

Rider Manual Your Essential Pre-Ride Read

www.velo29events.com

For route changes, start time/ COVID Form questions email depart@velo29.com

Whitby Sportive 2021

Welcome to another amazing Velo29 Sportive! We can't wait to see you all in Whitby for an amazing event, thank you so much for choosing to ride with us again. Whitby is a tough event, though not uber long there isn't a flat mile on any of the routes!

The ascents are a challenge, the descents amazing. All the scenery around the event is wonderful. The ride is a brilliant day out on all 3 routes.

It is important to note that a Sportive is an open road non-competitive challenge event, rules of the road apply at all times.

You must ride with your own perception of danger, please do ride with any less caution than your normal days cycling. Get home safe in one piece with your precious bike unmarked please.

As we move out of Covid restrictions and get back to the events we love there is a big dependency upon Velo29 but also on you, the rider to make this event safe and fun for all those who take part.

This will now be our 12th Sportive since Covid struck and we rolled out all the new processes to make the events safe. The processes continue to be really well received, and you have all made huge efforts to work with us. The events are safe, we've had no infection between riders, and you all had a wonderful day out.

There are a small number of things we need you please to do before the event and on the day which we'll detail here in the event manual, all really simple and proven in last year's events. In fact, many of you enjoyed the processes more than our legacy ones so we'll likely stick with them!

We keep in touch with you before the event by email, text message and we post videos to YouTube and Facebook so please watch out for these communications from us.

Thanks so much for entering, we can't wait to see you again for an amazing day out on our bikes!

Richard and The Team.

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PRE-EVENT ACTION

- Read this manual, book a start slot and complete the COVID questionnaire, this can be done from Tuesday 1st June 10:00am and must be complete by 22:00 Thursday 3rd June 20:00
- Study the routes, be sure you can make any cut-off times, your bike is suitable and maintained, download the GPS files [here](#)
- Prepare your kit bag, listen to the pre-event audio/ video file which we publish the day before the event.
- Check the HQ parking postcode (West Cliff Primary School YO21 3EF)
- NO PARKING AT THE HQ, please use one of the existing public car parks, most are PAY AND DISPLAY, please take note and avoid a ticket!
- **The Coffee Van will be based outside the start area at the HQ so you can head there ahead of your start time and grab some pre-ride fuel**
- Put the emergency contact number into your phone (07402 168 687)

To comply with the new rules and to make the event fun and safe we have introduced some new processes which we need you to follow.

- CHECK YOUR RIDER NUMBER & BOOKING REF.
- PRE-EVENT COVID QUESTIONNAIRE
- BOOK YOUR START TIME

You must proceed in the above order; you cannot book a start slot if you haven't completed the COVID questionnaire.

YOU DO NOT NEED TO HAVE PHYSICALLY RECEIVED THE CHIP IN THE POST – AT THE LINK BELOW YOU CAN FIND OUT WHAT NUMBER YOU ARE ON Monday 17th 10AM

Start Slots are available by route distance.

Long 07:30 – 08:00, Female only 08:00 – 08:04, Medium 08:04 – 08:20, , Short 08:20 – 08:30

We have introduced a Female only slot from 08:00 – 08:04. This is optional for Female riders (you can book any slot) however no men are allowed in this slot

NO ACTION = NO RIDE

Please complete these basic steps and make the event safe for everyone

[GO HERE TO COMPLETE THE PRE-EVENT ACTION](#)

EVENT PACKS

We now post you event packs which include a helmet Timing Chip and Rider Number. These are posted first class on Tuesday 1st June to the address you have registered with us.

Should your Chip not arrive by Saturday 22nd May don't panic, we can sort you on the day. Just come to the start line at the time you have booked to start, NOT BEFORE!



Please park in the public car parks in the Town, most are pay and display.

There is NO PARKING IN THE SCHOOL HQ.

There are porta loos, High5 product BUT NO WATER – please arrive with 2 full bottles. This is part of our Covid safety.

Arrive in time for a Coffee from Albert the Coffee Van if you want one then be at the start line 3 minutes before your scheduled start time.

THE ROUTES



VELO29
PRIMAL
Cycling Events

The Routes

Feed Location	Miles From Start	Miles To Next Feed	Miles To Finish
Short			
Lealholm	14.7	N/A	15.5
Medium			
Lealholm - 1st Stop	14.7	25.3	55.5
Lealholm - 2nd Stop	40	N/A	15.5
Long			
Lealholm - 1st Stop	14.7	35	65.9
Cropton	52	28.7	43
Lealholm - 2nd Stop	64.5	N/A	15.5

Feed Station Information

At the feeds will be a selection of 'proper' food

- Pork Pies, Sausage Rolls , Variety of Sandwiches, Flapjack or Brownie, HIGH5 Energy Products, Cola/ Red Bull & Water

Feed stops are grab and go; we will move you on to maintain distancing. Please be respectful of this. Only 30 people are allowed on site at any time

GLOVES OFF/ SANITISE/ GRAB FOOD AND WATER/ USE TOILET IF NEEDED/ GO!

