



Pre-Event Rider Pack

Festival of Cycling

Sponsored by

NFU Mutual

Market Harborough Branch



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It's about time®

Market Harborough Agency 01858 462878

Dear Rider,

**Thank you for entering the Festival of Cycling
sponsored by NFU Mutual Market Harborough Branch**

Whatever distance you have decided to ride on **Sunday 8th April**, we are sure you will enjoy the routes around our lovely town. Whether you are a first timer or you've joined us before, we hope that you have a fun and safe ride.

Thank you to everyone involved prior to the event. Through your online donations and our contribution from entry fees, you have helped to raise almost £1000 for AdamSmile. Please say hello to the team at the feed station in Lubenham who will be serving up their now famous flapjack! For those of you who have gone the extra mile with additional fundraising we cannot thank you enough. Please let us know about any that you have been doing. We always like to hear your personal stories.

Good luck & see you at the event!

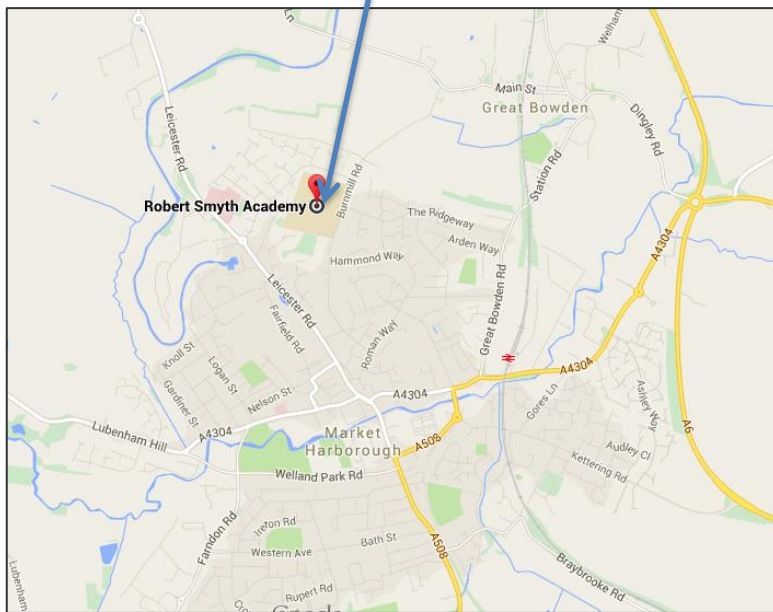
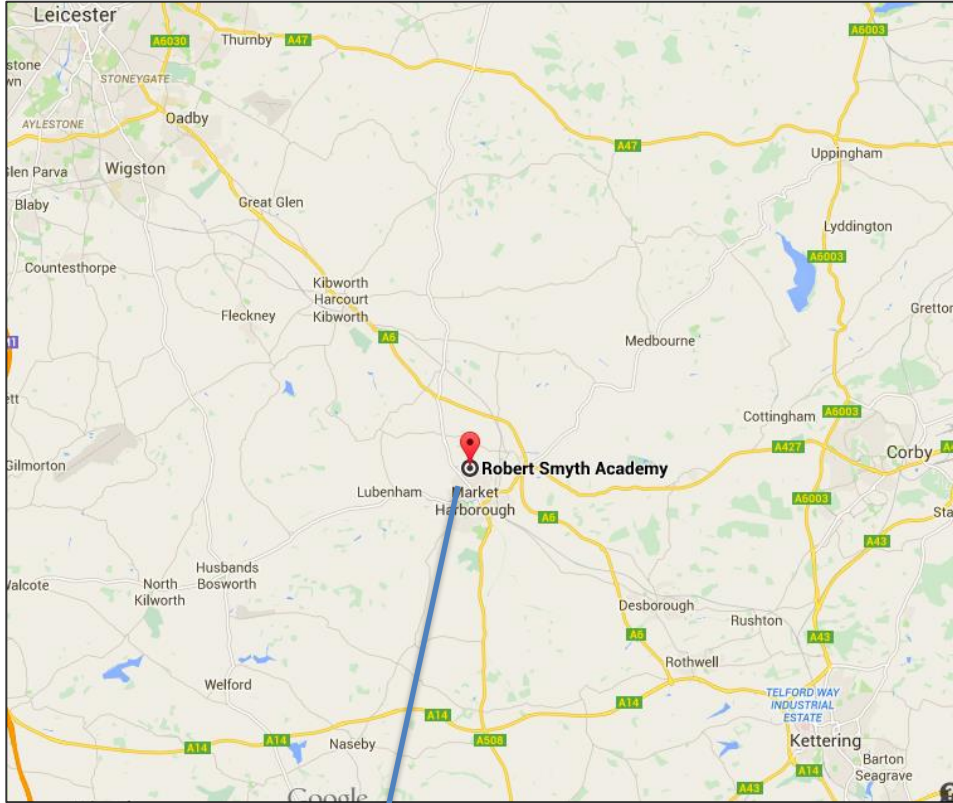
Brian, Kenny and the rest of the Race Harborough Team

