

WHITBY REGATTA

RIDER MANUAL



Welcome to the 2017 Velo29-Altura Whitby Regatta Sportive

This event manual gives you all the info you need to prepare for the event. Please read it carefully before the day.

You will need to sign-on before the ride to confirm that you are taking part and that you have read the event manual and believe that you and are bike can complete the chosen route. You are also signing that you understand this is an open road non- competitive event and you will follow the Rules of the Roads at all times.

Thank you very much for entering, we hope you thoroughly enjoy the day!

Any questions, drop us an email at events@velo29.com

Richard Williamson, Event Director, Velo29events.com



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1.) Getting to The Event

Registration and Start/ Finish is located near the Whale Bone on North Terrace, YO21 3EL

Start/ Finish OS GRID REFERENCE 54.490271 -0.61994433



If you scan the QR code it will open the start location in Google Maps

Water is available at the Start area for those who have ridden.

There is no parking at the HQ. You will need to make use of one of the existing Council Car Parks in Whitby.

To the best of our knowledge these are all pay and display car parks. Please check and plan your parking before setting off.

Info on Parking in Whitby is available here;

[Info on car parking in Whitby](#)

Bob the Coffee Man will be onsite serving Hot Drinks and Snacks, there will be High5 Powders available as well to top up your bottles.

2.) Preparing for The Day

What to Bring on the Day?

Velo29 Sportives are well supported however we strongly recommend you prepare yourself with some essentials.

Please arrive with the following;

2 Water Bottles - you can fill up at the feeds and HQ

Enough food to keep you going for several hours of riding

Water proof light-weight jacket in case the weather changes

2 x inner tubes, tyre levers and a mini pump

Mobile phone pre-programmed with emergency contact number – 07478 824 929

Basic tool kit including chain tool

Helmet – must be worn by all riders, please contact us via email if you are not able to wear a helmet

If you use a Garmin then don't forget it, preloaded with the route!

The wearing of hard shell helmets conforming to CE standards EN1078 is mandatory for all riders participating in Velo29 Sportive events. It is the rider's responsibility to equip themselves appropriately prior to event day, that the wearing of helmets is a requirement of the event. Participants who start without a helmet, or choose to discard their helmet at any point of the ride will be withdrawn from the event without refund.

Fitness and the Bike

The responsibility is upon the rider to be physically capable of completing the distance of ride you have chosen. If you are not confident then you can change in advance or at registration on the day.

Also, the rider is responsible for their own bike and you need to be confident that it is safe and reliable enough to complete the distance. There is a professional mechanic available on the day but their role is to assist with timing chips, small mechanical issues which occur on the ride and any issues which may have occurred on the way to the event.

If the event team judge your bike not to be suitable for the ride, then you will not be allowed to start. Refunds will not be given if the rider's bike is not suitable.

3.) Registration

You will need to sign and collect your timing chip and rider number.

There will be 3 desks in alphabetical order. Join the correct queue

You can register from 07:00 – 09:00 on Saturday 19th August

We recommend strongly that if you are doing the medium or long route, you aim to leave at close to 08:00

4.) Timing Chips



We will be issuing disposable timing chips for the event. Please make sure that your bike and helmet do not have any other chips on them from previous events as this will interfere with giving you an accurate time.

Please make sure that the chip is firmly attached to the top of your helmet.



Rider times and certificates will be at;

www.ridetiming.co.uk

5.) Departure/ Rider Briefing

You need to depart between 08:00 – 09:00

We need to stagger your starts to avoid congestion on the roads near the start.

In the briefing, we'll highlight any issues that might have occurred on the route, dangerous sections etc. It is important to pay attention and make sure you hear it.



6.) Rider Conduct

This is a challenge event aimed at riders of all abilities, it is not a race.

Please read this short but important message.

As an increasing number of us take to the roads, the focus from the public on Sportives increases to grow. Sadly, not everyone is as excited about the explosion of cycling as we are. In previous events, we've had a small number of complaints regarding rider conduct and we fear that there is potential for these negative comments to escalate putting Sportives on the open road at risk.

As such we ask you all to please ride with every consideration to other road users, including cars and horses. Be as courteous to others as you can and absolutely follow the rules of the road 100% of the time.

This is a popular area with Horse Riders, especially in the Middleton area, please respect all road users.

Also, NO LITTERING please!

Velo29 do an increasing amount of work each year with the areas we pass through to minimize the disruption and prevent any objection to Sportives on the open roads.

We need the riders to do the same, it's in all our interests to prevent public objection. Please ride well and ride safely for yourself and other road users.

7.) First Aid

Qualified first aid is on site at the HQ for the duration of the event. They are there to deal with any incidents in the immediate area and with riders returning with issues.

FA is also based at the Dales Bike Centre Feed Stop (Medium and Long).

Outside of the immediate area 999 should be used for any emergencies.

The Event Emergency number will reach event control at the HQ who will record your call and respond appropriately however for serious emergencies, please dial 999 immediately.

