Tour de France Stage 2 Sportive | avec CAMS Your Essential Pre-Ride Read



HQ and Parking

HQ and Parking : Preston North End FC

Sir Tom Finney Way, Preston PR1 6RU

Follow parking signs and marshals on the day, park with consideration to others/ space available

www.velo29events.com

Any pre-event questions email depart@velo29.com

Tour de France Stage 2 Sportive | avec CAMS



Welcome to another great Velo29 Sportive!

A very special event, the TDF comes to our roads once in a generation! This is your slices of the action.

You will have chosen to ride 1 of 4 route distances, it is possible to drop to a shorter distance on the day, just let us know when you finish the ride. If you want to upgrade to a longer ride please email events@velo29.com at least 7 days ahead of the event.

Well stocked feed stops on all routes, great signage and awesome ride support along with our super friendly atmosphere are our ethos, we hope you join us in the spirit of an awesome day out!

Please read this important message from Velo29

You have entered to ride in an open road challenge Sportive, this IS NOT a RACE. You must follow the rules of the road at all times.

During the ride you will encounter all the challenges of riding on the open roads, and it is for you to negotiate safely through these challenges.

Velo29 have not worked to remove these challenges and we have no insight into your ability to complete the ride safely. Only you as the rider can make an assessment about this.

Weather conditions will change, the road surface will vary and evolve during the ride, some sections need specific caution an d skill to navigate past which only you can judge your speed and position through these sections.

Please do not take a single risk, please get back to the HQ safely, without incident having had a great day out in a wonderfu l part of the World.

We do not insure you against bodily injury whilst taking part in this Sportive, you do so at your own risk if injured or hurt. There is of course an element of physical risk to those taking part and we suggest that you look to insure yourself. An appropriate British Cycling membership is perhaps a very good option for you.

PRE-EVENT ACTION

Before each event all entrants must please complete the pre-event questionnaire and book a start slot.

This can be done from 10:00 Tuesday until 18:00 Thursday in the week before the event. Please go HERE to do this action. You can find your rider/chip number and booking reference on that page. See time slots below

We will email and text you with specific events updates in the lead up to the event, please lookout for those comms from us.

N.B. please do not try before we open the booking system for this event at 10am on the Tuesday before the event

- Study the routes, be sure you can make any cut-off times.
- **Download the GPS files here**
- Prepare your kit bag – 2 water bottles (cannot be filled at start line), rain cape, 2 inner tubes/ leavers/ mini pump
- Put the emergency contact number into your phone (07402 168 687)
- Download our event day help App. The best way to get help on event day! Scan the below QR code with your phone camera. The app will not work until the day of the event.
- Your rider pack (containing rider number and timing chip) will be available for you to collect at the HQ on your way to the start line.



iOS Version Scan Here



Google Play Scan Here

Rider Depart Times

Start Slots are available by route distance. 20 people can start per minute. You can book yourself and friends on (once they have done the pre-event questionnaire)

Long.	08:00 - 08:30
Medium.	08:31 – 09:00
Short.	09:01 – 09:20
Spin	09:21 – 09:30

It is likely that the start times will adjust slightly once event entries close.

Cut Off Times

There is a Long route cut off after 87km at Longbridge, you must have passed this point by 13:00

After this time the Long route will close and you will be directed onto the medium route

Cut off for riders back to HQ is 17:30

Cut off times are important so we keep riders in a 'bubble' which is safe for us to manage. Please respect this, we are always sensible at cut off points but if you're well down on the time, please do expect the Long route to be closed and if you're not going to get back to HQ by 17:30 please work with us on a solution.

FEED STATION INFORMATION

Feed Location	KM From Start	KM To Next Feed	KM To Finish
Long			
Quernmore Village Hall - Breakfast	35	35	132
West Bradford Village Hall - Full Fat	70	45	97
Livesey Village Hall - Full Fat	115	N/A	52
Medium			
Quernmore Village Hall - Breakfast + Sandwich	35	35	67
West Bradford Village Hall - Full Fat	70	N/A	32
Short			
Longridge Civic Hall - Full Fat	33	N/A	16
Spin			
Longridge Civic Hall - Full Fat	21	N/A	15

Breakfast Feed: a pain au chocolate, a cereal bar and a banana

Other Feeds are a choice of: pork pie or sausage roll/ ham, egg mayonnaise or cheese savoury sandwich/ flapjack or brownie unless otherwise stated.

