

40 mile participant information pack

Cycle for Charity 2019

The road challenge



Welcome

Hi

Firstly thank you for taking part in ISG's second annual Cycle for Charity bike ride – 40 miles of roads hidden within the beautiful Berkshire and Oxfordshire's countryside, starting and finishing at Reading Hockey Club.

All the key information you need to know about the day is below. We ask that you read this carefully as it contains information that ensures the event runs smoothly and you have a great day.

So, saddle up, have fun and be part of helping improve the lives of people fighting mental illness. **Good luck!**

40 mile start and finish venue address:

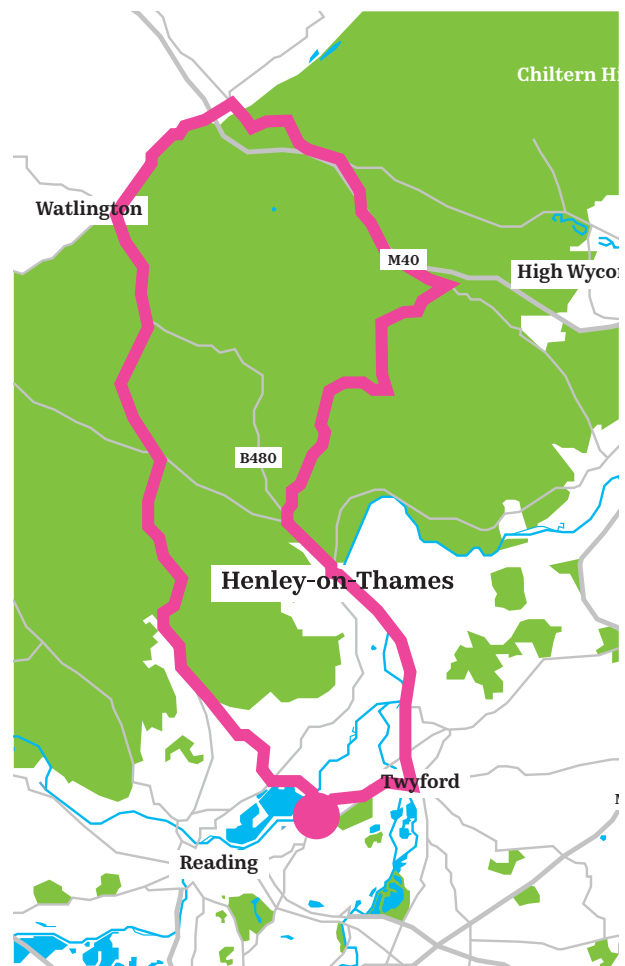
Reading Hockey Club, Sonning Lane, Reading, Berkshire, RG4 6ST

Directions:

The above postcode will get you to Reading Hockey Club. Please see the map at the end of the information showing the exact location of the Hockey Club. The venue is a 20 minute cycle from Reading train station. If you're not travelling by car, please make sure you book a spot for your bike on the train in advance. On the day please also look out for bike ride signage indicating the way.

Car parking:

There is sufficient free of charge car parking at Reading Hockey Club however, we do encourage car sharing wherever possible. On arrival please follow the signage and car park marshals to the relevant car parking area.



Before the event

- **Bike health check**

Ensure your bike has been recently serviced and is in perfect working order. There is a bike mechanic available prior to the start of the ride for any problems that have occurred on the way to the event, but this support should not be used to fix any existing problems with your bike.

- **Weather check**

Make sure you keep an eye on the weather forecast and plan clothes, equipment and supplies accordingly.

- **Medical information**

Inform us if your medical information has changed since you originally registered. The more we know about any medical conditions that might impact your ride, the better we can look after you if needed.



To bring with you

- **Your essential items**

Helmet, sunglasses, two refillable drinks bottles (already filled with drinks of your choice), emergency money and mobile phone.

- **Basic bike repair equipment**

You should carry basic tools (tyre levers and a multi tool), two inner tubes, a patch kit and a pump to fix punctures or mechanical problems you may experience. There is also a mobile bike mechanic on the route.

- **Suitable clothing**

Check the weather forecast and pack suitable clothing. Bespoke ISG bike ride cycling jerseys will be provided at registration on the day. It is advisable to bring lights, high visibility clothing and a rain jacket on days where fog or rain is forecasted or where light could be reduced. Remember sun cream if the forecast is sunny as well as your two refillable drink bottles.

- **Food and drink**

Make sure that you have enough food and drink for the ride. A complimentary breakfast with tea or coffee is provided for all participants before the ride. Additional complimentary drinks and snacks are also provided at the pit stops on the route. After the ride, complimentary food and refreshments will be provided at Reading Hockey Club for all riders.

- **A basic first aid kit**

An event first aider will also be on the route.

- **A change of clothes**

To change into after the ride. Please note that there are shower facilities available at Reading Hockey Club.

At the start

Registration

Open from 10h30 to 11h45. Please do not arrive before 10h00. We advise that you arrive at least 45 minutes before your distance start time of 12h00. This allows sufficient time for you to register, have breakfast, change into your bespoke cycling jersey and use any facilities needed prior to your start.

On arrival, report to registration. You do not need to bring any ID or anything additional with you to register.

40 mile ride start time: 12h00.

