Welcome to the Velo29-Primal
Ripon Tour Sportive

This short event manual gives you all the info you need to prepare for the Sportive. Please read it carefully before day and arrive well prepared ready for an enjoyable and safe ride.

This manual gives you all the information to prepare for the Ripon Tour Sportive.

Before the ride you will need to sign-on to confirm that you:
• are starting the event
• have read this event manual
• believe that you are capable of completing the chosen route
• believe that your bike is maintained and capable of completing the chosen course
• understand this is an open road non-competitive event
• will follow the Rules of the Roads at all times.

Thank you very much for entering, we at Velo29 hope you thoroughly enjoy the day!

If you have any questions, then please drop us an email at events@velo29.com

---

Index
3. On the day / Departure / Rider briefings
4. Getting to the event / Parking
5. Registration
6. Preparing for the day
8. Timing chips
9. Rider conduct
10. First aid
11. App Instructions
14. Route signs
15. Feed stations
16. At the finish
19. Photos & event certificates
20. Riders under 16
21. Massage
On the Day / Departure / Rider Briefing

You need to depart between 08:00–09:00.

If you are doing the long you need to leave close to 08:00.

We need to stagger your starts to avoid congestion on the roads near the start.

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.
Getting to The Event

The HQ, Car Parking and Changing facilities are located at: Ripon Race Course, Boroughbridge Road, Ripon, HG4 1UG

OS GRID REFERENCE 54.124443 -1.5044305

If you scan the QR code, it will open the HQ location.

You will be directed by the Parking Marshals to a parking place, please follow their instruction.

Park as close as possible to the other cars and share a lift or ride to the event whenever you can. **There is a discretionary £3 charge for the parking with all funds going to the Yorkshire Air Ambulance. We are grateful for your support.**

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

Toilets and Showers/Changing are available at the HQ as shown below.

We work closely with the Tri-Hard Ripon Triathlon so please feel free to use their changing and toilet facilities. You will have to use the walkway across the racecourse to get to the Velo29 registration and start.
Registration

Registration will be from 07:00 to 09:00 and registration desks will be arranged alphabetically within the event HQ.

<table>
<thead>
<tr>
<th></th>
<th>Long</th>
<th>Medium</th>
<th>Short</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>07:00 – 07:50</td>
<td>07:00 – 08:20</td>
<td>07:00 – 09:00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Depart</th>
<th>Depart</th>
<th>Depart</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>08:00</td>
<td>08:30</td>
<td>09:00</td>
</tr>
</tbody>
</table>

You will sign the signing on sheet to confirm you are starting the event and read and will abide by the rules laid out in this rider manual.

You will then receive an envelope that will include your rider number, timing chip and twist ties.

We issue disposable timing chips for the Velo29 Ripon Tour event. Please make sure that your bike and/or 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 your helmet, the chip location on the helmet is not vitally important, however the top of the helmet is best as our timing sensors are above the start/finish gantry.
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 – 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.
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.

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 Ripon Tour 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 to Thirsk.
Timing Chips

Chip timing in all the 2019 Sportives is provided by www.ridetiming.co.uk

We will be issuing disposable timing chips for the event. Please make sure that your bike and helmet does 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. The helmet surface should be dry before attaching the chip.

Rider times and certificates will be at: www.ridetiming.co.uk

If you attach 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.
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.

We’ve recently received complaints of urinating in public places which we cannot tolerate. This is a criminal matter and we would support the police in their prosecutions.
Qualified first aid will be stationed 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 next page.

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

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

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 Ripon Tour 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.

If you are having mechanical issues then please call the number above and we get help to you as soon as possible.
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.

---

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

Thanks,
The Velo29 Team.
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.

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.
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.

Each feed is stocked with High5 energy product to fuel up or the rest of the ride. Carbohydrate powders, gels and bars.

