



Riders Handbook



Updated for 2022

Welcome - to the 10th C2C in a Day delivered for you by Open Cycling starting in Seascale on Saturday 9th July 2022

The Coast to Coast; West Cumbria to North Yorkshire is attempted by scores of cyclists each year, but only a handful try it in one go. The Coast to Coast in a Day is an event enabling riders to follow a fully signed route starting in Seascale on the West Coast, taking in the iconic passes of Hardknott and Wrynose, the lovely valleys of the Yorkshire Dales, The Vale of York, and finally the North York Moors before descending to finish by the sea in Whitby.

Below is some important information to help you prepare for your ride. Please read through carefully, and if at the end you still have some questions, please get in touch via the <https://www.opencycling.com/coast-to-coast-in-a-day/contact/> page on the website or email us on talkto@openadventure.com

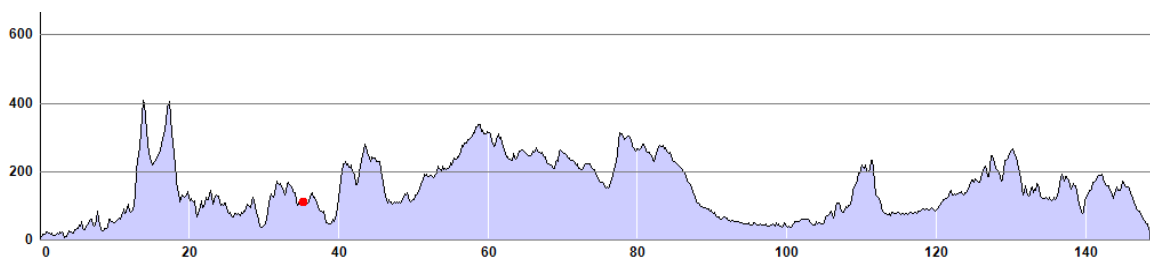
There is also a dedicated FaceBook group for the event where you can find more information and can keep in contact with other riders taking on the sportive <https://www.facebook.com/groups/c2csportive>

Entry Includes

- Fully Signed Route.
- 4 Feed Stations across the route
- GPX route files.
- Electronic timing.
- Live tracking (updates every 60 sec for each rider)
- Medical cover throughout the ride.
- Showers at Whitby Leisure Centre & Whitby Rugby Club
- Personal kit bag transfer from Seascale to Whitby Leisure Centre.
- Windermere Ferry Crossing (still to be confirmed for 2022)
- Photography at Start/Finish and across the route

Distance

The full C2c in a day route is 150 miles with 4500m of ascent. We provide 4 feed stations across the route, the approximate distance between them can be found in the table below



Location		Miles	Cumulative
Seascale	Start	0	0
Ferry or Ambleside diversion	99% hopeful	29	29
Kendal	Feed Station 1	10	39
Hardraw	Feed Station 2	25	64
Tunstall	Feed Station 3	25	89
Ingleby Greenhow	Feed Station 4	33	122
Whitby	Finish	28	150

Event Schedule

Time	Day	Location	Item
5.00pm - 11.00pm	Friday 8 th July	Seascale Sports Hall	Registration open
5.00pm	Friday 8 th July	Seascale Cricket / Bowls Club	Camping open
5.30pm	Friday 8 th July	Penrith Rugby Club	Parking opens for riders on coach transfer
6.30pm	Friday 8 th July	Penrith Rugby Club	Coach Transfer departs for Seascale
5.00am – 6.45am	Saturday 9 th July	Seascale Sports Hall	Registration
5.00am - 7.00am	Saturday 9 th July	Seascale Jetty	Start
5.00 am - 9.00am	Saturday 9 th July	Hardknott/Wrynose Pass	Road Closure in place
7.00am	TBC for 2022	Windermere Ferry	1st ferry runs
From 7.00am	Saturday 9 th July	Kendal	Feed station Open
From 9.00am	Saturday 9 th July	Hardraw	Feed station Open
From 11.00am	Saturday 9 th July	Tunstall	Feed station Open
5.00pm	Saturday 9 th July	Tunstall	Cut Off time
From 12.00pm	Saturday 9 th July	Ingleby Greenhow	Feed station Open
1.00pm - 1.00am	Saturday 9 th July	Whitby West Cliff	Finish
1.00pm - 00.30am (ish)	Saturday 9 th July	Whitby Leisure Centre	Kit collection & showers. Bike storage overnight
2.00pm - 1.00am	Saturday 9 th July	Whitby Rugby Club	Camping and showers