There is also HIGH5 energy products, water, tea and coffee

Any specific dietary needs must be sent to depart@velo29.com by 17:00 the Wednesday before the event so we can cater for you at the feed and finish line. Please do not email after this time.

A specific food bag will be waiting for you at the feeds, please ask a member of staff.

All feeds have options for vegetarians so a specific feed bag will not be needed, however, please let us know for the finish line BBQ

Subject – GYS dietary

Name –

Dietary Requirement –

I will not stop at -

Please make your day out environmentally friendly



GREEN BIN – paper only

- Empty coffee cups
- Paper envelopes



BLUE BIN – cans only

- Empty Erdinger cans
- Drinks cans



BLACK BIN - Dry non-recyclable waste

- High 5 wrappers
- Food waste
- CableTies
- Timing chips

In recent years we've made efforts to make our events as sustainable as we can. We've reduced our event day vehicles by 2, we've moved to more modern/ fuel efficient vans, we've reduced the use of generators and use a smaller coffee machine which is powered by solar batteries when possible.

SIGNAGE INFORMATION

Velo29 deploy a huge amount of signage which we check the monring of the ride to ensure it is correct for the day. If we have to make any changes, you will be advised by email/ text so make sure your conatct info is up to date. Feel free to use a GPS device but if there is any doubt we would always say to follow the signs. If feel you are off route, call the emergecy contact number. We will ask you to send your google maps loaction or what3words. It is very helpful if you can do this. Below are the types of signs we typically use.



Our signs –

- Are placed typically a mile apart
- Before a turn you will see a directional arrow
- At a turn you will see a directional arrow
- Shortly after, you will see a confimation of route arrow.



Straight on



Left/Right



Follow the bend

GENERAL INFORMATION
WHAT TO BRING ON THE DAY



What to Bring on the Day

Velo29 Sportives are well supported, however ,we strongly recommend you prepare yourself with some essentials.

Please arrive with the following:

- 2 FULL Water bottles
- Enough food to keep you going for several hours of riding
- Waterproof light-weight jacket in case the weather changes
- 2 x inner tubes, tyre levers and a mini pump
- Mobile phone pre-programmed with emergency contact number
- Basic tool kit including chain tool
- If you use a GPS device such as a Garmin or Wahoo then don't forget it and preload it with the route!

A helmet must be worn by all riders, please contact us via email if you are not able to wear a helmet.

The wearing of hard-shell helmets conforming to CE standards EN1078 is mandatory for all riders participating in Velo29 sportive events.

It is the rider's responsibility to equip themselves appropriately prior to event day. Wearing of helmets is a requirement of the event. Participants who try to start without a helmet or choose to discard their helmet at any point of the ride will be withdrawn from the event without refund.

GENERAL INFORMATION

RIDER CONDUCT

This is a challenge event aimed at riders of all abilities, it is not a race.

Please read this short but important message.

As an increasing number of us take to the roads, the focus from the public on Sportives increases to grow. Sadly, not everyone is as excited about the explosion of cycling as we are. In previous events, we've had a small number of complaints regarding rider conduct and we fear that there is potential for these negative comments to escalate putting Sportives on the open road at risk.

As such we ask you all to please ride with every consideration to other road users, including cars and horses. Be as courteous to others as you can and absolutely follow the rules of the road 100% of the time.

Also, NO LITTERING please!

Velo29 do an increasing amount of work each year with the areas we pass through to minimise the disruption and prevent any objection to Sportives on the open roads. We need the riders to do the same, it's in all our interests to prevent public objection.

Please ride well and ride safely for yourself and other road users.



GENERAL INFORMATION
FITNESS AND THE BIKE



Fitness and the Bike

The responsibility is upon the rider to be physically capable of completing their chosen distance and the accompanying climbing and elevation involved.