Email: info@raceharborough.co.uk

Essential Information

Getting There

By Road:



Venue Address;

Burnmill Road
Market Harborough
Leicestershire
LE16 7JG

Most SatNavs will
direct you straight
to the venue.

Rail: The Market Harborough train station is just one mile away. It is on the Midland Mainline so has frequent trains to and from.

Parking & Registration

Robert Smyth - We encourage those that can, to ride to the venue to do so as there is limited car parking space. The parking is free and will be clearly signposted when you arrive. Please fill up the larger, main car park at the bottom of the school first.

We advise you to register as you soon as you can to save the possibility of queuing and then return to set up your bike ready to start. The site is all within a very short walking distance.

There is also additional car parking at Ridgeway Primary Academy (LE16 7HQ). This is a very short ride away from Robert Smyth.



What to bring

Once you have begun the ride you are responsible for yourself and your bike. It is advisable that you may like to bring along some, or all of the following items:

Mobile phone, nutrition, water, money, basic tool kit, spare and appropriate clothing, working pump and spare inner tubes.

The condition of cycles and equipment should be road worthy and safe to ride on the roads.

TT bikes are allowed but as ever, make sure that you come off your bars when necessary e.g. when you are entering villages or on main roads. No MTB's on the 100 mile route please.

If you do have a mechanical problem that you cannot fix on the roadside, we will endeavor to recover you as quickly as possible. There are phone numbers on the route map that you will be given at registration.

Medical Support/Cover

Medical cover is provided throughout the event ensuring your safety is of the highest priority. They will be located at the HQ and at the feed station at Café Ventoux.

Mechanical Support

Brampton Valley Cycle Surgery will be on hand for any last-minute adjustments/alterations/checks e.g. brake or gear set up, puncture repairs and pumps available for those who have forgotten! No major works can be carried out on the day unfortunately. There will also be a small stock of spare inner tubes, CO₂ canisters, tyre levers etc for sale.



Baggage

Unfortunately, there are no facilities to secure kit so please lock any items away in your cars or with somebody there with you on the day. Any bags left in the hall will be done so at your own risk.

Toilets/Showers

On site there are two blocks of toilets, one in HQ and the other signposted in a separate building. Also, out on route at all of the feed stations. There are showers available to use in the sports hall building.

Photography

There will be a photographer out on the routes, these will be uploaded onto our website the following day for you to download for **free**. We cannot guarantee we capture everyone but will try our best so smile!

Do's & Don'ts

This ride is non-competitive and although some of you will be keen to produce as quick a time as possible, please respect all other road users that you encounter.

Do:

- Enjoy the ride
- Please follow the Highway Code
- Be safe and wear a helmet

Don't:

- Drop litter
- Impede traffic flow
- Ride in large groups in the middle of the road

****Our beautiful routes pass through a lot of villages with a heavy presence of horses and riding stables. Please inform horses of your presence the appropriate way and pass them safely****



Catering

We are thrilled to have <http://www.tasteoutsidecatering.com> providing the catering for another of our events. They will have a variety of delicious food on offer before and after the ride.

You should have selected your free hot meal choices for the end of the ride when you entered.

