



Nidderdale Sportive Race Registration Details – 29 March 2015

1. Race Registration

Riders are requested to register between **0730 to 0840** at Dacre Banks Cricket Pavilion. Please give yourself plenty of time to collect your race number. All riders must be present for the sportive **brief at 0845**. The postcode for sat-nav is: HG3 4EA

At registration you will be issued bike numbers; they are to be attached to the front of the handlebars. All bikes are to be fully serviceable and riders must have suitable clothing to meet the weather conditions. Helmets must be worn for this event. **NO HELMET = NO RIDE**. You must ensure you have suitable bike spares and abide to the Highway Code at all times. **NO TRIATHLON BARS ON BIKES**.

Please carry a mobile phone with you in case of emergency. Mark Livesey (event organizer) Mob Number 07786176167.

2. Start time is from 0900hrs to 0930hrs

All riders must pass through the time control prior to setting out on the course situated outside the Cricket Pavilion. You're reminded that this event is **not a race**.

3. Route.

The route will be clearly marked at all junctions, please note that both routes do have a number of right turns so care must be taken. Riders are reminded it is your responsibility to familiarize yourself with the routes. You can make your decision on what route to do at the first refreshment station (Kettlewell), which is situated 2 miles before the turn for the longer route.

4. Toilets.

Toilets and changing is available at registration with toilets at both refreshment stations.

5. Refreshments

The refreshments will include carb drinks, energy gels, fruit, water, coke, and cakes with a small selection of high energy food. Hot pie and peas, Tea/Coffee

will be served to all riders after the event in Dacre Banks village hall. Coffee is available prior to the start of the Sportive at the local village store (not free).

3. Parking.

All riders are to park in the designated parking area (see map), which will be situated opposite the Cricket Pavillion (clearly signed and marshaled). You will be requested to make a small donation for charity. Any donation is greatly appreciated.



7. Broom Wagon.

A broom wagon will sweep the course approximately 30 to 45 mins after the last rider has departed from the start line. Please note the broom wagon will only pick up medical issues and major mechanical problems.

8. Medical Cover

An ambulance with two fully trained paramedic technicians will be available throughout the Sportive event (to sweep the route 30 mins after the last rider departs). This vehicle will respond to non-emergency incidents; all serious injuries should be dealt with by contacting the emergency services asap – Call 999.

9. Photography

As part of your entry fee Sports Sunday Photography will be taking a number of action shots from around the route. You will be able to access unlimited images of you and your friends FREE of charge online.

10. **Saftey**

All riders are to abide with the highway code (THIS IS NOT A CLOSED ROAD EVENT) and care must be taken on some of the more technical and steep descent's. Do not ride more than two cyclists abreast and allow vehicles from the rear to overtake safely. Please take care the functional fitness team want to see everybody finish safely.