Also, the rider is responsible for their own bike and you need to be confident that it is safe and reliable enough to complete the distance. There are professional mechanics available on the day, but their role is to assist with small mechanical issues which occur on the ride and any issues which may have occurred on the way to the event.

If the event team, judge your bike not to be suitable for the ride, then you will not be allowed to start. Refunds will not be given if the rider's bike is not suitable.

Please check your bike is in full working order. Bikes should have a mechanical check and any issues resolved prior to attending the event. There will be a mechanic available at the start finish on the day of the event to deal with any minor issues that may have occurred en-route.

GENERAL INFORMATION

MEDICAL PROVISION, MECHANICALS & RECOVERY

Medical assistance will be available at various locations on the route for the duration of the event.

The Event Emergency number will reach event control who will record your call and respond appropriately.

The best way to contact us is by using the Velo29 Ride App, this will tell us who you are, what is wrong and importantly, where you are. The app can be downloaded for free from Google Play and the App Store. Instructions on the last pages if this manual.

The emergency contact number is below; please add this to your phone however, it is also displayed on the back of your rider number.

Emergency Contact Number

07402 168 687

For breakdowns, rider recovery or non-emergency injuries call the above number.

However, for serious medical emergencies, please dial 999 immediately and then please inform event control on the above number.

Please be aware that due to the size of the event you may have to wait a while for recovery. In the first instance your best course of action is to go forward or back to the nearest feed station if you are able. The staff there can arrange recovery. If you need recovering from the course, then you may be dropped at a feed station then picked up by another vehicle and this may take time. There are hot drinks and food at the feed stations so you will be comfortable till help arrives.

Your entry fee DOES NOT include rider liability insurance. You might wish to arrange your own liability insurance in case you injure yourself or be involved in an incident for which you're liable.



POST RIDE AND SPONSORS



Wall of Fame

Make sure you get a photo in front of the Wall of Fame – you have earned it!
These are free and posted to the Velo29 Facebook Page.
We issue medals on the finish line, please make sure you stop and get yours.

This year at all Velo29 Sportives your post ride drink is provided by Erdinger.

ERDINGER ALKOHOLFREI

Rider Results

Visit https://velo29events.com/results/ after the event where you can see all the Rider Data.

Great Yorkshire Results

10 entries per page

Search:

Bib #	Chip Time	Last Name	First Name	Sex	Athlete Type
1	DNS	Joyce	Craig A	Male	short 70k
3	05:26:05.55	Abberton	Chris	Male	Medium 122km
4	05:14:18.73	Abbotts	Mike	Male	short 70k
6	03:16:53.95	Ackroyd	Graham	Male	short 70k
7	07:08:32.00	Alderson	Laura	Female	Medium 122km
9	03:59:54.23	Allcard	David	Male	short 70k
10	DNS	Appleby	Mark	Male	Medium 122km
11	04:23:43.70	Arendt	Peter	Male	short 70k
12	06:03:25.50	Armitage	Andy	Male	Long196km
14	05:36:23.16	Armitage	Nick	Male	Medium 122km

Edit

Showing 1 to 10 of 424 entries

‹ 1 2 3 4 5 … 43 ›



Event Photographs

A link to your event images will be attached to your 'Well Done' email delivered at the end of the sportive. Links are also posted to your social media.

Photographs are usually the Monday after the ride.

The Velo29 Ride App

...the best way to get support during your ride

Application Instructions for iOS & Android users.

The app is for Sportive riders on event day who need help. It will send Velo29 Event Control your essential data and position so we can assist you swiftly and safely.

Please use this app for mechanical/ medical or "off route/ lost" assistance.

If a genuine medical emergency still default to 999.

Also if you've changed route i.e. dropped from long to medium or have gone home without finishing the ride you can use the app to tell us.



Download the app for free from the Google Play/Apple app store **before the event**.

Just search for Velo29 Ride.



