

THE CANTERBURY BIKE RIDE

Championed by  **REDROW**
HOMES

Canterbury Rugby Football Club

Sunday 14th July 2019

On-the-day event details

About the event

Thank you for signing up for the sixth Canterbury Bike Ride.

This year's event is designed by Iconic Cycling Events, the specialist cycling division of Breathing Space. The event will attract over 400 cyclists where riders will complete either 25, 50 or 80 mile routes (there is some minor flexibility on the distances).

The event will once again support Canterbury Wheelchair Rugby and we are grateful to all those organisations which have sponsored, supported, and entered as teams or individuals.

We look forward to seeing you on the day!

Location: Canterbury Rugby Football Club, Nackington Road, Canterbury, CT4 7AZ

<https://goo.gl/maps/hmXhwZTPpuN2>

Iconic Cycling Events

6 Princes Street
Bath
BA1 1HL

Parking

Parking is available on site.

Timings

- 7.30 am Check in opens
- 7.45-8.30 am 80 mile route riders register at check-in and will be directed to the start where groups of 15-20 will be briefed and depart. Groups will depart at 3-5 minute intervals.
- 8.30-9.30am: 50 mile route riders register at check-in and will be directed to the start where groups of 15-20 will be briefed and depart. Groups will depart at 3-5 minute intervals.
- 9.30-10.30am: 25 mile route riders register at check-in and will be directed to the start where groups of 15-20 will be briefed and depart. Groups will depart at 3-5 minute intervals.
- 11.30am: Riders will start to return to the Rugby Club.
- 12 noon: Relax at the Rugby Club with some post-ride (PRE ORDERED) food and a drink.
- 4.00pm: Close and depart.

Rider Maps & Emergency Details

Please complete the details on the reverse of the rider map – a separate attachment with this email - selecting the distance you are completing (25, 50 or 80 miles). **Then print off the document and bring it with you on the day.** This is essential to be able to ride on the day as it contains medical information.

Check-In

The rider sign on sheet will be organised in alphabetical order by surname. Please follow the signs directing you to your surname sheet.

Early check-in is available from 17:00 to 18:30 on the evening of Saturday 13th July.

Check-in will open at 07:30 on Sunday 14th July.

If you know someone who will be registering on the day please note that we will be accepting cash only.

You will be asked to show your rider information sheet as proof of entry.

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Facilities at Check-In

We plan for there to be teas and coffees available in the start area on Sunday morning on a pay as you go basis. Mechanics will be on hand for any last minute bike adjustments. It is your responsibility to ensure that your bike is roadworthy.

There will also be a bag drop area for those riders wanting to leave a bag during the event. There are toilet facilities at the start area.

GPX and TCX Files

GPX and TCX files for each of the routes will be emailed to all riders 10 days before the event. The support team will be marking the route on Saturday 13th July and adjustments to the route may be required. The Ride Director will advise of any changes to routes at the ride briefing immediately before you set off.

Rider Safety and Etiquette

Please remember that The Canterbury Bike Ride is a sportive and as such is in no way competitive. Riders should ensure they obey the Highway Code at all times and ride in a safe and responsible manner at all times. You **must** wear a hard shell helmet and will not be permitted to ride without one.

There are toilet facilities at all feed stations. Please be sensitive to residents and other road users if you are caught short along the way and either bin or bring back any litter.

Riding with Children

Please ensure that you have returned a parental consent form to us if you are riding with a child.

Route Signage

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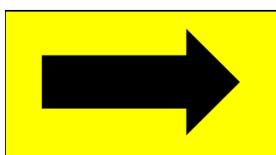
The route will be marked throughout with white arrows on red backgrounds, before, on and after all significant junctions. Caution signs are placed where cyclists should be extra vigilant.

Particular points on the route e.g. Feed stations and route splits will have signs with black writing on a yellow background. The route from the car park to the start will be marked with black arrows on a yellow background. An example of each of these signs is below.

Signs on route



Signs from Car Park to Start



Riders must also print off a route map which is a separate attachment in this email and contains medical details on the reverse. In the event of you becoming aware that signage has disappeared or been changed, we ask that you inform Event Control at the earliest opportunity.

