

Cento Miglia Rider Manual Your Essential Pre-Ride Read



HQ and Parking - Kirk Deighton Rangers Junior Football Club.

Weatherby

LS225NB

www.velo29events.com

Any pre-event questions email depart@velo29.com

Cento Miglia Sportive



Welcome to another great Velo29 Sportive!

Velo29 are excited to get another new event on the road! Cento Miglia (100 miles in Italian) is a wonderful ride in some of Yorkshire's most lovely scenery, especially delightful in early May, when the sun always shines.

Please read this important message from Velo29

You have entered to ride in an open road challenge Sportive, this IS NOT a RACE. You must follow the rules of the road at all times.

During the ride you will encounter all the challenges of riding on the open roads, and it is for you to negotiate safely through these challenges.

Velo29 have not worked to remove these challenges and we have no insight into your ability to complete the ride safely. Only you as the rider can make an assessment about this.

Weather conditions will change, the road surface will vary and evolve during the ride, some sections need specific caution and skill to navigate past which only you can judge your speed and position through these sections.

Please do not take a single risk, please get back to the HQ safely, without incident having had a great day out in a wonderful part of the World.

We do not insure you against bodily injury whilst taking part in this Sportive, you do so at your own risk if injured or hurt. There is of course an element of physical risk to those taking part and we suggest that you look to insure yourself. An appropriate British Cycling membership is perhaps a very good option for you.

PRE-EVENT ACTION

Before each event all entrants must please complete the pre-event questionnaire and book a start slot.

This can be done from 10:00 Tuesday until 18:00 Thursday in the week before the event. We will email you a link but you can click [HERE](#) to complete this action. You can find your rider/chip number and booking reference on that page.

We will email and text you with specific events updates in the lead up to the event, please lookout for those comms from us.

N.B. please do not try before we open the booking system for this event at 10am on the Tuesday before the event

- Study the routes, be sure you can make any cut-off times and your bike is suitable and maintained. Download the GPS files [here](#)
- Prepare your kit bag – 2 water bottles (cannot be filled at start line), rain cape, 2 inner tubes/ leavers/ mini pump
- Put the emergency contact number into your phone (07402 168 687)
- Download our event day help App. The best way to get help on event day! Scan the below QR code with your phone camera. **Please note - The app will only be active the day of the event.**
- **Your rider pack (containing rider number and timing chip) will be available for you to collect at the HQ near the start line.**



iOS Version Scan Here



Google Play Scan Here

Depart Slot Booking

Depart slot booking opens the Tuesday before the event at 10am. We will send you an email with all the links you need to complete this or you can use the link [HERE](#).

Start slots are available by route distance. 10 people can start per minute. You can book yourself and friends on (once they have done the pre-event questionnaire)

Female riders have the option of either the female only time slot or their chosen route time slot.

Cut Off Times

Cut Off Times are calculated at an average speed of 18km/ hour (11.5mph)

The Medium and Long route will close at Fewston Stop 1 at 31km at 10:15. After this time you must join the Short Route

The Long Route will close at the Patley Bridge split point is at 53km. This will be closed at 11:30. After this time you must join the Medium Route

All riders back at HQ by 17:00

HQ will be locked at 17:30 and Velo29 need to be off-site by then. Your car needs to be off-site by 17:30

Feed Station Information

Feed Location	KM From Start	KM To Next Feed	KM To Finish
SHORT			
Fewston - FULL FAT	32	N/A	41
MEDIUM			
Fewston - Breakfast + Sandwich	32	42	78
Fewston - FULL FAT	70	N/A	41
LONG			
Llangollen - Breakfast	32	48	130
Fearby - FULL FAT	80	40	82
Fewston - FULL FAT	120	N/A	41

Feeds are a choice of:

- pork pie or sausage roll
- ham, egg mayo with sweetcorn or cheese savoury sandwich
- flapjack or brownie

There is also HIGH5 energy products, water, tea and coffee

Any specific dietary needs must be emailed to depart@velo29.com, using the format below, from the Monday before the event until 17:00 on the Wednesday so we can cater for you at the feed and finish line. Please do not email before or after this time.

A specific food bag will be waiting for you at the feeds, please ask a member of staff.