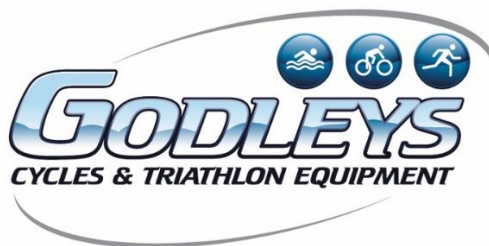
If you require first aid at the Start/ Finish, then report to the Gantry and a member of the team will deal with you.

The emergency contact number is below, please add this to your phone

07478 824 929

For breakdowns, rider recovery or non-emergency injuries call the above number.

Breakdown service for this event is provided by



**Godley's Cycles, 91 Guisborough Road, Nunthorpe,
TS7 0JS**

8.) Route Signs

Velo29 deploy a huge number of route signs in all our Sportives, you will not find a Sportive with better signage!

We check the signs on the morning of the event and during the event.

The routes are colour coded as follows;

All Routes

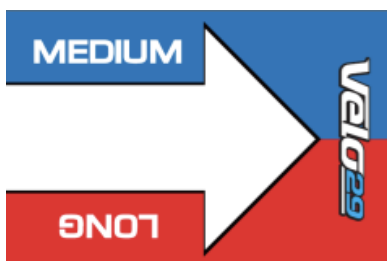
When all 3 distances are using the same route, riders follow the yellow **ALL ROUTES** signs



You will then see a “ROUTE SPLIT SIGN”, from that point follow signs specific to your ride **SHORT, MEDIUM, LONG**.



Where Medium and Long use the same road, follow the signs as below



When the routes re-join each other, you will see a “**ROUTES MERGE**” sign

9.) Feed Stations



Rest, take shelter and enjoy a snack at the feed zones, the atmosphere is always great here! All feeds have a “1 Mile to Feed Station” sign and are sign posted as you approach.

Each feed is stocked with High5 energy product to fuel up or the rest of the ride. Carbohydrate powders, gels and bars.

Also from a local bakery we have cakes/ sandwiches/ sausage rolls etc.

Short

Egton Village Hall, Egton YO21 1TY
28.1 km
Grid Reference 54.444637 -0.75406954

Medium

You will stop at Egton Village Hall Twice
First Pass 28.1km
Second Pass 57.6 km

Egton Village Hall, Egton YO21 1TY
Grid Reference 54.444637 -0.75406954

Long

Feed 1

Egton Village Hall 28.1 km

Egton Village Hall, Egton YO21 1TY
Grid Reference 54.444637 -0.75406954

Feed 2

Cropton Village Hall 67.5 km

High Street, Cropton, YO18 8HL
Grid Reference 54.291758 -0.83824664

Feed 3

Egton Village Hall 90.3 km

10.) Photos and Event Certificates

Out on the course at various positions our Professional Event Photographer will be snapping away with some great photos you can purchase.

These will be available on their website <http://www.sportivephoto.com>



Ridetiming.co.uk will automatically take your finishing photo when crossing the line, these will be uploaded to the Ride Timing Facebook page after the event.

Ride Timing also offer a free event certificate available to download after the event. Simply navigate to their website www.ridetiming.co.uk and follow the "Certificate" link



11.) Riders Under 16

Riders under the age of 16 can ride in any Velo29 Sportive where accompanied by an adult.

There is no charge for Under 16 riders, simply enter the adult then email events@velo29.com with the details. We ask that you email the below consent form or bring it on the day.

I (parent/ guardian)

Of (child Under 16) _____

Date of Birth (Day/ Month/ Year) _____

Wish to participate together in the Velo29 Whitby Regatta Non-competitive Sportive Saturday 19th August 2017.

I declare myself and the child of suitable fitness and both cycles are in suitable condition to complete the distance (short/ medium/ long)

I accept full responsibility for the child for the duration of the event and both myself and the child will wear a helmet, follow the rules of the road and observe good rider conduct at all times.

Signed (Parent/ Guardian)

Date _____

12.) **Massage**

POST RIDE MASSAGE

FIRST 5 MINS FREE
**ADDITIONAL 10 MINS
FOR £5**



***VELO*29**
/// CYCLING EVENTS

HIGH5

SPORTS NUTRITION

Event Nutrition for all the 2017 Velo29 Sportives will be provided by High5.

They will have product for you at the HQ to load up before the ride, at the feeds to keep you going and at the finish to help you replenish and recover quickly.

Their range is huge and excellent, they are the Nutrition of choice for all the Velo29 Team, both on and off the bike.

Check them out at www.highfive.co.uk and all good sports retailers.





CYCLE INJURY CLAIMS

THE SPECIALISTS IN CYCLING ACCIDENT CLAIMS

At Cycle Injury Claims our main priority is to get you back on your bike as quickly as possible.

As cyclists ourselves we fully understand your needs so our dedicated team will work hard to ensure that you receive the maximum level of compensation for your injuries and also the appropriate rehabilitation, to get you back on two wheels. Our service has been designed exclusively with cyclists in mind.



REHABILITATION



REPAIR



COMPENSATION

Hopefully you will never need us, but if you do we are here to help.



MICHAEL W HALSALL solicitors

Or visit our website
www.cycleinjuryclaimsuk.com

11 The Parks, Newton-Le-Willows, WA12 0JQ

Call us on
0808 223 0357





Free for all entrants!
Collect at the finish line