Feed Stations

There will be one feed station on the 25 mile route, one on the 50 mile route and two on the 80 mile route. These will be well stocked with a range of healthy and high energy food products as well as drinks and a few surprises available. However, we would emphasise that riders should bring sufficient supplies with them for their ride and if you have specific hydration or energy products then please carry these with you.

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Rider Support

We will have support vehicles out on the course but riders are expected to be self-sufficient.

We recommend carrying two spare inner tubes, a pump and any necessary tools with you. You should also carry some cash, a form of ID, a mobile phone and your usual brand of energy products.

By signing our terms and conditions and entering the ride, all riders must have:

- Personal identification with medical info and blood group (See reverse of rider map – separate attachment on email)
- Emergency contact (Name and phone)
- Helmet
- Mobile phone
- Money/bank card
- Water bottle (full) x 2 if hot weather forecast
- Puncture repair kit plus, pump and tyre levers
- Snacks and energy products
- Sun cream
- Waterproof jacket

Timing

Riders will receive a timing chip at check-in with instructions on how to attach it to your bicycle. On returning to the Rugby Club the Canterbury Bike Ride team will recover the timing chip and sportive number.

Photographs

In line with our efforts to reduce waste, complimentary photographs will take the place of medals this year. Please visit www.sportivephoto.com to download your pictures. The

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images are 1800 x 1200 pxl and can be printed out at A4 size.

First

aid

Cover

There will be first aid trained staff at the Rugby Club, at all the feed stops and on our support vehicles that will be out along the route who can offer assistance for minor/non-emergency issues (contactable via event control; Event Control tel no - 07528 055110 / Emergency tel no - 07703 391 698). For serious incidents, please note we are unable to transport any casualties and the emergency services will be called.

Riders should always use their common sense and contact the emergency services where necessary. Please do inform the race organisers (using the event control number shown on the rider information sheet) of any major incident.

Emergencies and communications

Details of what to do in case of an emergency will be covered in the brief at the ride start and are summarised on the rider map. Please be aware that areas on the routes may be out of mobile phone signal. Riders are asked to look out for each other and report any accidents or mechanical problems to Event Control, the support vehicles or the event team at the feed stations.

Insurance

The Canterbury Bike Ride is covered with a public liability insurance policy, limited to £10,000,000 for legal liabilities arising from claims made against an event organiser, official or participant that involves either bodily injury or property damage to a third party.

We recommend all riders to have their own personal cover.

Broom Wagon

A dedicated vehicle will follow all riders on the routes and pick up anyone who has had to withdraw from the event for whatever reason. The support team will endeavour to pick up any rider as quickly as possible.

We will start to clear the course from mid-afternoon and would expect to have all riders home by 16:00. If the broom wagon finds you out on the course while clearing you will have the option of taking a lift or carrying on without route markers. If you abandon before the finish or anticipate arriving after 17:00 please ensure you call Event Control to notify them.

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Clear Away

Very occasionally for a range of reasons riders are delayed in returning to the event village (starting late, long lunch, getting lost, mechanical problems). Whilst we want to ensure all riders have a memorable and enjoyable day we will start to dismantle the event village from 5pm and riders should be aware of this.

Finish Area

As you finish the event we will recover your timing chip. Times will be published on the website within 48 hours of the event finishing. You can then relax at the Rugby Club with a soft drink or pint!

Charities

We have riders taking part in the event raising money for a large number of charities this year including our supported charity Canterbury Wheelchair Rugby.

We look forward to seeing you in Canterbury and hope that you have a great day

We would like to give a big thanks to all our sponsors and friends of The Canterbury Bike Ride:

Redrow Homes, Lenleys, Barretts, Shepherd Neame, Leydons, Kent College, Canterbury Index, Clagues, OTE, Bike Tart, Baypoint, Wheeleaze, 360 MMS, Dorco, Canterbury BID, Fyffes, Canterbury Rugby Club, road.cc, Cyclescheme, Canterbury Bike Club

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