All feeds have options for vegetarians so a specific feed bag will not be needed, however, please let us know for the finish line BBQ

Subject – Cento Dietary

Name –

Route –

Dietary Requirement -

Please make your day out environmentally friendly



GREEN BIN/CLEAR BAG

- Empty coffee cups
- Paper envelopes
- Empty Erdinger cans



BLACK BIN

- High 5 wrappers
- Food waste
- Cable ties
- Timing chips

SIGNAGE INFORMATION

Velo29 deploy a huge amount of signage which we check the morning of the ride to ensure it is correct for the day. If we have to make any changes, you will be advised by email/ text so make sure your contact info is up to date. Feel free to use a GPS device but if there is any doubt we would always say to follow the signs. If you feel you are off route, call the emergency contact number. We will ask you to send your Google Maps location or What3Words. It is very helpful if you can do this. Below are the types of signs we typically use.



Our signs –

- Are placed typically a mile apart
- Before a turn you will see a directional arrow
- At a turn you will see a directional arrow
- Shortly after, you will see a confirmation of route arrow.



Straight on



Left/Right



Follow the bend

GENERAL INFORMATION

WHAT TO BRING ON 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 but NOT HQ so arrive with full water bottles
- Enough food to keep you going for several hours of riding
- Waterproof 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 – 07402 168 687
- Basic tool kit including chain tool
- If you use a GPS device such as a Garmin or Wahoo then don't forget it and preload it with the route!

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

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.



GENERAL INFORMATION

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.

Also, NO LITTERING please!

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.

As we move to a post-covid state of normality we ask that all riders continue to respect the max 10 riders in a group rule.

We do still get complaints about large groups and possible infection. 10 is below that suggested by BC and we've never had complaints about groups of 10 so please help it stay that way.



GENERAL INFORMATION

FITNESS AND THE BIKE



Fitness and the Bike

The responsibility is upon the rider to be physically capable of completing their chosen distance and the accompanying climbing and elevation involved. All riders must be back at the HQ for 17:00

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 are professional mechanics available on the day, but their role is to assist with 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.

As this is a very challenging course, please check your bike is in full working order, bikes should have a mechanical check and any issues resolved prior to attending the event. There will be a mechanic available at the start finish on the day of the event to deal with any minor issues that may have occurred en-route.

GENERAL INFORMATION

MEDICAL PROVISION, MECHANICALS & RECOVERY

Medical cover will be available at various locations on the route for the duration of the event.

The Event Emergency number will reach event control who will record your call and respond appropriately.

The best way to contact us is by using the Velo29 Ride App, this will tell us who you are, what is wrong and importantly, where you are. The app can be downloaded for free from Google Play and the App Store. Instructions on the last pages of this manual.

The emergency contact number is below; please add this to your phone however, it is also displayed on the back of your rider number.

Emergency Contact Number

07402 168 687

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

However, for serious medical emergencies, please dial 999 immediately and then please inform event control on the above number.

Please be aware that due to the size of the event you may have to wait a while for recovery. In the first instance your best course of action is to go forward or back to the nearest feed station if you are able. The staff there can arrange recovery. If you need recovering from the course, then you may be dropped at a feed station then picked up by another vehicle and this may take time. There are hot drinks and food at the feed stations so you will be comfortable till help arrives.

Your entry fee DOES NOT include rider liability insurance. You might wish to arrange your own liability insurance in case you injure yourself or be involved in an incident for which you're liable.



POST RIDE



Wall of Fame

Make sure you get a photo in front of the Wall of Fame – you have earned it! These are free and posted to the Velo29 Facebook Page!
We issue medals on the finish line, please make sure you stop and get yours.

This year at all Velo29 Sportives your post ride drink is provided by Erdinger.

ERDINGER
ALKOHOLFREI



Rider Times

Visit <https://velo29events.com/results/> after the event where you can see all the rider data.



Event Photographs

Your event images will be uploaded to <https://velo29y-l-y2023.runnertag.site/#/>

At 17:00 on event day, we'll message you a link to the images. They'll be uploaded asap but usually are available the day after the event.

The Velo29 Ride App

...the best way to get support during your ride

Application Instructions for iOS & Android users.

The app is for Sportive riders on event day who need help. It will send Velo29 Event Control your essential data and position so we can assist you swiftly and safely.

Please use this app for mechanical/ medical or "off route/ lost" assistance.

If a genuine medical emergency still default to 999.

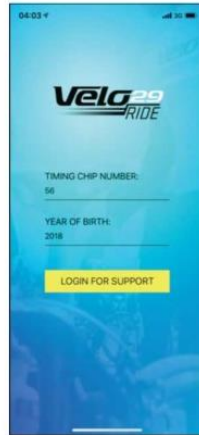
Also if you've changed route i.e. dropped from long to medium or have gone home without finishing the ride you can use the app to tell us.



Download the app for free from the Google Play/Apple app store **before the event.**
Just search for Velo29 Ride.



