

## Rider Briefing

Thank you for entering the Chiltern Samaritans Sportive.

Please read this Rider Briefing carefully as it includes administrative information and important rider safety notes to help ensure everyone's day runs smoothly, in accordance with our event insurance from British Cycling.

### Before the Event

- ID - Carry ID which shows your name, address, emergency contact details, and important medical information such as blood group, medications, and allergies.
- Phone (fully charged) – consider pre-loading the **what3words App** in case you need to communicate your location
- Helmet – you must wear a helmet. **No helmet = No ride**
- Bike computer (fully charged) – routes will be signposted but we highly recommend using a GPS device pre-loaded with your chosen route as it's easy to get lost in the narrow lanes.
- Water bottles – to stay hydrated bring water and/or energy drinks
- Lights (fully charged) – are recommended
- First Aid kit with basic supplies
- Tool kit – at a minimum bring spare inner tubes, pump and tyre levers in case of punctures.
- Cash/card
- Bike – make sure it's road worthy checking especially brakes, gears, tyres/tubes

There will be a van at the Event village offering last-minute repairs, spare inner tubes, etc. There will also be fresh tea and coffee, first aid, trade stands, and toilets.

### During the Event

***There is no emergency medical support out on the course. If you need help, call out to your fellow riders and then call the emergency services if you need them. Mobile coverage is poor in some parts of Chiltern Hills. If you have a genuine emergency, please call our number 07386 486451. Please do not call for route queries.***

***There is no mechanical support out on the course***

**Ride Start** - we will assemble batches of approx.12 riders at the start gate for final checks (remember your helmet) and a pre-ride briefing, aiming to set you off at 2-3 minute intervals. Please listen to the pre-ride briefing carefully in case there are any last-minute route changes, roadworks, road closures, etc.

The following start times are for your guidance; if you depart too early, your Feed Station(s) may not be open when you arrive!

- 130 Km riders can start from **07:00**, immediately after registration
- 80 Km riders can start from **08:00**
- 40 Km riders can start from **09:00**

Approximately 30 minutes after the last rider starts, our team will set off to clear the route, removing the arrows and warning signs.

### **During the ride**

**Water** - Keep yourself hydrated before and during your ride. Water is available at the start, at all of the Feed Stations, and at the Splash 'n' Dash Water Station near to the finish (80 Km and 130 Km routes only).

Toilets - All of the Feed Stations and the Splash 'n 'Dash Water Station have toilets.

#### Feed Stations

- On the 40 Km route there is a Feed Station at 30 Km.
- On the 80 Km route there is a Feed Station at 50 Km and a Splash 'n 'Dash Water Station at 71 Km.
- On the 130 Km route there are Feed Stations at 42 Km and at 84 Km, and a Splash 'n 'Dash Water Station at 118 Km.

All Feed Stations will have water, bananas, and home-made fayre lovingly prepared by our wonderful Samaritans volunteers.

#### Safety

- This event is non-competitive, it is not a race. It is run under standard highway conditions so all riders must abide by the rules of the road at all times.
- Ride responsibly; look after yourself and those around you. Look out for hazards, especially potholes which can be difficult to see in the shadows.
- Please observe the Highway Code whilst riding, respecting other road users including motorists, other cyclists, horse riders, and pedestrians. Do not endanger yourself or anyone else. Remember that you will be riding on narrow lanes and on open roads, some of which will have fast, free-flowing traffic.

#### **After the ride**

Approaching the end of the ride, you will turn right on to the A40 at West Wycombe, you will then continue past the car park entrance to the riders 'entry/exit gate. Marshals will direct you into the Event Village.

Ride through the finish gate to record your chip finish time, and then collect your drink and food tokens.

Hopefully it will be warm and sunny, and you can relax with your burger and beer in the Event Village whilst listening to our Jazz band. And consider treating yourself to a well-earned massage!

The site closes at 16:30

#### **After the event**

Check out the **Charles Whitton Photography website** for some action shots of your day in the saddle.

#### **And finally ...**

Have fun, enjoy your ride, and THANK YOU for supporting the Chiltern Samaritans. See you next year