	July		open
7.00am - 8.00am	Sunday 10 th July	Whitby Rugby Club	Breakfast & Camping closes
8.00am	Sunday 10 th July	Whitby Leisure Centre	Open for bike box & trailer loading
9.00am	Sunday 10 th July	Whitby Leisure Centre	Coach Transfer departs for Penrith

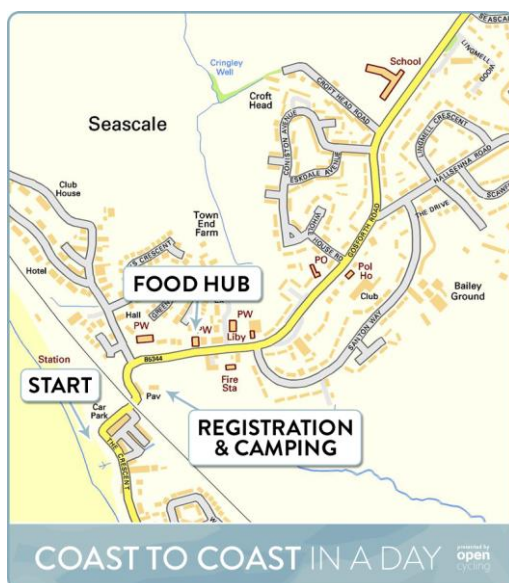
Accommodation at the start

For those choosing to stay in or near Seascale on Friday (or if you take the transfer option from Penrith to Seascale on Friday) there are plenty of accommodation options (including hotels, B&B's, Guest Houses, Hostels) in the surrounding area. If you are staying outside of Seascale and you need transport to the start book this in advance – we are in rural Cumbria and getting an Uber is doubtful...

Often rooms become available in one of the local B&B's or Hotels on the run up to the event as people change plans at the last minute. Keep an eye on the C2C Facebook page as information often gets posted there.

Camping in Seascale on Friday

We are also offering the option to camp at Seascale Cricket/Bowls Club right next to the Seascale Sports Hall which is the C2C event and registration base. (See map below). Camping must be pre booked as an EXTRA before end of May and is charged at £10 per person.



The camping is primarily tent camping on the cricket field. The campsite/car park must be clear by 9.00am on Saturday morning. There will be room for a limited number of **pre-booked (via email to talkto@openadventure.com)** short wheelbase campervans (eg VW T4/T5's) in the car park however there are strict size restrictions. Campervans must be no more than 5m in length, if you have a mobile home of more than 5m you must book onto a local campsite.. Please note there are no electric hook ups however there are toilets – porta loos, plus toilets in the sports hall, there are showers (1 each male and female).

For those riders who have camped at the Cricket/Bowls Club on Friday night once you have dismantled your tent you can reclaim your bike box from the back of the trailer and you can pack your bag and tent into your box. If your tent or bag does not fit please make sure each item is labelled (bag tags and pens will be available Saturday morning) with your name and rider number.

Accommodation in Whitby after the event

Our experience is that the demand for accommodation at the finish is generally limited. Most riders either make their way home straight after the ride or are picked up by family and friends. For those that wish to make a weekend of it in Whitby there is plenty of accommodation. However, being a seaside town in Summer it does get booked up. There are plenty of Hotels & B& B's, there is also the Youth Hostel and campsites around Whitby.

We offer a camping option at Whitby for those who wish to stay over or are on the transfer back to Penrith on Sunday morning. Camping is located at Whitby Rugby Club and must be booked in advance as an extra at £10 per person. The club is approx a 10 minute walk from Whitby Leisure Centre, where you collect your bags, repack bikes for the Sunday transfer and shower. The Rugby club has grass camping and limited campervan parking.