Any specific dietary needs must be sent to depart@velo29.com by 17:00 Wednesday 2nd June so we can cater for you at the feed and finish line. Please do not email after this time.

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



PARK - UNLOAD - FUEL - GO!

You are pre-registered and have chosen a start time, so please only turn up with enough time to park, unload, fuel and start.

First 6 riders depart at 07:30 then in groups of 6 every minute.

By registering online and booking your start time you are confirming that you:

- Have read the rider manual
- Will follow the rules of the road ALL THE TIME
- Believe you can complete your chosen route by the cut-off time
- Your bike is in good working order
- Understand this is an OPEN road recreational event



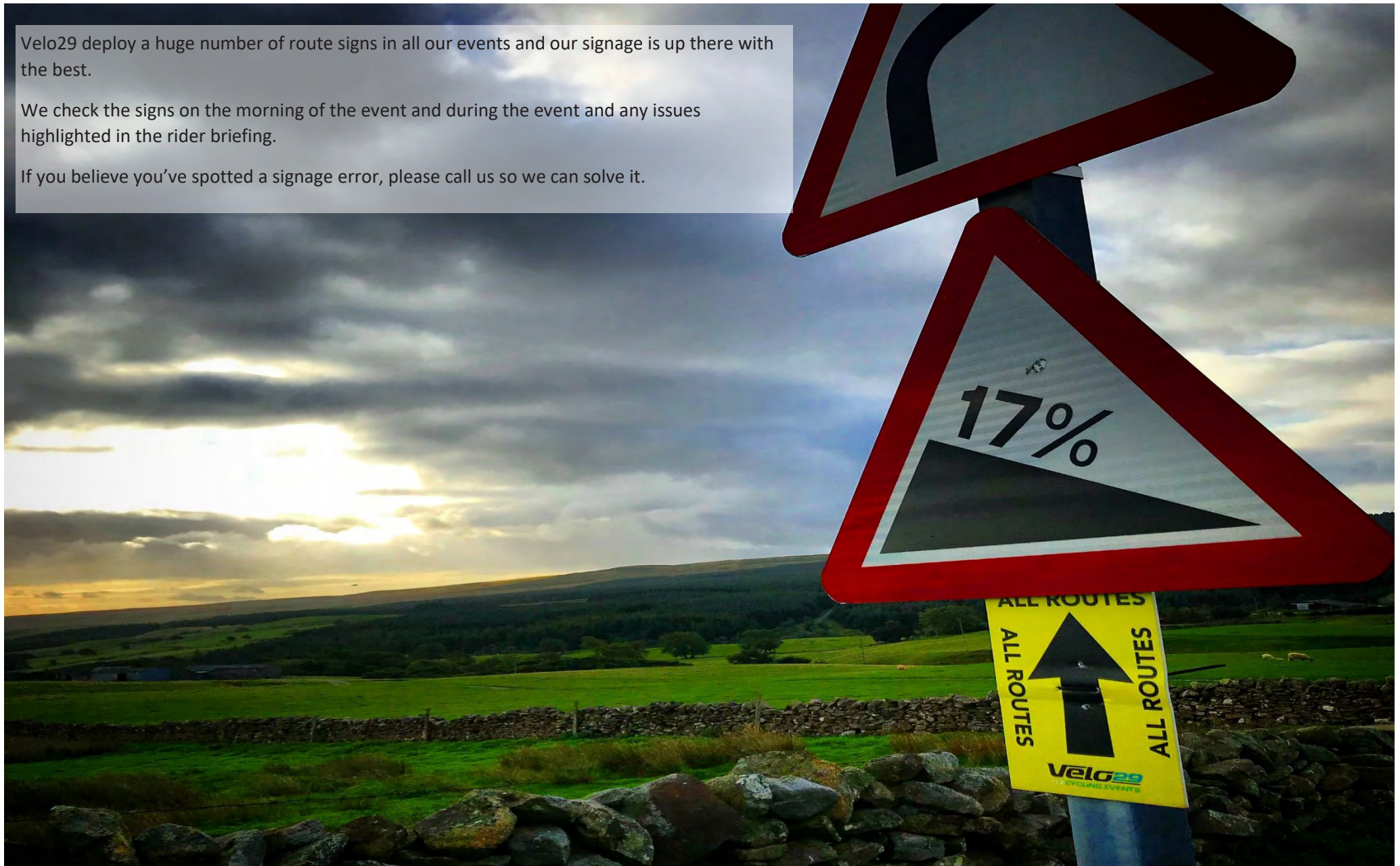
GENERAL INFORMATION

SIGNAGE

Velo29 deploy a huge number of route signs in all our events and our signage is up there with the best.

