

Big G Grimpeurs des Wolds

Saturday July 30th 2011

Final instructions

These instructions have been produced to help you have an enjoyable day. **Please take five minutes to read them and ensure you familiar with them** as it will make things run much smoother for both the riders and organisers. If you have any further queries on the day please ask any member of the organisation team (wearing T shirt shirts with the event logo on)



Event Headquarters:

Longcroft School and Performing Arts College,
Burton Road,
Molescroft Road,
Molescroft,
Beverley.
HU17 7EJ

Directions to HQ

Molescroft is on the North West side of Beverley and is easily accessible via the local road network. If approaching from the south or west you are advised to use the Beverley by-pass (A1079) and enter from the northwest on the A1035 to avoid Beverley town centre as there is a market on a Saturday and it can get busy. The HQ will be signed off Molescroft Road.

VERY IMPORTANT PLEASE TAKE NOTE: Access to the site & car parking

Car parking is very limited on the HQ site and parking on the grass is not permitted therefore we will also be using the car park at the adjacent Beverley College site. Car parking will be allocated as follows: -

- Riders entered in the 160km Route should park at Longcroft Upper School, Burton Road, Beverley.
- Riders entered in the 100km and 60km route should park at Beverly College, Gallows Lane, Beverley.

It is a short walk /ride through an internal gate between the two sites and there is no need to return to the main road to access the HQ. Both car parks will be sign posted off the main road through Molescroft

PLEASE USE THE CAR PARK ALLOCATED TO YOU AS THIS WILL SAVE CONGESTION FOR EVERYONE

Please proceed directly to the car park area following the marshal's directions and route signing.

Upon entering the site please follow the marshal's directions to the car park areas

Please be careful at all times as cyclists will be using the access roads to the car park at the start and finish.

In order to reduce congestion it would assist greatly, if generally, riders car-shared and local riders could arrive by bike.

Note: there is reduced headroom at the entrance to one of the car park on the main school site and riders with bikes on roof racks should use one of the alternative car parks to avoid potential damage to bikes

Changing and shower facilities

The changing and shower facilities are situated in the **sports hall** at the top of the school drive and will be clearly signed from the car park. There are male and female changing rooms, hot showers and toilets within the building. Please do not leave unattended belongings in the building. These facilities will be open between 7.00 am and 5.00 pm

Signing on

Signing on and all pre and post event administration will take place in the **school refectory** and will be clearly signed from the car park and main school drive. Refreshments will be served in the refectory from 7.30am until 5.00pm including the post event meal. There is ample space outside the main building for fitting numbers to bikes and making any last minute adjustments etc. There are also male and female toilets within this building. A limited amount of bike spares will also be available to purchase at the HQ (Tyres/inner-tubes/brake cables/brake pads/chains/lube etc). The HQ will be open from 7.00am for signing on etc. and will close at 5.30pm. The HQ will be locked from 5.30 pm. If you are not sure you will

complete the course within this time please leave your belongings in your car. The car park will not be locked so you will still have access to it if necessary.

In order to ensure those riders doing the longer route start first signing on will be phased as follows: -

160 km Route	signing on opens at 7.15 am and closes at 9.45 am
100 km route	signing on opens at 8.00 am at and closes at 9.45 am
60 km route	signing on opens at 8.30 am and closes at 9.45 am

Numbers

Please ensure your number is mounted (the right way up) on the handlebars of your bike and is clearly visible at all times. You will need your number to take food at the feed stations and to have your time recorded. Zip ties are available at signing on for affixing your number. **Please return your number after the ride in exchange for a hot meal at the HQ**

Start procedure

You can choose your own start time but please observe the following procedure. Once you have signed on and affixed your number to your bike and are ready to start proceed to the start timekeepers. The start timekeeper will set riders off in the order that they arrive. There is no reserving of time slots but if you wish to start with friends you can do so, but please only report to the timekeepers when you are all ready to start. Riders will be set off at 2-minute intervals and the maximum group size is 20 riders. The first group will be departing at 8 am and the latest start time is 10.00am