Our Charity Partner



The initial idea of AdamSmile was born within days of Adam's tragic bike accident. Through research his family found that the safest ideal route off the main road would be along a disused railway line, stretching between Lubenham and Market Harborough. It has received strong public support in the form of immediate fundraising events for The AdamSmile Project but the path is frustratingly yet to be given the go ahead. On the day they will not only be running our Lubenham feed station but on hand to answer any questions on the projects progress.

Pre-Ride

Registration

Registration will be open between **7.00am and 8.30am**

Here you will collect:

- Your numbered timing chip allocated to your name
- Map of the route including emergency contact details
- A bike number. Please remember when securing it that it will be the best way to search for your photographs so try to make it as visible as possible.

Rider Briefing

We will release batches of riders from 8am. If you are riding the 100 mile or another distance and on a MTB, then please be ready to leave as close as possible to 8am. Please report to the start line so that your electronic timing can start. There will be a short safety briefing before you leave. Make sure that you return to the same place when you finish so that we can record your finishing time. Please inform us if you withdraw from the event during the ride or if you have completed a different distance to that you started.

Pre-Event Checks

Please make sure that before you join the start area to check you have remembered the following:

- Timing chip securely fastened with Velcro strap around ankle, the left is recommended to avoid coming into contact with chain!
- A once over on your bike for last minute tyre checks etc.
- It is mandatory to wear a bike helmet
- Copies of all emergency numbers and route guide
- Water, gels/nutrition etc.

During the Ride

Emergency Details

In case of the unlikely event of an emergency please make a note of the following numbers;

Kenny Anderson 07967 698390

Brian Corcoran 07734 853748

We will make arrangements for you and your bike to be collected if required. All our marshals and medical cover will be in radio/phone contact throughout the sportive.

Signage

The route will be well signposted throughout. Using signs as seen below. Please stick to the route or we may lose you! The different distances split and rejoin at various points. It is down to you to follow the signage carefully for the correct course resulting in a safe and enjoyable ride.



Route Maps

Follow the link to www.raceharborough.co.uk/cycling for further information on the course route maps. There will be maps on the day highlighted with where the feed stations and where first aid is located. We will also give you a copy of this to take with you whilst cycling.

Feed/Water Stations

There are a number of well-stocked feed stations on route.

- Café Ventoux. All routes. Approximately 15 miles in. Clif bars, Nuun hydration and water provided by Race Harborough. Other items can be purchased directly. Look at for the great competition with a chance to win a Cycling Jersey.
- Great Dalby Village Hall. 100 mile route only. Approximately 37 miles in.
- Stoughton Village Hall. 100 mile route only. Approximately 54 miles in. Clif gels and [Shot Bloks](#) available plus a selection of hot/cold drinks and sweet/savoury snacks.
- Lubenham Village Hall. All routes. 25/32/71 miles in. A selection of hot/cold drinks, legendary flapjack and some sweet snacks.
- Naseby Village hall. 100k and 100 mile routes. 48/89 miles in.

Soup and bread and a selection of hot/cold drinks.



Post-Ride

Finish Line

You MUST return to the finish line! We will dock you back in and in doing so be able to provide a finish time. If you decide to return home without a finish could we politely ask that you call/text one of us just so we know that you are safely in! Timing chips however must be returned before the event is over. There is a £30 charge for chips that are not returned as detailed.

Don't forget to come and collect your medal, food and other goodies from the registration point once you are finished and give us any feedback on your experience.

Recovery!

Pre-purchased bottle beer from [Duncan Murray Wines](#) can be collected at HQ preferably after you have completed your ride!



Free Massage!

Please make sure you allow time to indulge in a free post ride massage provided by the experts from The Training Shed. Your legs will thank you for it! If you would like to make a small donation, the charity bucket will be close by.



TRAINING SHED

Published Times

The times will also be posted online within 24 hours of the event. This is usually by the time we have packed up, collected the signs in and gone home. Please visit www.raceharborough.co.uk and the Race Harborough Facebook page for photos and times.

Sponsors/Partners

A Big thank you to all our partners who have supported this event. It really wouldn't be possible without you. Volunteers thank you!



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