<table>
<thead>
<tr>
<th>Route</th>
<th>Feed Station</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short Route</td>
<td>Nidderdale Gazebo</td>
<td>20 miles</td>
</tr>
<tr>
<td>Medium Route</td>
<td>Kilnsey Feed Station</td>
<td>30 miles</td>
</tr>
<tr>
<td></td>
<td>Thornton Watlass Village hall</td>
<td>62 miles</td>
</tr>
<tr>
<td>Long Route</td>
<td>Kilnsey Feed Station</td>
<td>30 miles</td>
</tr>
<tr>
<td></td>
<td>Dales Cycle Centre Feed Station</td>
<td>75 miles</td>
</tr>
<tr>
<td></td>
<td>Thornton Watlass Village hall</td>
<td>92 miles</td>
</tr>
</tbody>
</table>

The Gazebo will be signed and flags/banners to make it clearly visible to the riders.
At the finish

Riders will return to HQ Ripon Race Course, and will receive a finish time once you ride under the gantry. The Velo29 team will be there to welcome you back and award you with your well-deserved medal.

The team will gladly receive any feedback you wish give about the event and will happily chat with you.

Available at the finish FREE:

- Printed time
- HIGH5
- First Aid
- Water
- 5 min massage

Available at the finish at extra cost:

- Coffee
- Drinks
- Food and snacks

The event HQ will remain open till 17:00. If you are still out on the course and will not be able to make it back on time then please call the emergency contact on the back of your rider number or speak to one of the Velo29 officials who will advise you what to do.

If you are not accounted for by 17:00 will instigate the following procedure:
1. Ring your contact number you provided during registration.
   Usually an unaccounted for rider issue is resolved at this stage but if not;
2. Ring your emergency contact number you provided during registration to ask your whereabouts.
   Be aware that this could be a potentially worrying phone call for your emergency contact so please contact us if you have simply gone home.
3. If we cannot find you and all other avenues have been exhausted the we have no option to ring the emergency services.
   We have instances of police knocking on the doors of riders who have gone home without telling us.

If in any doubt during the event then please ring the emergency contact and we will advise you on the best course of action.
Camping

Riders are able to camp at the Ripon Race Course on the Saturday night.

Camping is £10 in advance or £15 if you arrive and pay.

Full details and booking are here: www.trihard.co.uk/product-category/ripon-triathlon/

It’s a great way to make a weekend out of the event!
Significant Climbs

Short Route:
Lofhouse Climb - https://www.strava.com/segments/1076384

Medium Route:
TDF 2014 Buckden Grind Out Baby!!
https://www.strava.com/segments/5538024

Long Route:
1: TDF 2014 Buckden Grind Out Baby!!
https://www.strava.com/segments/5538024
2: Buttertubs Complete (From Hawes)
https://www.strava.com/segments/5066439
3: Grinton Climb
https://www.strava.com/segments/1339830
Photos

My Bib Number aim to have the quickest turn around in terms of high quality imagery, along with direct sharing to Facebook using many innovative tools at their disposal. In the approach to an event, you can register with them and they will email you as soon as your photo’s are available online, saving you time checking websites. www.mybibnumber.com/client/Velo29

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.
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 Ripon Tour non-competitive Sportive Saturday 30th June 2019.

I declare myself and the child of suitable fitness and both cycles are in suitable condition to complete the distance of:

☐ 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 ........................................................................................................
POST RIDE MASSAGE

FIRST 5mins FREE

10mins = £5 | 15mins = £10
Primal Europe are the official sponsor of the Velo29 Sportive Events.

Primal are excited to be attending the 2019 Velo29 sportives as the official title sponsor. Primal will be at the event HQ with a wide range of cycle clothing and accessories plus the official sportive jersey to buy at the event.

Feel free to chat to the guys about your cycling clothing as they may have some great suggestions on getting more out of what you’re wearing.

www.primaleurope.com
THE SPECIALISTS IN CYCLING ACCIDENT CLAIMS

At Cycle Injury Claims our main priority is to get you back on your bike as quickly as possible.

As cyclists ourselves we fully understand your needs so our dedicated team will work hard to ensure that you receive the maximum level of compensation for your injuries and also the appropriate rehabilitation, to get you back on two wheels. Our service has been designed exclusively with cyclists in mind.

REHABILITATION  REPAIR  COMPENSATION

Hopefully you will never need us, but if you do we are here to help.

