



Maxifuel Cycle Sportive

Sunday April 15th 2012

Thank you for entering The Maxifuel Cycle Sportive - 90km & 180km, leaving from Dorney Lake, Eton, Windsor. We hope you have a good day and an enjoyable event.

Dorney Lake, Berkshire and the surrounding area provides some of the best cycling in the UK with great views, pleasant scenery and some great flats, climbs and descents.

These Sportive Bike Rides are organised to encourage cyclists to explore different parts of the Thames valley and surrounding countryside, plus also look to provide cyclists with a marked out, safe, well organised cycle route that they would not normally look to navigate themselves.

It is also a great opportunity for cyclists to challenge their endurance and see if they can ride the marked course and distance in a safe but manageable time.

Eton, Dorney, is situated in the middle of Maidenhead and Windsor. Perched on the edge of the Chiltern Hills and the banks of the River Thames, this sportive route is set to become a very popular edition to the cycling calendar.

Windsor needs no introductions with the Castle visible from most places around the Thames Valley, plus only 4 miles from Dorney Lake is the stately home of Cliveden, which looks over the River Thames and hills in the distance. There is lots to do for friends and family, that might be coming along to watch.

This makes this event perfect for a long weekend for the family & friends.

Please read the attached notes as they will help to make your day more enjoyable.

Directions on Getting To Dorney Lake

(NOTE:- The Car Park for some of the Sportive Event will be outside of Dorney Lake at Dorney Village Hall. Please Drive slowly and look out for the signs to follow for parking. Registration is inside Dorney Lake and we suggest you get ready and ride to Registration.)

Location:

**Dorney Lake
Eton College Rowing Centre
Dorney Lake, Windsor
SL 4 6QP**

**F3 Events Ltd, Registered in England & Wales No. 5973055
VAT:- 936 6963 72**

Email: enquiries@f3events.co.uk Website: www.f3events.co.uk



Dorney Lake is a world-class rowing and flat-water canoeing centre in a spectacular, 400-acre park land setting near Windsor. It will host those events in the Olympic and Paralympic Games 2012. It provides the perfect venue for a large triathlon. 100% traffic free roads and paths, very flat very safe.



How to get there

Dorney Lake is ideally placed, being within easy reach of London, Heathrow Airport, the M4 corridor and the M25, M40 and M3 motorways. It is also well-served by the rail network.

By Road

- Exit the M4 motorway at Junction 7
- Go left onto the A4, direction Maidenhead, and over one set of traffic lights
- 500 yards further on turn left at roundabout by superstore
- Follow road to Dorney village
- When road curves left, go right into Court Lane, signposted to Dorney Court and Dorney Lake
- Go past Dorney Court
- At point where road curves right, go straight ahead into the Dorney Lake site through white gates.
- Follow the Event Signs and or follow the Marshalls.
- **NOTE :- PLEASE DRIVE SLOWLY & CAREFULLY**

By Train

Main stations for the Lake are Slough and Windsor & Eton Riverside but it is also near Burnham, Taplow and Maidenhead.

Slough, Burnham, Taplow and Maidenhead are on the main line west from Paddington Station, London. '125' trains take some 17 minutes to Slough (next stop Reading). Other trains, with variable stopping patterns, take 25 or 40 minutes.

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Waterloo Station, London, serves Windsor & Eton Riverside Station with stopping trains taking about an hour. (Note: this station should not be confused with Windsor & Eton Central Station, which is on a branch from the Paddington/Slough line mentioned above).

Taxis

There are ranks at most stations.

- Burnham Cars on 01753 775770,
- Windsor Radio Cars on 01753 677677
- Five Star Radio Cars on 01753 858888.
- Depending on which station you arrive at, the journey is likely to cost £12 to £15.

Car Parking on the day of the Event

Please follow the Car Parking Signs as you get near or approach the Main Lake Entrance. There will be “**Sportive Car Park**” signs and will be marshaled by Car park marshalls.

Registration

Event Registration will take place from 06.45am from inside the Dorney Lake Main Venue, where there will be marquees set up and bike racking to place your bikes, safely, whilst you register. Please follow the signs for the **Sportive Event Registration**.

