

# Rider Manual

Welcome to the first of many (hopefully) Cyclestore.co.uk Geoff Thomas Foundation Sportive Cycles Charity Riders. Thank you for entering. Hopefully this document should help explain in more detail what will be happening on the 21<sup>st</sup> of August.

## **START**

**The ride will start at**

**Congleton High School  
Box Lane  
Congleton  
Cheshire  
CW12 4NS**

The gates will be open to park at 07.30am and there should be ample parking to accommodate all riders.

Once you arrive you will need to sign in to collect your rider number and route map, along with your emergency contact card. This should only take a few moments.

Should anyone wish to sign up in store on Saturday we can do this, our shop is 5 minutes down the road from the school and open between 9 and 5 on the Saturday.

**Please note the ride will not be starting from here.**

**Cycle Centre  
36-40 West Road,  
Congleton,  
Cheshire  
CW12 4ES**

Riders will be able to set off once they has completed the required sign up between the following times.

26 mile route, set off will be between 8.00am and 11.00am  
86miles route set off will be between 8.00am and 10.00am

All riders should be back at the school for 16.00pm.

## WHILST RIDING

Please a minute to read of the rules of the ride, they are there to help keep everyone safe, all the roads you will be riding on, will be live roads used by cars, walkers and other cyclist, please respect their rights and obey the rules of the road.

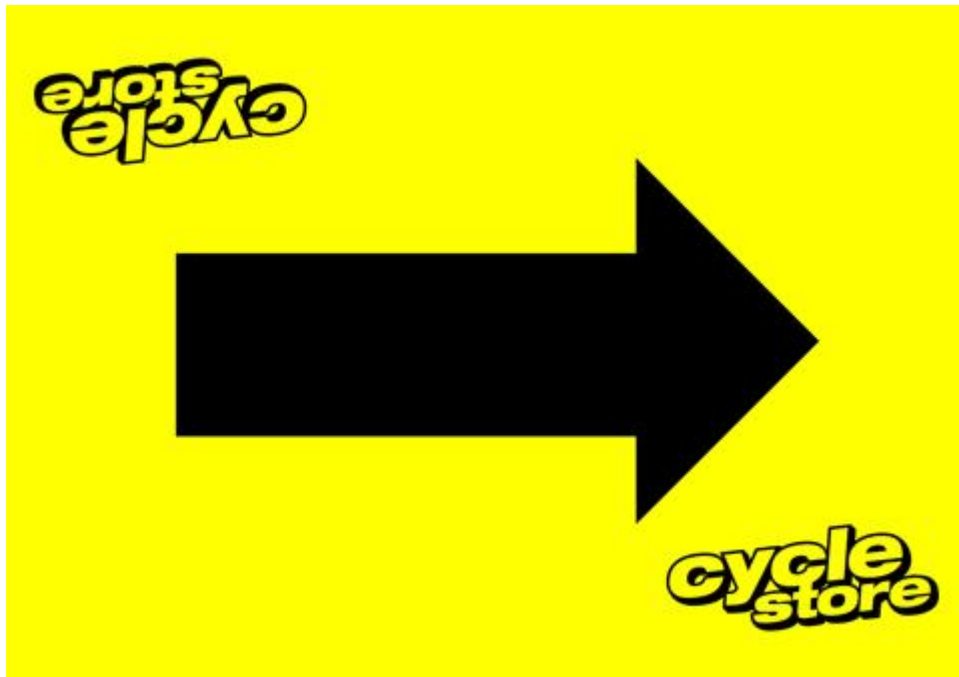
Marshalls will be on busy junction's though-out the route, however you will be responsible to check all junctions are clear before you cross

1. All Riders must wear a cycling helmet compliable with one or more of the following CPSC, SNELL B90A, CE and AS/NZS safety standards.
2. Riders must ensure they carry their own supply of spare parts including inner tubes, pump and energy. Whilst the event will try to ensure sufficient food and drink at the feed stations, please carry enough fuel to last the distance.
3. All riders are responsible to maintain their own bicycle and to ensure it is suitable to complete the ride.
4. All riders are responsible to ensure they are in good enough shape to complete the ride.
5. Riders will not use any mobile phone or similar device whilst riding, you will need to pull to the side of the road to use it.
6. Riders must not deviate off the planned route.
7. The route will be marked with signs however riders are responsible for having sufficient directions to direct them round.
8. Riders will listen to the advice of marshal's however are responsible for their own actions on the road and must follow the Highway Code at all times.
9. Riders may not ride with a support vehicle alongside. The event will try to ensure regular support is provided on the route.
10. Riders are asked to respect other road users, just as you would expect respect back. Please ensure groups of riders are less than 10 and ride in single file.
11. All riders must complete the event in the specified time.
12. Riders must be 16 years of age on the day of the ride to participate (under 18's must have the consent of a parent or guardian and be accompanied by a nominated adult at all times whilst on the ride).
13. Riders must be younger than 80 years of age on the day of the ride to participate.
14. Cyclestore reserves the right to refuse entry online, at the start or whilst on the road based on health and safely grounds.
15. Cyclestore reserves the right to adjust or alter the route, however riders will be informed of any changes.

## SIGNS

To keep you on track we will place direction signs along the route all turnings. Please use these signs however you must make yourself familiar with the route beforehand in the case, any signs are removed or tampered with.

Signs will be displayed as below, with the arrow indicating what direction you will need to go.



## FEED STATIONS

Feed stations will be clearly sign posted. We plan to have two feed stations on the 86 mile route both with drinks and some snacks and toilets. Everyone is invited to join us at the finish for a well deserved drink and some cakes.

## FINISH

Upon on arrival you will be required to check in the let us know you have successfully completed and returned from the ride.

We will have some refreshments available for you to enjoy whilst chatting to other riders about how you got on.

## **EMERGENCIES**

Until the weekend before the event should you have any problems you will be able to contact us via email at [events@cyclestore.co.uk](mailto:events@cyclestore.co.uk) or by phone on 01260 275554.

During the weekend of the event, you will be able to speak to someone on 07591 693956 we will do our best to help, this number will be given to you upon entry.

To keep you going we have provided a list of items we would recommend you have (or similar) in case of any problems along the way.

Seat pack ([Specialized Wedgie Bag](#))

Spare tubes ([Specialized Tubes](#))

Tyre Lever ([Park Tool Levers](#))

Pump or CO2 canister ([Innovations Frame Pump](#)) ([Specialized CO2](#))

Multi Tool ([Specialized Multi Tool](#))

Energy Bars/Gel/Drink (however some will be provided by Accelerade)