

# Ride Clun – Sunday 7<sup>th</sup> July 2019

**FINAL VERSION**

## Event Snapshot:

Plenty of car parking at the Clun HQ – Memorial Hall, SY7 8NY

Registration opens 8.30am

Smartest Rider competition - 9am

Clun All Day riders – set off 9.10am

Clun Morning only riders – set off 9.20am

Clun Afternoon riders – set off 12pm

(All Day riders can start the Afternoon section as soon as they return from the Morning)

Assistance number for the day – call 07722 111004

## Arrival and Parking

We are parking on the Memorial Hall field this year – keep to the left of the Hall and watch out for cyclists setting off if you arrive after 9am. **Parking – suggested donation - £1**

**Cycling to the event** – we have an unsupervised Baggage Store at the Memorial Hall

**Dropping off** – you can drop off cyclists near the Registration but you may have to wait to exit



## **What to bring**

Roadworthy bike

Tools to fix punctures

### **Helmet**

Appropriate clothing for the weather conditions

On ride food and drink

## **Free Food**

Free teas and coffees during registration time

More hot drinks and cake for early returners from 11am

Tomato and Lentil soup plus bread roll from 12

## **Medical support**

Help number is printed on your handlebar number board – 07722 111004

If you are involved in a serious incident call the emergency services - 999

## **Toilets/showers**

Toilets available at the event HQ, and public one in Bishop's Castle and Knighton

No showers

## **Do's and Don'ts**

Don't litter the roads/countryside

### **Cycle helmets to be worn**

Do follow the Highway Code and be courteous to fellow road users

Do help other participants if they request it

No following/supporter vehicles driving around the route (we have a broom wagon following the riders)

## **Registration time**

Register in the main hall at Clun Memorial Hall

Collect numbers and sign on from 8.30am, Afternoon Riders – come to the Start/Finishline to register

## Rider briefing

Make sure you receive a rider briefing from event staff before you set off – it will be given to you on the start line:

*Roads can be narrow and gravel strewn. Be prepared to stop for farm traffic, horses and cars. Take care of each other and communicate if you are riding in a group.*

*Follow the Highway Code. Signs are bright Yellow with Black arrows, Short Cuts are signed in Blue with Yellow arrows*

## Slow riders/not finishing the Sportive

All riders are expected to be back at the Clun HQ by 4pm

If you are taking it slowly or decide to withdraw please inform us – a simple text with your handlebar number to 07722 111004 – if we don't hear from you we will come looking for you

## Pre-event checks

Be sure to check your bike before leaving home

There will be a mechanic on hand in the morning at the HQ

Bring enough food and water to supply yourself around the course

## Need assistance during the ride

We have event support staff out and about monitoring your progress – if you need assistance look out for their cars with “Event Support” stickers on the side. Call the Assistance number (find it on your handlebar number) – 07722 111004

## Signage

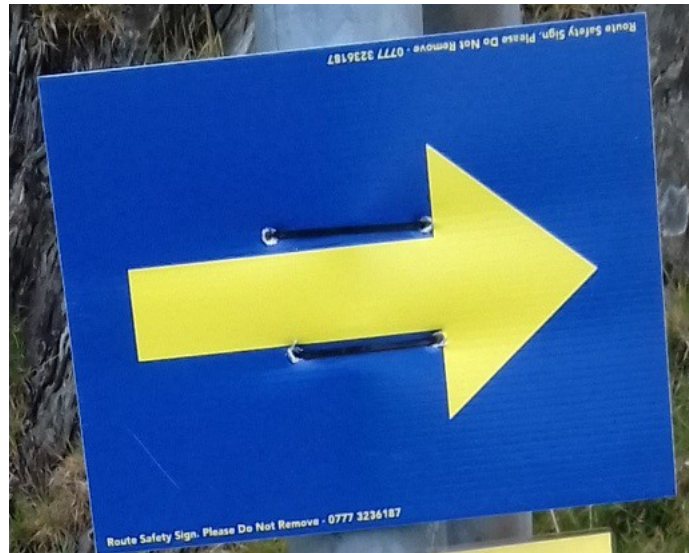
Route is fully signed:

All Day, Morning & Afternoon riders will follow yellow signs with black arrows:



## Short Cuts and Flat cuts

**New for 2019** – look out for blue signs – these indicate short cuts on the route, or “Flat Cuts” (which avoid hills by going around them)



## Finish line

You have completed the sportive when you re-cross the startline at the Clun HQ

Be sure to collect your Ride Clun badge! Well done.

## Emergencies

Contact the emergency services on 999 in the event of a serious accident or incident

For assistance during the day call the Event Organiser on 07722 111004

## Broom wagon

A car with limited capacity is available – call Event Organiser on 07722 111004 if you need assistance

## About the Organisers

Arts for Health - <https://artsforhealth.mpft.nhs.uk/>

Rideventures – [www.rideventures.co.uk](http://www.rideventures.co.uk)