

## **Step by step guide to a safe, relaxed & happy "Tour de Cuisine" bike ride**

### **Arrive**

Park your car in the designated parking area.

make your way to the registration area to sign on before you get your bike and kit sorted.

### **Registration**

The sign on area will be set up in alphabetical order by surname. Make your way to the relevant table and sign on against your name.

You are signing to agree to ride in accordance with the British Cycling guidelines for this type of event.

You will be given a rider number to attach to your handlebars with 2 cable ties.

Printed on this rider number will be the contact phone number for Event Control - this number is to be used in case you require non urgent medical support on the ride, if you think that you're "off course", for a mechanical problem that you cannot fix yourself or if you have to abandon the ride.

### **Event control**

In the above cases please call this number and event control will help you.

If you believe that you are "off course" the best thing to do is stop and take a minute to gather your thoughts and consider where you last saw a sign. Almost always riders go off course due to being distracted for whatever reason and missing an arrow. Arrows will be placed prior to a turn, on the actual turn and a follow up confirmation after a turn. Confirmation signs are then placed at approx 1 - 2 mile intervals along long stretches of road where you remain until signed to turn. It is very useful to have a rough idea of where you are or at what mileage - this is very helpful to be able to locate you and to get you back on course.

We have a mobile mechanic on the event who will be out on the course and in touch with event control. Once a call comes in for a mechanical problem - Event Control will call him and he will get to you as soon as possible. Its important to stay where you said you are and be in a prominent place - visible from the road.

Similarly we also have a paramedic on a motorbike who will patrol the route. If you have a minor incident that requires non emergency medical attention ring event control. In the case of an emergency incident that requires immediate attention please call 999 first then if you are able call event control.

Off route - if you think you may have gone off route and havent seen a sign for a 3 - 4 miles - retrace to the last sign that you saw and pick up the course again. Don't keep riding for miles and miles!!

### **Rider briefing**

The Event Director will give a briefing to all riders for each distance at the allotted time for the various ride distances repeating much of what is covered here along with any specific route risks which we will have Riders will be called to the start area at the allotted start time for each route distance and briefed regarding the general and specific issues regarding the route, safety etc. He will show the type of signage that will be used on the route so that you are familiar with it.

Riders will be set off in groups of no more than 25 -30 at an interval of 3-4 mins. This allows riders to spread out on the open road and is considered more courteous to other road users. Each group will be brief separately as it leaves the start line. There is a large window allotted to each ride distance. You are at liberty to start when you are happy. However, if you would prefer to ride with company then we suggest you aim to start within the early part of the allotted start window. Experience shows us that some riders do like to start later which is fine as long as you have the fitness to ensure that you can complete your chosen distance by late afternoon/early evening.

### **The Ride**

Ride within the rules of the Highway Code - act responsibly. You must take responsibility for your own actions out on the public highway.

Follow the arrows - look out for the route split signs and make sure you take the correct route!

We will have a "broom wagon" following the event that can pick riders up who may have suffered a mechanical breakdown that cannot be fixed roadside or may just be unable to continue for a number of reasons. Generally this is a very last resort for you the rider as it tends to follow round behind the last riders and as such you could get to see the lovely countryside but from the confines of a van. The clue is in the name and it "sweeps" up after the event. However, if we can repatriate riders who can't finish without compromising the safety of the event we will do our best to do so. Please understand though that the "broom wagon" is NOT a taxi service...!!

Drop into the wonderful feed stations for a well earned break but don't stop too long! We know how good the food is but if you get too relaxed it's hard to get started again.

Enjoy the scenery and have a chat with other riders!

### **Arrival at the finish**

Well done! Relax and enjoy your welcome drink and barbeque

**REMEMBER TO NOT BE ANXIOUS AND HAVE FUN IN THE WONDERFUL COTSWOLD COUNTRYSIDE RAISING MONEY FOR A GREAT CAUSE.**

### **Other points:**

Dress according to the weather - It is Britain after all!! Layers is always good as you can remove if you get too hot.

Carry a couple of inner tubes and tyre levers (know how to change a tube in case you puncture!)

Mobile phone, some money just in case, a waterproof jacket (just in case!), A water bottle with drink and bars, snacks.

Pace yourself throughout the ride. Careful to ride with similar ability riders. Physically time doesn't actually pass any quicker but riding in company is safer, and far more sociable and enjoyable.

Assist fellow riders in trouble either with advice, general communication within the group regarding hazards such as "loose gravel", "potholes", "cars" etc.

We use the quieter country lanes as these are more pleasurable to cycle along. However, these are the roads that are last on the councils list for maintenance so be prepared. The trade off is more pleasurable and enjoyable cycling and spectacular scenery.

