring you back to the HQ within the time you would have finished the ride. He is looking after a large area and number of riders so cannot take you immediately back to the HQ

The service car will depart at 09:00 and make a slow sweep of the long route. The car is provided and staffed by Godley's Cycles of Nunthorpe. They will deal with minor mechanical issues and help you to fit parts which you have with you, i.e. spare inner tubes. They are not able to offer replacement parts on the day.



National Escort Group Motor Cycle Marshals will patrol all the routes. Their role is to aid rider and public safety through awareness of the event. Should an incident occur they are most suited to respond quickly and "Marshal" a road/ relocate to a position with phone coverage.

They do not have any powers to stop traffic but can stop riders in the event.



11.) At the finish

Riders will return to the HQ and ride under the gantry to receive a finish time.

The Velo29 team will be there to welcome you back and remove you 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 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 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 and follow the "Certificate" link



13.) 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 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 York – Leeds – York Sportive 10th March 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 always.

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 and all good sports retailers.