Campervans are limited in size to shortwheel base vans (eg VWT4/T5's) no more than 5m in length, if you have anything larger you will need to book onto a local campsite. The club also has showers & toilets which are open overnight.

The Rugby Club has a bar and riders are welcome to use this, however it does not serve food. You will either need to take a trip into Whitby 10/15 min walk or a 5 minute taxi ride or you can call a local takeaway for a delivery.

On Sunday morning the club steward, Glen and his team serve breakfast charged at £?(tbc) for bacon, sausage, egg rolls plus tea and coffee. They also do veggie breakfast too. Breakfast is between 7.00 & 8.00am and camp ground must be cleared by 8.30am. Riders on the transfer need to be back at the Leisure Centre no later than 8.30am to collect bike boxes and load onto the bike truck/trailer and be on the coach for a 9.00am departure.

Travel Options

On first thoughts it may seem that travel options are a logistical nightmare!!! Don't worry, when you break it down it is fairly straight forward.

Option 1 - make your own travel plans – get to Seascale on Friday night or Saturday morning. Ride to Whitby and then go home. Here are some tips....

- a) Get a friend or family member to drive you to Seascale on Friday evening or Saturday morning and drop you off – you can book accommodation locally or camp if arriving on Friday. Saturday morning you drop your bag (no more than 10kg) at the bag drop outside the Sports Hall and we will transfer it to Whitby. After you complete your ride to Whitby you can pick up your bag at the Lesiure Centre. From here you can get picked up by your friend/family member and go home.
- b) You can get a group together and make your own travel arrangements – hire a mini bus and bike trailer, hire a coach that can carry bikes underneath etc. Then same as above either arrive Friday night and stay over or arrive Saturday morning. If your transport is picking you up at the other end they can transfer your bags for you. If you are making alternative arrangements to get home from Whitby we can transfer your bags for you. Bags (no more than 10Kg) need to be left at the bag drop area at the Sports Hall. One useful bit of info – if you are coming by coach you must approach Seascale from the North and not via Drigg. There is a low railway bridge in Seascale village. The Sports Hall is on the North side of that bridge...
- c) Travel to Seascale by train - it is possible to get directly to Seascale by train. Either from the North via Carlisle or from the South via Lancaster. You would need to check the times of travel but it currently doesnot look possible to get a train that will reach Seascale in time for cut off at 8.00am on the Saturday morning. If wishing to travel by train you would need to travel on the Friday. Booking bikes onto trains may also prove tricky so book early, I am afraid we cannot help you with this. We do advise the train companies of the event however we have no control over the number of bikes they allow on the trains. Please do not contact us and ask us to intervene we have no influence over these decisions, we have tried and failed.

Option 2 - You can use the coach transfer from Penrith (Penrith Rugby Club)

Transfer mustbe booked in advance as an extra, you can also purchase a bike box which will be at Penrith ready for you to pick up. These EXTRAS can be add at a later date by

logging into your account, the cut off for this is the end of the month prior to the event – ie for the July 2022 event the cut off will be 31st May 2022.

Coach Transfer Details

Parking is available at Penrith Rugby Club from 5.30pm with the coach departing promptly at 6.30pm. Please allow plenty of time on the Friday to get to Penrith, you must have time to pack your bike box, load it onto the bike trailer and get on the coach. Journey time is anticipated at 1.5-2hours and we are unable to delay departure for any reason (sadly there is almost always a delay on the M6 on a Friday afternoon, please plan accordingly)

There will be a couple of Open Cycling marshals on hand to assist with parking, collection of bike boxes, distribution of bike box numbers and guidance on where to get the coach.

