



**ESSENTIAL GUIDE TO
THE YORKSHIRE
BEAST**

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THE YORKSHIRE BEAST

A GUIDE TO THE EVENT

Your essential guide to the 2020 Yorkshire Beast, the scariest ride this year!!

Thank you for your brave entry to the 2020 Yorkshire Beast, we believe it's the toughest UK Sportive there is! You are now committed, no more refunds or referrals I'm afraid. If you've forgotten it's your wedding day, your bike has been stolen, have been attacked by a bear whilst out training then don't worry, we've heard them all, see you on the start line!

Some details are below which will help you through the day. There are a few simple rules to completing the ride.

- **Pace yourself.** We had a lot of riders come belting into feed 1 having averaged 20 mph. Most of these were later Beasted! You'll have good points and bad points during the day, hold back on the good points and keep something in the tank for the bad bits.
- **Eat consistently all day.** If you go too deep into your reserves there is no coming back! Nibble as you ride on the food you'd usually eat, don't try anything new on ride day. Use the feed stops to top up, don't count on the feeds to be your only source of nutrition.
- **Break consistently at the feeds.** People spent 1 minute at the first feed, 30 mins at the later feeds. Your body will appreciate 10 – 15 mins off the bike at each feed.
- **Prepare the bike well.** Don't leave anything to chance, don't switch to a new tyre etc. the day before. Ride your standard position, trusted/proven kit. Take some inner tubes, later in the day the riders are spread out over a huge distance. Our speed to get to everyone will be compromised, you don't want to get caught by the Beast waiting for a tube change!
- **It's a mental test as well as a physical one.** Prepare yourself for a long day in the saddle. If you get back before 21:08 consider it a bonus.

We had people quit after 30 miles last year. Clearly they had not prepared at all for the challenge. Unless circumstances are truly exceptional we are not able to recover anyone in the first 40 miles as this will compromise our ability to look after those who have prepared for the challenge and our help will get them through the day. If you get Beasted in the first 40 miles then you'll need to ride back to HQ yourself. You'd planned to ride 200 miles so riding 80 is dramatically less.

The absolute cut off time is 21:08 to be back at HQ; the Velo29 team may extend this in exceptional circumstances such as road closures on the day but you must work off the 12.5mph average (inc stops) getting you back at 21:08. Riders before 21:08 will get a medal, riders after or who do not complete the 200 miles will not get a medal. We had some emotion around this last year, it is a prestigious finishers medal, not a taking part medal. If you don't do all 200 miles and reach HQ by 21:08, no medal!

There is timing at Feed 3 and Feed 6 which is there primarily to be sure everyone completes the full route. Please make sure you stop at these feeds and record a time.

Camping details

You can arrive at the Dales Bike Centre from 14:00 to 22:00. If you're arriving before then please let us know. Please check in with us at the Velo29 gazebo on the way in, you'll be checked in and issued a wrist band.

Toilets, changing and showers will be open from 14:00 on the 19th all the way through to 10:00 on 21st June.

The pasta party will be served from 19:00 – 21:00. Please attend by 21:00 as no food will be served after this time.

The Menu is to be confirmed and will be published nearer the time.

You can still buy tickets [here](#).

The Pasta Party must be pre-ordered, no sales on the day.

Saturday morning breakfast

3:30 - 5:30

TBC

Saturday evening dinner

15:00 - 22:00

TBC

Rider Briefing

All riders must attend the pre-ride briefing at 04:50 for a 05:00 sharp depart. All riders set off at the same time, you will all get at start time of 05:00.

On The Ride

The Beast Van will chase you travelling at 12.5mph. If he arrives at the feed stop and you're still there then it's game over, you'll be recovered back to HQ.

At each feed there is a clock counting down to the cut off time, when it hits zero the Beast will arrive!

Feed 4 – Safety HUB

As part of the Summerbridge Methodist Church Hall HG3 4JH at 118.7miles (191.0km) will be a 'Safety Hub'.

At the 'Safety Hub' there will be:

- Food & drink/ Medical Team/ Massage/ Mechanic as per other feeds
- Major recovery point
- Device / Phone Charge Point – use your own cables
- Rider Recovery
- **Bag Drop**

During registration times at event HQ there will be a 'bag drop' point where you will be able to collect a carrier bag to label with your name and rider number. You can place in any items you may need during your ride. These can be anything from personal food, clothing, chamois cream, charging cables etc.

Your bag will be transported to Feed Stop 4 (Safety Hub) only by the Velo29 Team and will be ready for you to collect your items or deposit anything you wish to discard. Your bag will then be taken back to the start/finish. There is no option to take this to other feed stops.

If you have any questions before the day then do drop us an email events@velo29.com

Feed Stations

Feed 1

Location: Kildale Village Hall YO21 2RG

Mile: 38.5

Beast arrives: 08:04

Food: Breakfast items: porridge, croissants, pain au chocolate, bananas etc.

Feed 2

Location: Kirkdale St Gregory's Minster YO62 7HF

Mile: 71

Beast arrives: 10:40

Food: Sausage rolls & cheese rolls along with flapjack.

Feed 3

Location: Alne Village Hall, Alne, York YO61 1RP

Mile: 93.2

Beast arrives: 12:27

Food: Selection of sandwiches with various fillings along with fruit, bananas and nuts. Various juice cordials.

Feed 4

Location: Summerbridge Methodist Church Hall HG3 4JH

Mile: 118.7

Beast arrives: 14:29

Food: A hot sausage bun done on the BBQ.

Feed 5

Location: Kilnsey Village Hall BD23 5PS

Mile: 136.3

Beast arrives: 18:42

Food: Pork pies, Cornish rolls, chocolate brownies. And treats such as Kendal mint cake & jelly sweets and espresso.

Feed 6

Location: Dales Bike Centre DL11 6AW

Mile: 171.3

Beast arrives: 18:42

Food: Sandwiches with various fillings, crisps and savoury items. We will also have cans of fizzy drinks and espresso.