

Notes to riders. Please read all sections. Knowing this information in advance will greatly enhance your enjoyment, and the smooth running of the event. Thank you.

General but important

You and your bike

- Please make sure you have appropriate clothing for whatever the weather brings.
- Please make sure your bike is in really good shape.
- Remember to bring what you need to deal with a puncture or two. The broom wagon is for collecting people who have a significant mechanical, not for those who puncture and don't have spare tubes.
- There is 1 feedstation for the 75k riders, and 2 stations for the 150k riders, but bring your bottles already filled, and a snack or two for your pockets. Start self-sufficient and top up at the feedstations. Please remember there are 600 mouths to feed.
- Bring your phone.
- Wear a helmet. The insurance covering the event, and you, is contingent on this.

Rider behaviour

- Remember this is not a race against other riders. Please consider each other as you ride. Work together when you can – it's more fun and you'll get a better time.
- Please take great care to avoid pot-holes and other hazards and point them out to others as you ride.
- Please abide by traffic laws and the Highway Code.

Specifics

Getting there

- The event HQ is at the Royal Marsden Service Entrance, Cotswold Road **SM2 5NL**
- The final page of this document has a map of the Royal Marsden.

Parking:

- There is plenty of parking at the event HQ. Please follow the marshals' instructions on arrival. After you have parked, follow the orange REGISTRATION signs to the HQ building. The Marsden currently has building work, restricting some access, so to get to Registration you will need to walk round the back of a building – just follow the signs!

Registration:

- **Registration will open at 7.00 for the 150km route, and 8.00 for the 75km route, and close at about 9. Please do not try to register early for the 75km route. Thank you.**
- Tea and coffee will be available from around 7.30.
- When you enter the HQ building, there will be 3 tables, labelled A-J, K-R, and S-Z. By your surname, go to the appropriate table, give you name and collect your rider number and number tags to tie the number to your bike.
- Then go to the timing chip table to collect your timing chip.
- Once you have secured your rider number to your bike, make your way to the start as soon as you are ready to go.
- There will be two mechanics outside the HQ building if you discover your bike has any last-minute glitches.

The Timing Chips

- The timing chips will be given to you at HQ when you register. They **MUST** be handed in at the finish **at the Royal Marsden**. If you retire during the event, please get to the HQ and hand in your chip there or at one of the feedstations. This is an essential safety requirement of the event. We need to know you have finished or retired. Failure to return the chip will also incur a charge of £25 and could disqualify you from taking part in a future event.

Start and Finish: Entrance to the car park

- The ride starts and finishes at the car park entrance.
- There are no allocated start times. You start when you are ready.
- This event uses a timing chip system, not a timing mat system. You must swipe your timing chip over a start marshal's timing consul to register your official start time. There will be 2 marshals to make sure this happens. (You will need to do the same at the feedstation [150k riders only] and the finish.)
- This allows for a very relaxed start. Riders will roll out of the start area at the rate that their timing chips can be swiped.

The routes

- The routes, including GPS downloads, are available here:
75k: <http://bikeroutetoaster.com/Course.aspx?course=387337>
150k: <http://bikeroutetoaster.com/Course.aspx?course=377629>
- Both routes are the same for the first 27k. The split at 27k is at Smallfield. **The 75k riders turn right. The 150k riders go straight on.** Marshalls will be there to direct you.
- With 18k remaining, you meet the A24. Either follow the arrows and negotiate the two roundabouts on the A24 (about 800 metres of riding) or if you prefer, you can get on the cycle path on the right before you get to the roundabout.
- ***PLEASE NOTE – 150km route – for those who have ridden the event before, there is an improved route to Brighton after Ditchling Beacon – you now approach Brighton down Ditchling Road not Coldean Lane and A270. Please refer to map for details.**
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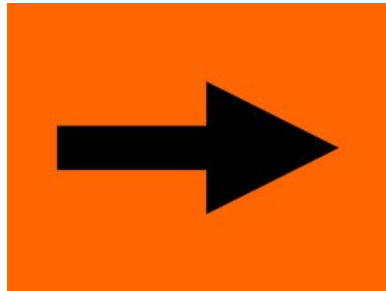
Call-out number

- If you get into difficulty and can't continue, please call **07585 507589**. Someone will come out to get you and return you to HQ, or fix your bike if possible. Because the course is long, you may have to wait up to an hour. Please don't call this number before the day.
- If you are hurt, call the same number and the paramedic will be sent directly to your location. Tell us the distance on your computer so we know where you are.
- If you are in an emergency situation, call 999 before you call the number above.

Signage

- The route will be signposted by black arrows on orange card (see below). Most are A5, a few are A4. There will also be **orange ribbons** in trees/hedges to confirm that you are on the correct route.
- We will not place many ribbons in towns – people take them down – so in urban/residential areas, you'll usually see only arrows.

- The trickiest part of the route to place signs, and for you to see them, is Brighton. Hopefully, you will see the arrows, but when you get into Brighton, just keep heading south till you get to the pier – you can't really go wrong – then look for the orange signs that take you along the seafront for about quarter of a mile before taking you north again.



- You might see pink signs with black arrows. Please ignore them; they are signs for an Evans event taking place the same day. Just think **orange**.