- **On arrival at Seascale** – your bikebox & bag will be unloaded. We recommend you reassemble your bike straight away before you set off to your accommodation or set up your tent. Your empty bike box will be put back on the trailer..
- **On Saturday morning** – if you are camping at Seascale, reclaim your bike box from the trailer. Pack your bag and tent inside and put back on the trailer then head to the start. If you are staying in other accommodation your bike box will be flattened and loaded back onto the bike trailer. If you have a kit bag you wish transferred to the finish you can drop this at the registration point before heading to the start and it will be transferred to the finish.

For those taking the transfer all bikes **must** be in a HARD bike box or cardboard box from a bike shop. We will not transfer bikes in bike bags. Max weight 20kg.

If you do not have or cannot get hold of a bike box these need to be **added to your entry** or purchased at the time of your entry. If you have ordered a bike box from Open Cycling this will be at Penrith. Cardboard bike boxes will be available at £16 each. We recommend you also bring some bubble wrap for packing your bike and a roll of parcel tape.

With regards to packing and bike boxes, you can go as far as you want, the basics would be, front wheel out, pedals and saddle off, handlebars out. However, it is generally advisable to at least remove the rear mech as well. Bring lots of packing tape for sealing your bike box.

To make things easier we are asking all transfer riders to pack their kit inside their bike boxes. This means you have only one item to search for at the end.

All those who have booked onto the transfer will get their boxes transferred. If you have a bike box you need transferring from Seascale to Whitby and you have not booked onto the transfer please let us know.

Seascale – Registration Times and Location

- **Friday evening** at Seascale Sports Hall (CA20 1PZ) West Cumbria- from 5.00pm – 11.00pm
- **Saturday morning** at Seascale Sports Hall (CA20 1PZ) West Cumbria – from 5.00am – 6.45am

Please try to register on Friday evening to prevent any delays to your start on Saturday. At registration you will pick up your rider registration pack – this will include your rider number to fix to your bike, cable ties, map and C2C neck gaiter. You will also be issued with your GPS tracker. There will be live timing, the link will be sent out prior to the event. Please have your rider number and ID to hand when you join the queue.

Rider numbers will be posted on the website prior to the event or can be found on the paper lists stuck to tables inside the sports hall. **NB:**You must produce ID which has a photo (that we can recognise as you) and your name. **No ID = No ride, and yes we do mean that.**

Baggage and Bike Boxes

All riders who would like a bag transferring from the start to the finish can drop a bag at the Sports Hall on Saturday morning. Bags should be no more than 10kg and no liquids as bags get loaded on top of each other during transporting. Ensure all bags are labelled with your name and your rider number. Bag tags & pens can be found on the tables at registration and will be available at the bag drop area on Saturday morning. This helps with identification at Whitby when you come to collect your bag – after 150 miles all bags will look the same.

Food at Seascale

If you are planning to arrive late in Seascale we suggest you eat on the way. We cannot guarantee food after 10.00pm. A few of the hotels and guest houses may provide meals however you would need to check with them on booking. The same applies to breakfast – very few hotels, guest houses, b&b's will provide breakfast at 4 - 5.00am. (!)

For those who arrive in Seascale late afternoon/early evening the **Food Hub at the Methodist Church** will be selling a Pasta meal with garlic bread followed by apple crumble & custard plus teas & coffee and soft drinks. GF & Veggie options are available. Food is available from 5.00pm - 10.00pm on Friday. Breakfast is available from 4.00am to 7.00am on Saturday and includes porridge & cereals, fruit, toast, bacon butties (non meat/GF breakfast rolls also available) tea, coffee & juice. Food is excellent value for money and payment is by **CASH** only.

Bike Storage & Bike mechanic support at Seascale

If you are camping at Seascale we provide an overnight secure bike storage. This will be in the Cricket/Bowls Clubhouse. Bike storage opens at 5.00pm – you must have registered for the ride first and have collected your rider number which must be on your bike. When you bring your bike to the storage area we will attach an identification band to your wrist with your rider number on it. You must keep this band on – when you come to collect your bike on Saturday morning we will cross ref your bike number and wrist band for security purposes. **You can only store your bike with us overnight if you are camping.** If you have other accommodation booked you must take your bike with you.