We check the signs on the morning of the event and during the event and any issues highlighted in the rider briefing.

If you believe you've spotted a signage error, please call us so we can solve it.



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We check the signs on the morning of the event and during the event and any issues highlighted in the rider briefing.

The Lancashire route has been amended in places from previous years so make sure you follow the signs and be aware of where your route splits

We will use the following signs during the event:



Our signs:

- Are placed APPROXIMATELY 1 mile apart.
- Before a turn you will see a directional arrow
- At a turn you will see several directional arrows
- Shortly after a turn you will see a confirmation of route arrow
- Hazards along the way such as cattle grids and steep descents are clearly marked.

Feel free to use a GPS device in this event, such as Garmin or Wahoo but you can do the route without such a device because of the excellent signage.

If in any doubt with the route on a GPS device then we would always say **"FOLLOW THE SIGNS"**



This arrow means go straight on. Used as a way marker to let you know you are on the correct route. Also used at junctions where the route goes straight on.



This arrow is placed before a turn to let you know the turn is coming up and also at the junction or turn. Can be either left or right. Sometimes placed as a way marker if the road bends 90°



This arrow is used to show a bend in the road, either left or right. This does not tell you to turn, simply a bend in the road.

Also used in urban areas to tell you that a change of lane is needed

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



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.

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.



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. There is a cut off on the Long Feed 1 at 37km of 10:30, if later you must change to the Medium. All cars must be out the car park by 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.

If you are having mechanical issues, then please call the number above.

and we get help to you as soon as possible.



POST RIDE



Grab an image in front of the Wall of Fame! These are free and posted to the Velo29 Facebook Page!



Visit <https://ridetiming.co.uk/certificates/> after the event where you can see all the Rider Data and get a free PDF printable certificate



Your event images will be uploaded to MyBibNumber

There will be a 10% discount for those that buy before midnight Wednesday the 9th June. In addition for those that sign up before the images are released there will be a £5 voucher code which will be emailed to them. This will be valid until midnight Saturday 12th June.

Don't forget to grab a free post ride Beer and Bun from the BBQ area. Soft drinks available too!

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.



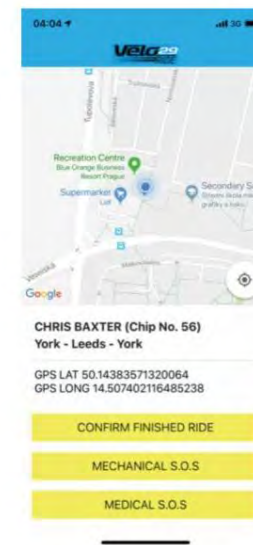
Then enter the year you were born, this is to identify you.



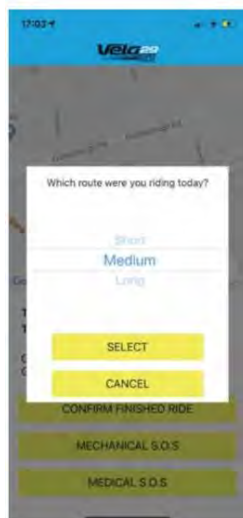
Then press 'log in for support'.



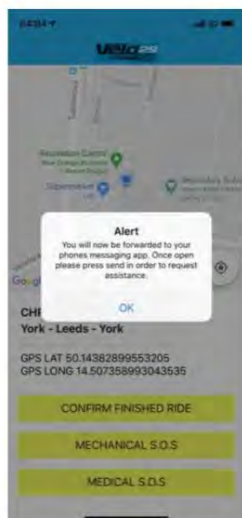
You will be asked to confirm your chip number, check it and press 'Yep let's go' or 'Got it wrong' to go back and change it.



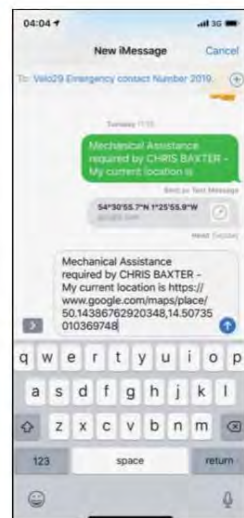
The app will then load your position on the map. Select from the 3 options.



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