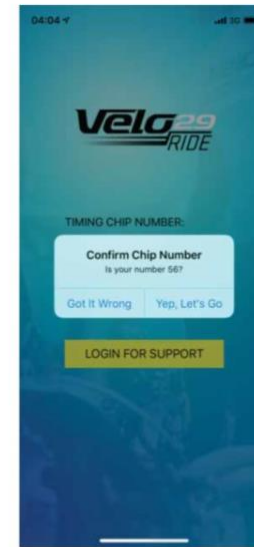
At the time you need assistance open the app and enter your rider number which is on you handlebars.



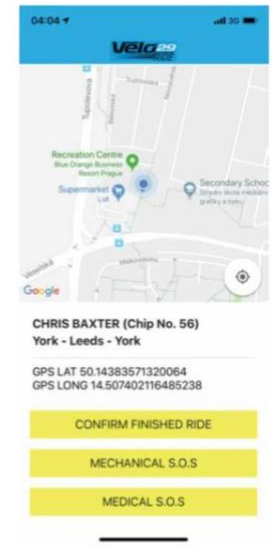
Then enter the year you were born, this is to identify you.



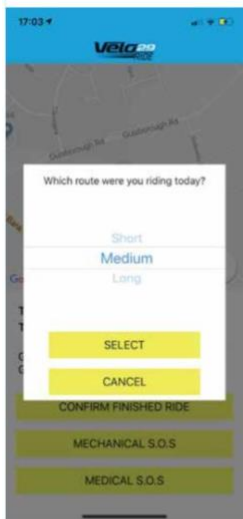
Then press 'log in for support'.



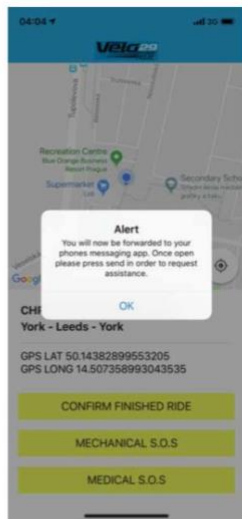
You will be asked to confirm your chip number, check it and press 'Yep let's go' or 'Got it wrong' to go back and change it.



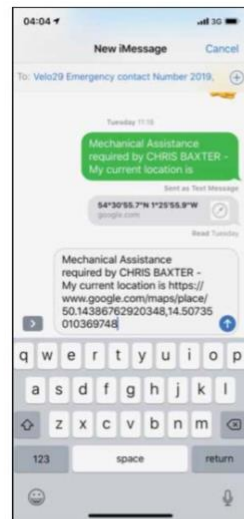
The app will then load your position on the map. Select from the 3 options.



Use 'confirm finished ride' if you've not made it back to HQ and wish to tell us OR if you've changed route distance. Select the route distance and press 'select'. If you've not ridden over the finish line of course you won't get a time.



If you select Mechanical or Medical you will get an alert. Press 'OK'.



A text message will open, you MUST send this message. Just press send.

Velo29 will respond back with a confirmation text message and we'll keep you updated via text message with an ETA.



android

This service is only available to Velo29 Sportive participants during the event.

It will not work on any other day!

For tech support before the event email events@velo29.com



iOS Version Scan Here



Google Play Scan Here



The Velo29 Events Title Sponsor, CAMS!

Velo29 is delighted to be partnering with CAMS for 2025. Have a read below to find out how CAMS can benefit you and why Velo29 is promoting their support for cyclists.

Velo29 x CAMS Partnership

CAMS is delighted to be the title sponsor of Velo29, as passionate cyclists we are delighted to further support the cycling community with these fantastic events.

CAMS is one of the UK's leading cycle accident management companies and works alongside hundreds of bike shops across the country. CAMS has over 25 years of experience helping victims of non-fault accidents.

Getting cyclists back on the road

Operating 24/7, 365 days a year, CAMS assists thousands of cyclists to get back on the road.

Whether you're a daily commuter, weekend rider, or competitive racer, CAMS can support you after a non-fault accident.

If you've had a cycling accident that wasn't your fault, contact our dedicated team of advisors, who will take the details of your accident, by ringing **0345 054 1000** or visiting www.c-ams.co.uk.

How CAMS can help you

CAMS will arrange for your bicycle to be inspected at your local bike shop. CAMS will help get you a replacement bike and helmet upfront through your chosen bike shop.

If you have unfortunately been injured as a result of the accident, we can help you. CAMS can assist you, from minor accidents to more serious injuries.

CAMS recommends specialist solicitors who will support you at every stage of your claim and will ensure that you are properly compensated.