As some of you will have had to take your bikes apart for the transfer we have a bike mechanic based at Seascale on Friday evening and Saturday morning in case you have any issues putting them back together. The bike mechanic is there for all riders and we provide this service free of charge – **however** if you need any parts for your bike the bike mechanic will charge for these parts. We recommend you have your bike serviced and that it is in Sportive- ready condition before you arrive but we realise that problems do occur.

After leaving Seascale on Saturday morning the next mobile bike mechanic will be at Cockley Beck (between Hardknott & Wrynose Pass). They will have limited resources but will do their best to keep you moving forward. Giant Bike shop in Kendal will be the main point for any major bike issues. There will be a bike mechanic based at each feed station after Kendal. Due to the remoteness of many of the feed stations card payments may not be possible. It will be worth carrying some cash as well as a card for your ride.

The START – (Saturday 5.00 am -7.00am)

The start for the C2c takes place at the Jetty on the beach. As you set off under the START GANTRY we will scan the bar code on your rider number (so please make sure it is visible) we will also check you have your tracker. The tracker needs to be placed in your back pocket (preferably a zippered pocket) with the lights facing the sky. Do not bury it in a rucksack or under the seat. We will also check bike lights front and back.

Road Closure – Hardknott & Wrynose Passes

The road closure at the head of Eskdale Valley starts at 5.00am on Saturday morning. Vehicles are allowed to pass up and down the valley and the road remains open for local residents and businesses (including a coach company that is based in this valley).

However NO vehicles will be allowed past the road closure until 9.00am. A diversion route will be in place.

Once on Hardknott any rider who needs to get off and walk please follow the signage instructions and keep to the left. This allows space for riders who are still on their bikes to

pass. For those new to Hardknott and Wrynose, follow the link to our film of guidance on how to handle the ascent & descents <https://www.youtube.com/watch?v=5BKTy07o2NM>. (please note the film was made in 2015 before the introduction of the road closure).

Event Rules & Kit Lists

All riders must be at least 18 years old on the day of the event.

It is a condition of entry that each rider presents an official form photographic id at registration e.g passport or photo driving licence. If you are not able to provide this at registration then you will not be able to ride in the event

26" or small wheel (MTB's) or hybrid cycles are not allowed on this event. If you think you should be exempt please feel free to contact us. Also no tri-bars to be fitted to bikes. Electric bikes and single speed bikes are also not allowed.

ROAD tandems with 700c wheels are allowed to take part, please contact us prior to entry. We have a sweet spot for tandems so 2nd rider will not have to pay but we do need them to enter the event.

We would encourage you to wear whatever you feel most comfortable in, giving regard to the fact you will be crossing the country and the very changeable nature of the weather in Northern England. There are a few things we have to insist upon:

- Helmet (to be worn!).
- Waterproof jacket
- Repair kit including spare inner tubes, pump, multi tool & tyre levers plus the skills to use them.
- Rear light please for benefit of other riders use on constant light not flashing.
- Front lights are now MANDATORY (**added 2020**) – can be simple white LED light but if vaguely likely to be on road after 20:00 should have lights that can light up road not just let other road users know you are there. Please use on constant light not flashing.
- Maintained bike in good working order, specifically brakes fully serviced and if using rim brakes, rims are not damaged or excessively worn.
- We suggest you bring some cash with you on the ride, just in case. You might decide on an impromptu café stop or an emergency inner tube purchase.

The following terms apply to **individual entries**. Terms for group entries are communicated directly with the group organiser.

In the event of you wishing to cancel your entry for the Coast to Coast in a Day the following refunds apply:

Updated 04.05.2022

- Up to 20th December refund minus £10
- Up to 1st April 75% refund minus £10
- Up to 31st May 50% refund minus £10
- After 31st May no refund. This is regardless of medical condition / family situation / number of pies eaten in preceding month.
- Due to the event being handed to its new owner for 2023, no transfers will be available from this year's event. If you have already transferred from 2021 you will have forfeited your opportunity of a refund

Full T's & C's can be found on the website <https://www.opencycling.com/coast-to-coast-in-a-day/terms-and-conditions/>

Timing

Timing for the event is to be a combination of scanned bar code on the rider number, GPS tracker and RFID at the start and finish.