Routes

All 3 routes will be clearly signed with orange arrows sprayed onto the road. The same arrows are used for all routes but there are two very definite splits in the route. A sample will be displayed at the start line. The 60 km route splits just before Huggate and the 100 km route splits just before Thixendale. Both splits are very clearly signed and it should not be possible to end up on the wrong route. Once the routes have split they do not cross or use the same roads until they merge. It will be clearly signed that the routes have merged and once merged they do not split again. The return route from the feed station at Huggate is exactly the same for all three routes. Colour route maps can be downloaded and printed from the event website if you want one to take with you

Timing & Finish procedure

The event will be timed by electronic timing. Your time to complete the event will be recorded at the start and finish by a transponder on your bike number. Your finish time will be recorded as you cross the finish line. Please stop and allow your number to be removed at the finish. There are no intermediate time controls

As the finish line is within the school drive and is likely to be busy with other riders, pedestrians and vehicles please do not sprint for the finish line – it is not a race. Finish times will be published on the website within a couple of days of the event

Time awards

The following time awards will apply (To achieve any standard the above time must be **beaten**)

Distance	Gold	Silver	Bronze
160 km	6 hours 15 minutes	7 hours 15 minutes	Finish
100 km	4 hours 15 minutes	4 hours 45 minutes	Finish
60 km	2 hours 45 minutes	3 hours 15 minutes	Finish

Feeding Stations

There are two feed stations on the 160 km route and one on the shorter routes. These are located as follows

- 160 km route: After 61 km at the top of the climb out of Thixendale and after 116 km just south of Huggate
- 100 km route: After 64 km just south of Huggate
- 60 km route: After 26 km just south of Huggate

The feeding stations will be well stocked with water, orange/lemon juice, various cereal bars, flapjack, bananas, malt loaf and savoury snacks

Marshalling

Having taken advice from other organisers it has been agreed that the route will not be marshalled. The reason for this decision is that the event is not a race and riders must comply with the Highway Code and traffic regulations at all times. Warning signs will be erected at busy junctions etc to warn other traffic that riders are present.

Post ride food

Post event meals will be served in the school refectory from 12.00 noon until 5.00pm. The meal will be hot steak pie (or vegetarian alternative), chips, beans or peas, gravy and tea/coffee/cold drinks. All refreshments are free.

Post event massage

There will be a team of sports masseurs providing post event massage in the main school building on a first come first served basis. There will be a voluntary donation for this service (all donations will be to Marie Curie Cancer Care)

Emergency back up

In the unfortunate event of suffering a serious mechanical problem a service vehicle will be situated at each feed station and can provide emergency assistance where possible. Their mobile number will be given out at the start.

Hanging Grimston – gates

There are 2 sets of gates on the 160 km route on the climb of Hanging Grimston. It is possible that they will be closed on the day of the event to keep the sheep in. If this is the case please ensure you close the gates after passing through them

Cafes, pubs and shops

There are several places on route where you can get food, drink or a sit down meal as follows

- Thixendale – Café, pub and small village shop (on the 100 mile route and 600 yards off the 100 km route)
- Stamford Bridge – various pubs, shops and cafes
- Millington – café and pub (both approximately 400 meters off the actual route)
- Market Weighton - various pubs, shops and cafes (all approximately 600 meters off the actual route)

General advice

The ride will take you through some of the most scenic lanes and valleys of the Yorkshire Wolds. The route is hilly so please ensure you have suitable gearing (39*27 or 34*25 is recommended) and fitness to attempt the rides. Although the majority of the roads are in reasonable condition both routes have some places where the tarmac is in poor condition and are prone to gravel/flint washing on to the route especially after heavy rain. The use of ultra light tyres is not recommended. A 23mm section good quality 700c such as Continental GP4000 or similar are ideal

Many of the roads are steep, narrow and twisty and extreme care should be taken on the descents

The 160 km route has 2600 m of climbing, and the 100-km route has 1350m of climbing.

Helmets

It is recommended that you wear your helmet at all times whilst riding the event.

Feedback

We have organised many top-level races and this is the 4th edition of the Big G cyclosportive we have organised. After the event we will invite feedback from all riders on the quality of organisation of the event in order that we may improve future promotions. Please feel free to email any feedback to the event organisers

If you have any further queries please e-mail the event organisers:

Event organizers: (John Ulyatt & Paul Kilvington)

Event website:

Organising clubs website:

big.g.sportive@googlemail.com

<http://www.eastyorkshireclassic.co.uk/cyclosportive/>

<http://htrc.co.uk/>