

**UPDATED INFO FOR
2019 COMING SOON..**



RIDE EDITION 1
5TH AUG
PRAGUE

Welcome to the 2018

Velo29-Primal Ride Prague Sportive

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

The Czech Republic is generally a friendly place to ride, the roads we've used are mostly quiet. However, drivers are not familiar with events like this so if riding in groups of more than 2 please give drivers more space than you might in the UK.

Our main support structure for the day is English Speaking Motor Cyclists. You will reach them on the UK emergency contact number mentioned later in this manual.

If hiring a bike, then get out and ride it for a least an hour before the event. Get comfortable with the machine and the roads.

Ride on the right!

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 can complete 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 always.

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



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1.) Getting to The Event – Print this page!

Registration and Start/ Finish is located at the Blue Orange Hotel, THERE IS NO EVENT PARKING THERE!

Blue Orange Hotel and Business Resort, Tupolevova 676, 199 00 Praha 9, Czechia



Park to the South of Letňany Metro Line in the street, it is free and there is a lot of space.



Scan this QR code to get to the parking, it will open Google Maps on your smart phone.



Scan this 2nd QR code to get to the Start/ Finish, it's a 1km ride from the parking.

2.) Preparing for 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 and HQ

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 –

0044 7402 168 6876 – This will reach us in Prague on the day.

Basic tool kit including chain tool

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

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.

3.) Registration

You will need to sign and collect your timing chip and rider number.

There will be 3 desks in alphabetical surname order

You can register from 07:30 – 07:50

All riders must depart at 08:00 sharp.

You will be escorted through the City of Prague in one group.

There is no option to set off after 08:00.

4.) Timing Chips



We will be issuing disposable timing chips for the event. Please make sure that your bike and helmet do not have any other chips on them from previous events as this will interfere with giving you an accurate time.

Please make sure that the chip is firmly attached to the top of your helmet.



Rider times and certificates will be at;

www.ridetiming.co.uk

5.) Departure/ Rider Briefing

You must depart at 08:00!

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.



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 to 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.

This is a popular area with Horse Riders, especially in the Middleton area, please respect all road users.

Also, NO LITTERING please!

Anyone witnessed doing so will have their details passed to the local police.

Velo29 do an increasing amount of work each year with the areas we pass through to minimize 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.

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

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

Breakdown service for this event is provided by

0044 07402 168 687

Local emergency services

112

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** or **LONG**.



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

9.) Feed Stations

HIGH5

SPORTS NUTRITION

The Feed Stop is as we leave Melnik, we will assemble an easily visible feed to the road side.

Reached on the Short after 63km

Reached on the long after 63km and again after 120km

Additionally on the long we'll position a "splash and dash" unmanned feed to the top of the Northern Loop. This will consist of water and high 5 bars/gels.

10.) Event Certificates

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



10.) 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 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 Ride Prague Non-competitive Sportive Saturday 5th August 2018.

I declare myself and the child of suitable fitness and both cycles are in suitable condition to complete the distance (Short/ 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 _____