Route Signage

The Coast to Coast in a Day route is fully signed from Seascale to Whitby – just follow the arrows shown below. It is very likely there will be another cycle event taking place somewhere across the country hence there will be other event signage. ONLY follow these green arrows.



You will be issued with a map of the route at registration and you can download a GPX file of the route from the website <https://www.opencycling.com/coast-to-coast-in-a-day/map/>. These can be used as a back-up if required

Additional instructional signage will be put out on the approach to certain junctions for increased safety.

Supporters

With the route being fully signed and fully supported with 4 excellent feed stations we must insist that your supporters, friends and family do not bring any vehicles out on the route to follow as this will create unnecessary congestion and will be a danger to cyclists and other road users. The feed stations simply do not have the space or parking capacity for supporters and their vehicles. We are keen to encourage supporters to come and support at the start and finish. If supporters do arrive they will not be allowed in the feed station or the bike park area.

- If you wish your supporters to see you on route our recommendations are: use public parking in Kendal and meet them near but not at the feed station based at the Castle Street Community Centre. No supporters allowed in feed station, however, there is a large grass area nearby called Gooseholme by the river which makes a great area to meet family and friends.
- Catterick Racecourse car park just off the A1



- Danby but approach via A171

Please note parking in Whitby is restricted either pay and display or disc parking. You can collect a disc from Whitby Leisure or in town if required. With a disc the maximum stay is two hours. Whitby do operate a Park and Ride to West Cliff every 15 minutes until 18:30.

Feed Stations – Food & Drink

Only riders on the event will be allowed to enter feed stations. There are 4 fully stocked feed stations. We will be serving a selection of food at each station a mixture of sweet and savoury with a specialty headliner at each stop. There is also fruit, especially bananas and there will be hot drinks & cold drinks. Below is a list of foods provided in 2019 this may change for 2021 however we will advise just before the event

- Kendal – Baguettes, Savoury snacks, Cake, Fruit
- Hardraw – Soup & roll, Cake, fruit
- Tunstall – Baguettes, Savoury snacks, Cake, Fruit
- Ingleby Greenhow – Meat & Veggie Pies, Cake, Fruit

We endeavour to cater for gluten and dairy free however if you have any other specific dietary requirements please contact us prior to the event and we will do our best to provide suitable food for you. On the day, those of you who do have specific dietary requirements will need to make yourself known to marshals at the feed stations. We keep the special dietary foods separate from the general food supplies as we have found in the past that riders will eat whatever they see and we do not want the food you need being scoffed before you arrive.

Hot & cold drinks will also be available and you will be able to fill up water bottles on site.

First Aid/Medics

There will be medics on the route and first aiders at each feed station. If you have an incident or come across an incident that needs urgent attention call 999 ASAP and then call Event Control in that order. You will have the event control number on your map and via a text message you will receive before the event.

If urgent attention is not required advise Event Control who will check the location of the nearest medic or will advise you to make your way to the nearest feed station (which could be back along the route).

Cut Off

There is 1 very generous Cut Off on the route. You need to have left the feed station by...

- Tunstall @5.00pm

Our calculations suggest that the very slowest of riders would need to set off soon after 5.00am and spend no longer than 20mins at each feed station to meet this time.

Retirements & Safety Support

Although the event is fully supported (with full route signage, 4 fully stocked feed stations, bike mechanics and first aid cover) riders must start the event with the mindset that they are fully able to complete the 150 miles. This is not an event to be taken on 'on a whim'.

Unfortunately, despite all the training, the day may not go as planned and you may need to retire. In these circumstances we ask you make your way to the nearest feed station (which may be behind you) and speak to a marshal or the medic. Once you have made the decision to retire we will need to take your rider number and your tracker from you so we can record

you are no longer on the event. Please **do not just head home without letting us know** otherwise we will spend a lot of time at the end of the event looking for you.