MICHAEL W HALSALL solicitors

Or visit our website www.cycleinjuryclaimsuk.com
Call us on 0808 223 0357

11 The Parks, Newton-Le-Willows, WA12 0JQ
Maxxis UK continue their support of Velo29 Events for the 2019 season.

A division of the world’s largest bicycle tyre manufacturer, Maxxis UK, has officially signed a deal to sponsor Velo29 and its sporting events for the 2019 season. Maxxis Tyres UK will be the official tyre sponsor of each event, from the 50-mile, entry level 5 Dales sportive to the elite level, Klondike Grand Prix, which will form the opening round of the HSBC Spring Cup.

Maxxis Tyres UK will use the series as a platform to engage with the road cycling community to promote its extensive range of road cycling and gravel and adventure tyres, including the acclaimed tubeless ready, feather light, Padrone TR road race tyre and the Rambler gravel and adventure tyre.

Bicycle brand manager at Maxxis UK, Stephen Robinson will be attending select events, ready and open to provide support for riders. He comments: “Sponsorship plays a vital role in continuing to build on our success and Velo29 represents the perfect event partner to join forces with. There are immense synergies between our two organisations, with both companies dedicated to cyclists of all standards, nurturing grass roots, promoting raw talent and striving to be the best at what we do. We’ll be coming along to support at some events throughout the season, armed with plenty of invaluable information and advice that will help riders be the best they can be. We can’t wait to see all that Velo29 pulls out of the bag this year.”

For more information on Maxxis, please visit www.maxxis.co.uk.
Event Nutrition for all the 2019 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.
Getting your nutrition right can make all the difference to getting across the finish line and enjoying your ride. HIGH5 is the on course sports nutrition for VELO29 so here’s a guide to help you plan your nutrition strategy for the ride.

**Fuelling your bike ride**
Carbohydrate is your high-energy fuel for endurance events. It will help you go faster and further. Unfortunately, you only have a limited amount of carbohydrate stored in your body and it’s depleted after less than two hours of cycling. Carbohydrate re-fuelling will substantially extend your endurance by providing the extra energy you need. You’ll enjoy your event more and feel stronger, particularly later on. You can consume energy bars, gels and drinks for carbohydrate.

**Good to know**
These guidelines are based on the latest science and real world feedback from thousands of athletes to help you perform better and enjoy your bike ride more. Research shows that by simply following these guidelines on the day of an event, cyclists were able to maintain their pace 2.6% longer. This was compared to their existing brand of nutrition consumed as normal.

**Staying hydrated**
You lose fluids and electrolytes when you sweat. If you don’t replace these, then you obviously become dehydrated which can really affect your performance. Sport drinks, like Energy Drink, contain electrolytes to enhance the absorption of water and help you re-hydrate.
**BREAKFAST**

Your breakfast should be light and high in carbohydrate; good examples would be cereals, toast and porridge.

**CAFFEINE**

Caffeine gives you both a physical and mental boost. When taking part in tough sport events like a sportive, it helps to increase your endurance performance and capacity. This means you can go faster than before without any extra training!

The scientific research has shown an effective dose is 3mg caffeine per kg bodyweight for increased endurance performance. Below you can see how much caffeine you need to take depending on your body weight and an example of what you could take to get there.

<table>
<thead>
<tr>
<th>Bodyweight</th>
<th>Amount &amp; source of caffeine</th>
</tr>
</thead>
<tbody>
<tr>
<td>40kg</td>
<td>120mg 425ml Energy Drink Caffeine Hit</td>
</tr>
<tr>
<td>50kg</td>
<td>150mg 550ml Energy Drink Caffeine Hit</td>
</tr>
<tr>
<td>60kg</td>
<td>180mg 650ml Energy Drink Caffeine Hit</td>
</tr>
<tr>
<td>70kg</td>
<td>210mg 750ml Energy Drink Caffeine Hit</td>
</tr>
<tr>
<td>80kg</td>
<td>240mg 850ml Energy Drink Caffeine Hit + 1x Energy Gel Aqua CaffeineHit</td>
</tr>
<tr>
<td>90kg</td>
<td>270mg 950ml Energy Drink Caffeine Hit + 2x Gel Caffeine</td>
</tr>
</tbody>
</table>

It's recommended to take this 60-90 minutes before the start of your ride. However, some cyclists prefer to take this latter on in the ride, just before it starts to get tougher and fatigue really kicks in. Your body removes caffeine from your bloodstream over time. Once you have loaded up with caffeine, you should top up with 30mg every hour. Energy Gel Caffeine contains exactly 30mg caffeine per sachet.