At Registration you will be issued with your event numbers and have a number marked on your hand. You must have your numbers visible on your bike at all times during the event. We recommend placing the number either on your seat tube or underneath your top frame tube. If we cannot see your number, you may not get a time, if your timing chip is not captured.

You will be also be issued with an electronic timing chip that is allocated to your event number. This timing chip will be affixed to a Velcro band. You must place the Velcro band around your ankle. (Either one) **Not your wrist**.

IMPORTANT: Wear your timing chip before starting your ride!!!

NO TIMING CHIP = NO TIMING SPLIT OR FINISH TIME

If you lose it, we will charge you £10, SO PLEASE DON'T LOSE IT.

If you lose your timing chip during the event, you will not receive timing splits, but we will endeavour to record a finish time for you if you **shout your event number as you cross the finish line.**

Bike numbers are also used for security and will be removed and checked against your event number when leaving and security area for you to leave your bike whilst getting ready of walking around the event. Your bike and equipment is your responsibility and we ask you all to take due care.

Approximate wave start times are detailed below and will also be at registration.

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Bike Park Racking will close 30 minutes after the last competitors have finished; any bikes left after this time will be unsecured.

Bike Park Racking

A Bike Park area will be set out for riders to place their bikes in, so that you do not have to leave them on the floor or by your car.

To help with security, only competitors will be allowed into this area – only riders with numbers on their hands and corresponding bikes will be able to leave.

Whilst we will do our best to keep your bike secure, we cannot be held responsible for any loss or damage.

Facilities

There will be a host of facilities on site to use during the event from Toilets, Changing Area situated within the Marquees. There will also be hot & Cold Drinks, plus snacks available in the main hall or Pavilion, if you wish to purchase any last minute items. **We will look to introduce a GRAB area for you to fill up your bottles and get some last minute Gels from Maxifuel**

We are very privileged to use Dorney Lake and surrounding area. You will see on the event day that there will be other events taking place at Dorney Lake. We ask that if walking around you treat it with care and respect. Please do not try and access areas that are not involved with your event, as it is a private location with strict rules & regulations.

If you are riding the 180km Route, you will see that at the 70km point you are at Stokenchurch. At this point and for the next 20+kms, these roads will be used for Challenge Henley Iron Distance Triathlon in 2012.

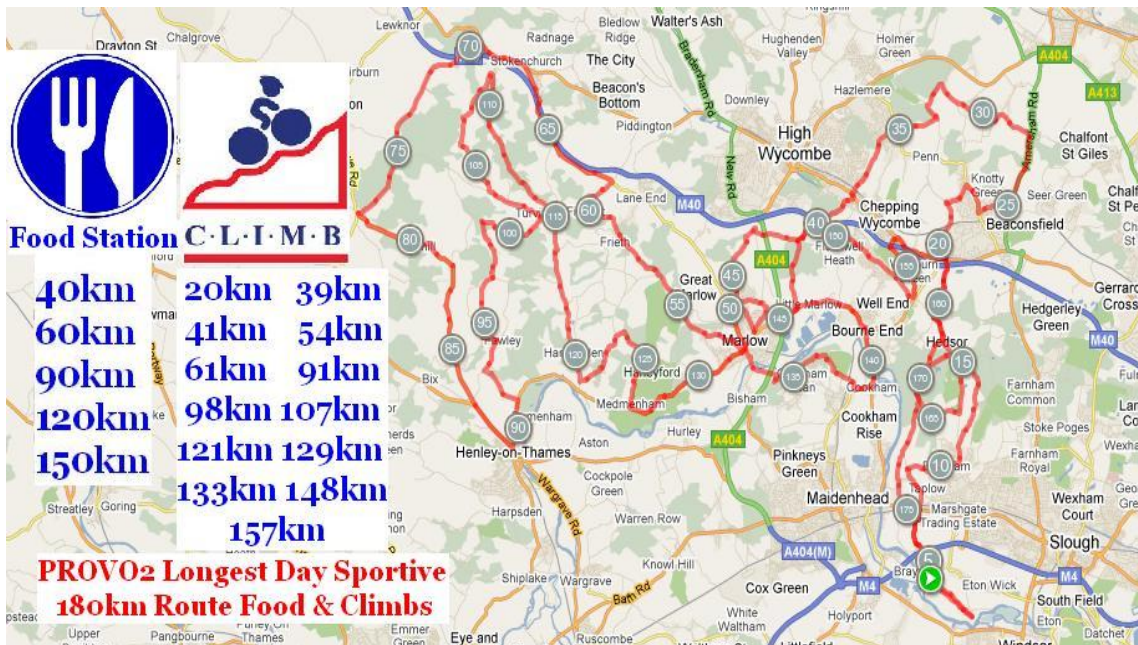


Are there food stops and where are the climbs?