At registration, you will be provided with:

- An emergency contact card with details of the support available on the route
- One rider number and two cable ties - please ensure you attach your rider number to the front of your bike so it can be clearly seen, do not wrap it around your handle bars.
- A sponsored water bottle
- One pair of cycling socks
- An event jersey



Facilities

Facilities available at the 40 mile start and finish venue:

- Bike racking
- Registration
- Bike mechanic for any emergency or last minute repairs
- Breakfast - sausage / vegetarian breakfast baps or porridge with berries, nuts, honey and jam, tea and coffee or a soft drink is available for all participants **from 10h30**
- Toilets
- Water station

NOTE

There are no cash machines at Reading Hockey Club, please bring any cash required with you

Facilities available after the ride at Reading Hockey Club:

- Bike racking
- Post ride hospitality: complimentary BBQ and well-earned drink for all participants. Both alcoholic and soft drinks will be available. The BBQ is available until 18h30 and the bar until 19h00
- Toilets
- Water station
- Masseuses

Please note the event will end and close at 19h00.



40 mile route

Route

You can view and download the current planned 40 mile route on **Strava** at www.strava.com/routes/17328221. To download, you will need to register for free or log in with Strava and click 'EXPORT GPX'. If using a Garmin, plug it into your computer and then drag and drop the route onto your Garmin.

We advised that you download the route from Strava again on the morning of the event, this will incorporate any changes that may have been required whilst the route has been signed. However please note the route is still subject to change on the day of the ride. Always follow the route signage rather than your download.

All riders must finish the ride at Reading Hockey Club by 18h00.

Cut off points and times apply on route – if you are not on target to finish the ride by 18h00, we will have to recover you to the finish line.

Route signage

The route is subject to change, including on the day of the event, due to road closures, accidents, weather etc so please ensure you follow the route signage on the day rather than your download.

From the start of the ride, the route will be clearly signed with the use of black on yellow arrow signs. Arrow signs will be at all junctions on the route, so simply follow these when you come to a junction.

'Caution' signs are used to advise riders to reduce their speed as a potential hazard is ahead of them. Hazards include potholes, a turning off a fast stretch of road, a fast descent or a crossing with a busier road. When you see these signs, you should reduce your speed and ride with extra care and caution.

As with any open road cycling event, there is already a large amount of existing road signage on the routes. It is important you try not to ride with your head down and specifically look out for signage, particularly when descending hills. On rare occasions, the public may tamper with route signs, which if you think this is the case, please inform our Route Master as soon as possible.

Our Route Master is available to contact if you think you are lost at any time. The Route Master details are provided on your emergency contact card, which you will receive when you register on the day. Please send him your location from your phone (WhatsApp is often the most reliable way to do this) and then call him. He will then be able to guide you back to the route or arrange for assistance if required.



40 mile route

Pit stop

- **Pit stop one:**
Approx. 27 miles, Watlington Recreation; Grounds, Shirburn Road, Watlington OX49 5BZ

At pit stops riders will have access to:

- Drinks: water station, squash
- Food: such as jelly babies, bananas, flapjacks etc
- Toilets

The pit stops provide an opportunity to top up drink bottles and have some food. We advise you to top up your energy levels while at the pit stop, but also pick up some food to take with you, such as snacks that can be consumed later in the ride when you need a boost to get you to the next pit stop or the finish. Pit stop food should supplement the food and drink you take on the ride and you should not solely rely on this as your only form of nutrition.

NOTE

We do not provide energy drinks or gels, so please bring your own if you would like to use these for the ride.

Please only take your quota of complimentary food at the pit stops so that we have enough for all riders. All pit stop facilities are complimentary. If you have any specific food allergies or requirements, please speak to the pit stop team who will be able to advise regarding the food on offer.

Pit stops are signed approximately one mile away. For safety, riders must slow down when approaching, entering and exiting the pit stops.

40 mile route

Event support crew

On the day at registration, you will be provided with an emergency contact card. This provides details of the support team available to assist you on the ride if required. The event support team consists of: Route Master (if you are lost), support vehicles, support outriders, motorbike outrider, bike mechanic, event first aid and event director.

The bike mechanic and event first aider will be stationed at the various pit stops unless they have been called out to assist riders on the route.

Emergencies

On the day at registration you will be provided with an emergency contact card. This provides details of the support team available to assist you on the ride if required.

In the case of an emergency it is essential to distinguish between an emergency and an accident:

- Emergency: a major incident where life is at threat. Contact 999, then Event First Aid
- Accident: injury which is NOT life threatening. Contact Event First Aid
- Please inform the Event Director if you are not finishing the ride

Filming and photography

Please note that during the event, photography and videography will be taken at the start, during and post-race. The videography will also include some filming at pit stop one and from an aerial drone in areas where access has been granted. Please stay clear of the drone take-off or landing zone and follow the instructions of the pilot. Lastly, all images will be used for publicity and marketing purposes.

Terms and conditions

A reminder of the key event terms and conditions

- The ride is an open road event
- Always put yours and other road user's safety first
- It is compulsory for participants to wear a cycling helmet at all times while riding in the event. Any rider without a cycling helmet on the day will be unable to participate
- All participants must comply with the Highway Code at all times and ride appropriately on open roads
- Cyclists are not permitted to ride more than two abreast
- Wearing the individual rider number is compulsory
- All riders must finish at Reading Hockey Club by **18h00**
- Participants must not be under the influence of alcohol or drugs
- Participants must have appropriate liability, personal accident and equipment insurance in place in order to participate in the event
- Please remind yourself of all the event terms and conditions on the ISG Cycle for Charity event page [here](#).

**We look forward to welcoming you to the ISG Cycle for
Charity bike ride on the 19th September, see you there!**

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Reading Hockey Club 40 mile start and finish