If you do not have family or friends that you can call upon to pick you up, we will do what we can to assist you arranging transport (e.g. by taxi) to get to the nearest train station so that you can go home or to the finish.

Although we have a sweeper vehicle following the back of the event this is not intended to transport you forward, you could also be waiting around for a very long time. The event does not have a 'broom wagon' running up and down the course picking up riders. As such, we reiterate that you should have the mentality of cycling to a feed station to retire.

If you have a bag at the finish but it is easier for you to head straight home from where you retire we will return your bags to you by courier during the week after the event.

Finish – Location, Food, Baggage & Support

The finish **LOCATION** can be found at:

West Cliff (Near Whitby Pavilion), North Terrace, Whitby, North Yorkshire, YO21 3EN.

You will follow the arrows right to the finish Gantry where your time will be recorded, you will receive your medal and we will remove your tracker. We will have a photographer at the finish line to capture your moment of triumph!

Supporters - Family and friends are more than welcome to meet you at the finish. There is a large grass area next to the finish line where people can meet up. With each rider being given a tracker family and friends will be able to access the website tracking page so you will know when you are due to arrive. Parking is limited to on street parking near the finish.

Food – There is no food provided at the end of the ride. For those riders who arrive into Whitby early enough there are plenty of places in town, especially fish and chips, a short walk down the hill, to eat and drink.

For those who are camping overnight at the Rugby Club, the Club Steward & his team will be selling breakfast on Sunday in the club house at £? tbc per head. This will be available from 7.00 – 8.00am.

Baggage collection and showers - will be available at the Whitby Leisure Centre. Just follow the orange arrows from the finish and a marshal will be there to meet you and find your bag. If you are camping at the Rugby Club on Saturday night Men's and Women's showers can also be found here. You will need to have your rider number with you to collect your bag which should have been labelled at the start.

Sunday transfer back to Penrith – if you are taking the coach transfer back to Penrith on Sunday morning you can repack your bike into its bike box when you finish and leave it overnight at the Leisure Centre. You need to be back at the Leisure Centre by 8.30am on Sunday to reclaim your bike box and load it onto the trailer before getting on the coach. At Penrith your bike box will be unloaded, **please take your bike box away with you** for reuse or disposal.

Extras – Cycle Jersey, Photos, Results, Updates

Cycle Jersey's – a C2C in a Day specific cycle jersey will be available for purchase online both pre and post event. The cycle jerseys are designed by our in house design team and we partner with Scimitar Sports who then process the orders, manufacture and deliver direct to yourselves. The jerseys are manufactured from Scimitars Exclusive Qwick-Dri™ wicking technology, features include - short sleeves, a full length zip plus 3 elasticated back pockets with an additional zippered safety pocket.

Jerseys cost £55.00 including vat and delivery. Details of the jersey design and how to order will be sent out in an update and posted on the C2C FaceBook page prior to the event. For those who donot wish to purchase before the ride we will reopen orders for a short period of time after the event, however please note that delivery will be a minimum of 6 weeks after the closure of this 2nd order window.



Photography - we will have a number of photographers involved in the event – at the Start, on Hardknott Pass, at the Finish and a photographer covering the full event. All the photos will be posted on our Open Cycling Facebook page. The photos are there for you to download for free. However, if you should want a photo with a hi-resolution please contact the photographer directly and they will be able to quote you for a print.

We will aim to get the START photos up on Monday, 'On the hill' @ Hardknott on Tuesday, FINISH photos on Wednesday and the through COVERAGE on Thursday.

Results – live timing for the event will be available online. You will be given a paper copy of your timings on the day.

Updates - We will be sending out outdates on the run up to the event, these will include information on food at the feed stations and the finish, info on the route and any possible changes, information regarding live tracking and any other last-minute details to help you enjoy your day. We will also be covering any specific changes and instructions that are required for the provision of a safe event.

Final Note

ID - Don't forget you will need ID at registration – no ID no ride, simple.

Event Control - If you need assistance during the ride the number to call is **0330 223 2840** - please put this in your mobile now. This number will not be active until the weekend.