Tight bends and descents

- **Take great care approaching bends on the narrower minor roads.** Although those roads will be virtually traffic free, you will occasionally meet cars coming the other way. If you can't see 30 or 40 metres ahead of you, then slow down and keep tight left.
- **Take care on descents.** Most 'offs' in sportives happen when riders overcook it on bends when they are descending. If you don't know what's ahead of you, take it easy.
- **Beware potholes and gravel.**

The Feedstations

- **75k riders: Charlwood at 35k**
- **150k riders: Brighton at 76k and Rusper at 117k**
- Bring your bottles already filled, and a snack or two for your pockets. Start self-sufficient and top up at the feedstations.
- Refill your bottles (water, and Science in Sport energy and electrolyte drinks) and take some food – take only what you need – remember other riders yet to get to the station.
- For the 150k riders, **you must swipe your timing chip at the feedstation at Brighton.** A marshal will help you do this.
- The Brighton feedstation is on the way out of Brighton, not on the seafront – sorry, no rock or Mr Whippy.

Massage: The Tri Touch (www.thetritouch.co.uk)

Massage is available after the ride. £10 for fifteen minutes. Tri-touch will be donating £1 of every booking to the Royal Marsden. Five sports therapists will be available in the registration hall from 11am to 5pm. You can pre-book your massage after you have registered, or in advance using twitter: @thetritouch, text: 07816 856 574 or email: info@thetritouch.co.uk. Please give your name, required massage time and mobile number.

Goody Bags:

Rider goody bags will be waiting for you to collect on your return to the Marsden after you have handed in your timing chip.

Photography:

We are delighted to tell you that Phil O'Connor will be shooting this event. Your rider number, tied to the front of your bike, will help you find the photographs Phil took of you, a few days after the event at <http://sportivephoto.thirdlight.com/libraryhome.tlx>

Our sponsors:

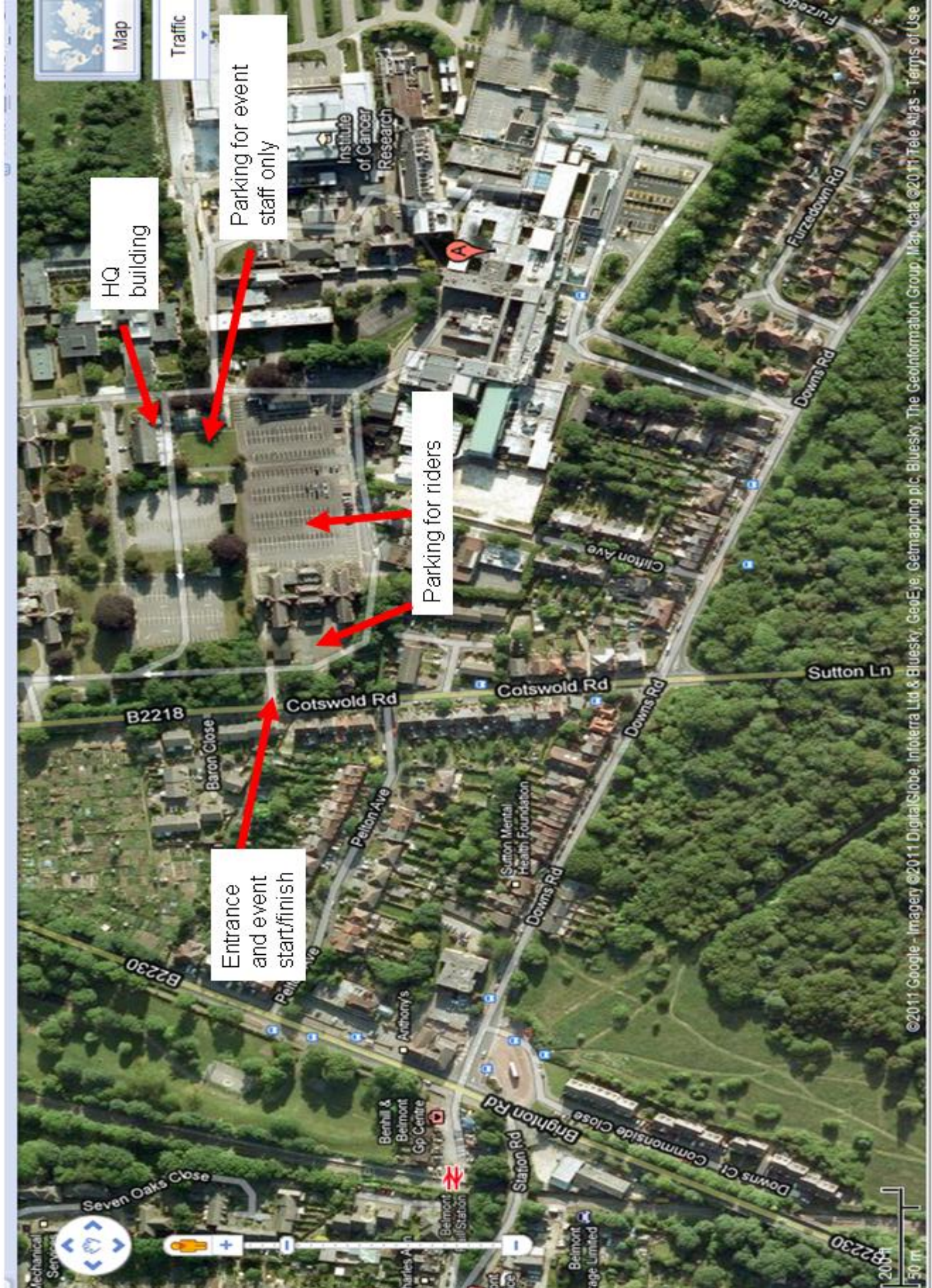
A massive **THANK YOU** again to our feedstation sponsors: Infinity Foods Brighton, Science in Sport, Natural Balance Foods, Doves Farm, and Eat Natural.



We look forward to seeing you on the 20th!

Will and Guy Pearson

HQ and parking map on next page



Traffic

HQ building

Parking for event staff only

Parking for riders

Entrance and event start/finish

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