YES - There are numerous opportunities to get more food onboard. This is from passing petrol stations, cafes, towns, plus there will be Official food stops on each sportive route. Each of the Official Food Stations will provide water and other drinks and Maxifuel gels & bars for each rider.

The Food Stations are there to ensure that if you need help with topping up your energy, or an opportunity to wait for other riders to cover the routes with, plus get your breath back or take in the scenery.

The Climbs are marked on the maps below in KMs where they are located.



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What do I need to do before the day?

Ensure your bike is in a roadworthy condition for the route, brakes are particularly important on the descents! Print a route card and description to bring with you, the route is well marked but this will act as a back up and also has the emergency contact numbers. Bring tools, spares and some money, There is a Broom wagon, which will endeavor to pick up riders in difficulty, but please ensure that you have adequate spares and a mobile phone should you have any mechanical difficulties.

Your bike must be safe and road worthy. Bikes will be checked when they go into transition and before the ride. If they are not road worthy will be directed to be repaired. You will not be allowed to start until the bike is repaired.

YOU MUST WEAR AN ANSI/SNELL/BSI APPROVED HELMET; this must be fastened before starting the ride and must stay on for the duration of the ride. In addition the use of ipods or any musical devices are strictly prohibited throughout the bike stage.

You must listen to any of the marshal instructions before joining the road, in case of any vehicles approaching, until it is safe.

How is the route marked?

The route will be marked with signs and road markings.

The signs will be as shown below and the road markings will consist of an arrow in yellow paint.



Sign will be placed at least 100 metres before a turning with a large sign, followed by a smaller confirmation arrow sign, once you have taken the turning.

What do I need to do on the day?

You will need to register when you arrive and registration will be open from 7.00am in the Registration Marquees. At registration you will collect your event number, food stop wristband and timing chip. Toilets will be available at the venue. Please note that there are no showers.



Start Times

On the day the start times are between 07.45am and 09.00am. We are asking no more than a maximum of 20 riders are able to start every 4 minutes. The start has to be controlled in this manner for safety reasons for both the public and riders. Slower riders should start early to account for the extra time required to complete the distance and faster riders should start towards the end of the field to avoid early arrival at feed stops. Most Sportive Rides of this distance will range from under 3 hours to over 8 hours, so start accordingly.

The finish is the same location as the start, refreshments and snacks are available again at the Marquee.

PLEASE NOTE:- You can hand in your timing chip either when you cross the finish line, where you will be given a Food Voucher or you can take your timing chip to the marquee where you can also hand this in at the Café in exchange for a Food Voucher. Please make sure you have additional money available, in case you wish to purchase more food.

Finish and Results

There will be water and a goody bag just beyond the finish.

Full results will be available shortly after the last competitor has finished. They will also be available on www.f3events.co.uk.

Results can be copied for your own personal use and club websites, plus results will be sent out on a newsletter.

Gifts & Certificates

Gifts will be given to riders that have achieved a certain time or improvement. This will take place outside the Marquee at approx. 16.00pm, or earlier if we can manage it. This event is **NOT** a race, but we like to reward riders after a long day out on the bike.

Spectators

We do encourage friends and family to watch and possibly drive around the course to see other riders, but please be aware of other road users and pedestrians, as the roads are not closed.

Anyone riding the course or driving the course without officially taking part is not covered by our events insurance.

The car park can be very busy on a good day, please take care.



Please take due care where possible, as Dorney Lake Village Hall, Dorney Lake, Maxifuel Nutrition, & F3 Events are not able to take responsibility for loss or damage to any possessions.

We do hope that you have an enjoyable event and look forward to seeing on the day.

Martyn Edwards

Event Director

