

Riders' Briefing

Thank you for entering the 2025 Chiltern Samaritans Sportive.

Please read this Riders' 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

We recommend:

- Carry some ID which shows your name, address, emergency contact details, and important medical information such as blood group, medications, and allergies.
- A fully-charged phone – consider pre-loading the **what3words** App in case you need to communicate your location
- **You must wear a helmet. No helmet = No ride**
- A fully-charged bike computer – routes will be signposted but we recommend using a GPS device pre-loaded with your chosen route as it's easy to get lost in the narrow lanes. Make sure that you download the latest 2025 version of your route especially the **80km route as this has changed** and is very different from previous years. **There are some last-minute changes to the 130Km route to divert around roadworks on Swyncombe Hill:**
 - The 40Km route
 - The 80Km route
 - The 130Km route
- Water bottles – to stay hydrated bring water and/or energy drinks
- Fully charged front and rear lights are recommended
- First Aid kit with basic supplies
- Tool kit – at a minimum bring spare inner tubes, a pump and tyre levers in case of punctures.
- Cash/card
- Your bike – make sure it's road-worthy checking especially the brakes, gears, and tyres

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, 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 07717 209174.

Please do not call for route queries.

There is no mechanical support out on the course

All riders take part at their own risk, we urge all participants to be mindful of road conditions, traffic, pedestrians and their fellow cyclist during the event.

Ride Start Times

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 - 09:00**
- 80 Km riders can start from **08:00 – 09.30**
- 40 Km riders can start from **09:00 – 10.30**

Approximately 30 minutes after the last rider starts, our team will set off to clear the route.

Water

Keep yourself hydrated throughout the day. Water is available at the start and at all of the Feed Stations.

Toilets

All of the Feed Stations have toilets.

Feed Stations

- On the 40 Km route there is a Feed Station at 30 Km.
- On the 80 Km route there are Feed Stations at 28 Km and 50 Km.
- On the 130 Km route there are Feed Stations at 42 Km and at 84 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.

At the end of your ride

As you near the end of the route at West Wycombe village, turn right to head west along the A40. Continue past the car park entrance and then turn left into the riders' entry/exit gate.

Ride through the Finish line arch to record your chip finish time, and 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 [Charles Whitton Photography](#) for some action shots of your day in the saddle.

Check out [Race Timing Solutions](#) for your chip finish time results.

And finally ...

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

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