At the time you need assistance open the app and enter your

rider number which is

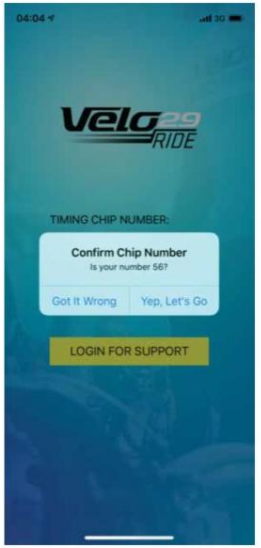
on you handlebars.



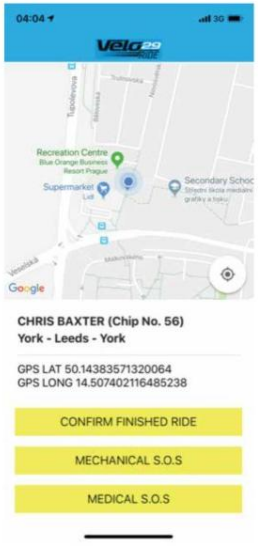
Then enter the year you were born, this is to identify you.



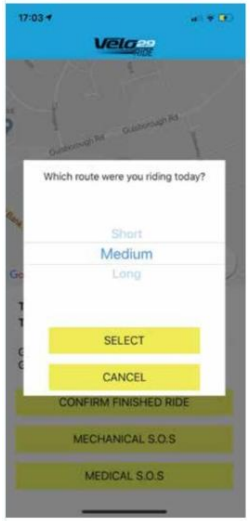
Then press 'log in for support'.



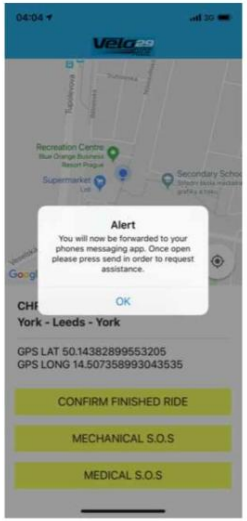
You will be asked to confirm your chip number, check it and press 'Yep let's go' or 'Got it wrong' to go back and change it.



The app will then load your position on the map. Select from the 3 options.



Use 'confirm finished ride' if you've not made it back to HQ and wish to tell us OR if you've changed route distance. Select the route distance and press 'select'. If you've not ridden over the finish line of course you won't get a time.



If you select Mechanical or Medical you will get an alert. Press 'OK'.



A text message will open, you MUST send this message. Just press send.

Velo29 will respond back with a confirmation text message and we'll keep youupdated via text message with an ETA.

android

This service is only available to Velo29 Sportive participants during the event.

It will not work on any other day!

For tech support before the event email events@velo29.com

SCAN ME

iOS Version Scan Here

SCAN ME

Google Play Scan Here

CAMS

Title Sponsor of Velo29



Velo29 is delighted to have CAMS as our title sponsor for a third year, continuing our partnership to support cyclists both on and off the bike.

With a shared passion for cycling, our partnership with CAMS allows us to support the cycling community beyond our events and connect riders with a service designed specifically for cyclists.

CAMS is one of the UK's leading cycling accident management services, with over 25 years of experience supporting cyclists following non-fault accidents and a network of hundreds of cycle shops across the country.

Getting Cyclists Back on the Road

Whether you're a daily commuter, weekend rider or competitive racer, CAMS is available 24/7, 365 days a year if you're involved in a non-fault cycling accident.

CAMS can arrange for your bike to be inspected at your chosen local cycle shop and help provide a replacement bike and helmet upfront. If you've been injured, they can also connect you with specialist solicitors to support you throughout your claim.

If you've had a cycling accident that wasn't your fault, call **0345 054 1000** or visit **www.cams-cycling.co.uk**

The CAMS App

CAMS is about more than accident support. The free CAMS app brings everything cycling together in one place, helping you get more from life on and off the bike.

Discover cycling events, routes and rides, discounts, community groups, ambassador content, plus legal and accident support when you need it.

Ride. Share. Benefit. Belong.

Download the CAMS App for free and sign up using the code **VELO29** to stay connected with Velo29.

www.cams-cycling.co.uk/join-the-camunity/