**DURING YOUR RIDE**

Start to drink and eat as soon as you have settled down into your rhythm after the start to keep your stores topped up. You might not feel it straight away but it will make a difference later on. How much you are able to drink during your event will depend on weather conditions. In warm / hot conditions, the 2:1 fructose and electrolyte formulation in Energy Drink means that you can drink up to one litre per hour. This will provide fluids, electrolytes and carbohydrate for energy. If the weather is cool and you drink less, your carbohydrate intake will be less and you will need to boost it with gel or bars. If you drink the following amounts of Energy Drink each hour, you can take the following number of gels or bars shown:

1. Independent test based on Cycling.
2. For more details see https://high5.co.uk/research-and-development/gels/ttie.html
3. We do not recommend caffeine for children and pregnant or breast feeding women.

**AFTER YOUR RIDE**

When we exercise your muscles become energy depleted and break down. A long bike ride really pushes your body to the limit so expect soreness and stiffness afterwards. Consuming protein and carbohydrate afterwards helps to replenish your muscle energy stores and kick start the repair and recovery process.

Drink 400ml Recovery Drink as soon as you finish. This contains a unique blend of whey protein, lactitol and carbohydrates.

It gives you the time to have a shower and relax a bit before eating a balanced meal one to two hours later.

**AVAILABLE ON COURSE**

- **Energy Drink**
  - 2:1 Fructose and electrolyte sports drink
  - For endurance performance and hydration

- **Energy Bar**
  - Single and complex carbs from fruits and grains
  - Natural energy bar

- **Energy Gel**
  - Fuel for an instant energy boost
  - Fruit juice made for a light indulging taste
If you require event medical cover, contact CIPHER on
email: info@ciphermedical.com
call: 07979 527835
visit: www.ciphermedical.com

Godley’s Cycles of Nunthorpe will be supporting the Velo29 Sportive Series this year with “Neutral Service”. The guys will be on site to give pre-ride bike checks and support out on route. Checkout their huge range in Nunthorpe or at www.godleyscycles.co.uk
For the 2019 season, Transition Cycle Coaching are delighted to be working in partnership with Velo29. Through this partnership we'll aim to bring you into your season target events in the form of your life through structured, bespoke training sessions. Whether you’re new to the sport of cycling, or a seasoned athlete, we can help bring you into your target events stronger, fatigue resistant and more confident than ever before.

Transition Cycle Coaching are an online cycle coaching company working with riders worldwide. We specialise in working with all abilities of riders, from novice to elite, who have full time jobs and family commitments. Whether you have 5 hours a week to train or 35 hours a week, we can build a specific focused training regime just for you.

Transition believe every rider is entitled to professional coaching regardless of current fitness levels, experience and goals. Our role as your coaching team is to maximise your limited training time with specific, focused, data driven coaching. All our plans are built on a one to one individual basis. We do not offer any off the shelf generic plans. We look closely to your response to the training stimulus then tweak and mould the plan around you and this response. We have gained nearly 10 years of experience in creating specific and unique training plan's which are built around you and your commitments. Life needs to flow naturally around your cycling so you can get the most out of your time on and off the bike.

For more information and exclusive offers for Velo29 customers, please get in contact with us through our website at www.onlinecyclecoaching.com or email us directly at info@transitioncc.com

Come on, lets make 2019 your best season yet.
Design helps you grow by providing an effective way to advertise your business.

Eyetooth-Art is the all inclusive Graphic and Web Design solution, that combines effective design with fast, friendly and reliable service.

Whether you're looking for a logo design, brand identity, print based artwork (stationery, posters, brochures etc.) or a stunning website and illustrations, I can help with it all.

Visit eyetooth-art.co.uk for more info or to view my portfolio.