



Ride Clwyd Info Sheet

13th May 2018

Quick Overview

Event HQ - Broughton Wings, AirbusUK, Broughton, Chester [CH4 0DR](#)

Parking - FREE, park on right immediately after traffic lights - don't drive down to the Event HQ (bikes only)

Start Times - 80mile 8.30am, 70mile 9am

Food Stops - 2 on both rides, Ruthin and Coedpoeth

Rider assistance no. - 07722 111004 (this is printed on your timing chip handlebar number)

More Detail

Arrival

Turn into to Airbus slip road on western end of factory (through traffic lights) and immediately go right into large car park – look for signs and a flag

Cycle down to the Event HQ at Broughton Wings (big building on right, unmissable) – take the left-hand channel to avoid the timing strips/start area

NO CARS IN THE START AREA

Registration

Inside the Broughton Wings building, turn left inside

Each rider to sign in for themselves before collecting handlebar chip and zip-ties. Don't bend the handlebar number

Registration open from 7.30am

Disclaimer

You will be asked to sign the following disclaimer:

"I understand and agree that I participate in this event entirely at my own risk, that I must rely on my own ability in dealing with all hazards, and that I must ride in a manner which is safe to myself and others. I agree that no liability whatsoever shall attach to the organiser, event sponsor or any event official in respect of any injury, loss or damage suffered by me in or by reason of the event however caused."

Big Rule – all participants must wear a cycling helmet

What to bring

Well maintained road-worthy bike
Puncture repair kit and at least 2 inner tubes
Some food and drink
Legs of steel...

What you'll get

Free tea and coffee at the start in the morning, and on return in the afternoon

Food stops will have cake, flapjacks, bananas, sports bars, energy gels, isotonic tabs, energy drink and water – all sports products are SIS

Food stops have First Aid kits and some spare inner tubes (£5), and all stops have toilets

Broom wagons will have First Aid kits and some inner tubes (£5)

Setting Off

Cyclists will be set off in groups of 20, after a short briefing

80mile participants will be started from 8.30am, 70mile from 9am

All riders are expected back by 4pm

Rider Briefing

Ride 2 abreast at most, follow the Highway Code, watch out for pot holes

Look after each other, take a turn on the front

Pass horses carefully, and warn pedestrians (esp. on the Panorama Walk)

Watch out for a steep descent off the first hill with warning signs and a marshal to warn of cars pulling out of unsighted side road

Signs are Yellow with Black arrows all way around on the 80mile, the short cut of the 70 is in Blue signs with Yellow arrows.

Food Stops at Ruthin and Coedpoeth

After the Horseshoe Pass descent watch out for a sharp left turn and steep climb off the main road – get in gear before you turn – 20% immediately

Be aware of the late change to the route at mile 16

Call assistance number for injuries, bike problems and because you are lost

See you back here at 4pm, HQ starts to close up 5pm

Remember to get a medal

Signs

80 mile – follow yellow signs with black arrows all the way around

70 mile – at route split you will follow Blue signs with yellow arrows to Ruthin, and then rejoin the 80mile route (yellow sign/black arrows)

Also look for yellow A3 signs with climb details, route split directions, etc

Food Stops

Same 2 on both routes – 1. Ruthin, 2. Coedpoeth (near Wrexham)

Food Stop intervals:

80mile – 37miles then 61mile

70mile – 27miles then 54miles

Support

Before you start – Cycle-Tec mechanic on hand for last minute mechanical issues, and will then go directly to the food stops for long pauses

During the ride – broom wagons follow at the back of the field of riders – call the Assistance number if you need help – 07722 111004

Assistance phone number is printed on your handlebar number board

Emergencies

If you have a **accident** call the Assistance phone number (its printed on your handlebar number) – P+H Medics will have a car based first at Ruthin then at Coedpoeth during the day

Broom wagons have **First Aid kits**, and food stops too

Return

Be sure to ride over the timing strips to stop your chip timing – initial results will be uploaded 5pm Sunday, and confirmed later that evening

Be sure to collect a Ride Clwyd medal

GOOD LUCK AND TAKE CARE

RIDEVENTURES