



# **RIDE MANUAL**

# **2018**

# TAUNTON FLYER

## SPORTIVE

### RIDE MANUAL

Thank you for entering the Taunton Flyer Sportive 2018.

**IMPORTANT:** Please take time to read this document thoroughly before you travel. It contains details that will ensure the event runs smoothly and that you get maximum enjoyment out of your ride!

#### REGISTRATION:

If you entered before Monday 22nd July 2018 and you provided a UK address, there is no requirement for you to attend the Registration Desk, your 'Ride Pack' will be posted to you at the address you have given. If you have not received your pack by Friday 27th July please contact us immediately.

If you registered after Sunday 21st July, or you reside outside of the UK, your 'Ride Pack' will not be posted. You will need to collect this from the Registration Desk on the morning of the Sportive. Please allow yourself a little extra time for this.

If you are planning on entering on the day. You will need to allow yourself time to complete the registration process. Please note there is a £5 admin fee for registration on the day.

- Pack Contents:**
- Rider Number (Must be fixed to the front of your bike)
  - Disposable Timing Chip (Must be fixed to the **OUTSIDE-LEFT** of your cycle helmet)
  - 2 x Cable Ties (to fix Rider Number to your pedal cycle)
  - Ride Pack Info Sheet

**Reg. Times:** Registration Desk is open from 07:00 hrs to 08:45 hrs on Saturday 4th August

#### VENUE:

- Address:** Taunton Racecourse, Orchard Portman, Taunton, Somerset, TA3 7BL
- Telephone:** Event Director: 07764 793122 (For contact pre and post event)  
Event Control: 07548 946358 (Only use during event)  
**The Event Support Number is on the REAR of your Bike Number.**
- Email:** [stewart@justevents.biz](mailto:stewart@justevents.biz)

#### DIRECTIONS:

- From M5:**
- Exit the M5 at Taunton (Junction 25).
  - Follow A358 towards Taunton
  - At roundabout (0.3 miles) take 1st exit (Straight on) A358
  - At Lights (0.3 miles) turn Left onto Bridgewater Road. Signed Corfe (B3170).
  - At the next Lights (0.4 miles) turn LEFT onto the Ilminster Road.
  - At the roundabout (0.2 miles), take the 2nd exit (right) onto Blackbrook Way
  - At the next roundabout (0.7 miles) take the 1st Exit (straight on) to Chestnut Drive
  - At the 'T' junction (0.9 miles) turn LEFT onto the B3170 - signed Corfe
  - Follow the B3170 to Taunton Racecourse (0.5 miles)

#### PARKING:

There is ample FREE parking at Taunton Racecourse. The participants car park is on the opposite side of the B3170. Please use the clearly marked pedestrian access point to cross into the racecourse with your bike.

#### BREAKFAST:

Taunton Racecourse Catering Service will provide breakfast at the Event HQ from **07:00 hrs** to **08:30 hrs**

#### START PROCEDURE:

Riders for the longer routes will be started first. Please do not start until your route choice has been called. If you start too early we may not have resources such as marshals, timing points or feed stations in place ready for you.

When you are ready to begin your ride, present yourself at the 'Start Gate', behind the large Orange Gantry. You will receive a short safety briefing before you begin your ride.

Riders will be set off in groups of approximately 100 at a time with 5 minute intervals.

## START & FINISH TIMES:

- **Wellington** route participants must start between **08:00 hrs** and **08:30 hrs**
- **Dakota** route participants must start between **08:15 hrs** and **09:00 hrs**
- **Spitfire** route participants must start between **08:30 hrs** and **09:00 hrs**

All participants MUST finish no later than 17:30 hrs. There will be a cut-off time of **13:45 hrs** at Hemyock (64 miles) on the Wellington Route (12.3 mph). Slower riders will be diverted onto the shorter Dakota route.

## ROUTE INFORMATION:

We make every effort to ensure that our routes are all clearly signed and marshaled. However the onus of remaining on course remains with you, the rider.

### ROUTE SIGNS:

				<b>SPITFIRE DAKOTA WELLINGTON</b>
Direction Arrow	Steep Descent [Take Extra Care]	Hazard Warning [Take Care & be ready to stop]	Route Split signs [Follow arrows for your route option]	
				
Hazard - Go Slow!	Toilets	Drinking Water	Notable Hill	Feed Station

## MARSHALS:

There are marshals at key locations around the route. They are there to help you remain on course and raise awareness of the Sportive. Marshals are NOT there to stop traffic or give you priority right of way. You must comply with all traffic signs & road markings. It is your responsibility to ensure that it is safe before you proceed.

## MAPS & GPX FILES:

Route Maps are available online. Please click on the respective Route Option under the 'Information' Menu on the website [www.TauntonFlyer.com](http://www.TauntonFlyer.com)

If you have a Bike Computer we recommend that you download the appropriate GPS route file and use this as an additional backup to ensure you remain on route. Links for these are also on the respective route information pages of our website.

## RIDE SAFETY:

The Taunton Flyer Sportive is a challenging event that takes place on open public roads. Cycle events of this nature will always have an element of risk, however, if you follow the advice we provide, those risks will be minimised.

- You must wear an approved cycle helmet on the course at all times.
- This is NOT a closed road event. Respect other road users.
- Always cycle at a speed where you are able to stop safely when required.
- Know the limits of your own bike handling ability. Do not be drawn into danger by following others.
- Always heed the advice of course marshals (stop if they signal you to do so)
- Do not ride more than two abreast and single-out on narrow or busy roads
- ALWAYS comply with Traffic Law & the Highway Code
- Take note of the normal road signs & markings in addition to the event signs.
- Pay attention to Caution Signs. They are for your SAFETY.
- Be prepared to stop at Pedestrian Crossings.
- Take particular care when passing through built up areas.
- DO NOT contravene RED Traffic Lights.
- It remains your responsibility to ensure it is safe to continue when negotiating marshalled junctions. Give Way when necessary and take extra care when merging onto main roads.

Some sections of road surface are less than perfect. Watch for pot-holes, loose gravel, and any other debris that may have washed or blown onto the carriageway.

## ELECTRONIC CHIP TIMING:

You must stick the Disposable Timing-Chip to the outside-left of your cycle helmet, ensuring that it is not stuck on top of any old timing-chips or metallic surface. The timing-chip will not damage your helmet and can easily be peeled off and thrown away after the Sportive.

When you start you will cycle past a row of Timing Antennas on your left-hand side. The timing-chip on your helmet will activate your start time. This will continue recording your individual time until you cross the finish line at the end of your chosen route.

Please note that the clock does not stop whilst you are at the Feed Stations. All time from the moment you start to the moment you pass through the finish gantry is included in your overall medal time.

Results will be available live on-line and at the Event HQ. They will be published on the website post event as part of our event archives.

## FEED STATIONS:

All Feed Stations will have a selection of sweet and savoury foods to choose from.

Hi Five Energy Drinks, Gels and Bars will also be available.

We recommend that you carry two 750ml Drinks Bottles to ensure you have sufficient fluids to last you between the Feed Stations.

Should you run out of drink, there are a number of places along the route where you should be able to obtain additional water.

**Hemyock:** Located at Hemyock Village Hall

- 24.4 miles for Spitfire
- 59 miles for Dakota
- 99.5 miles for Wellington

**Willand:** Located at Willand Village Hall

- 32 miles for Dakota
- 72 miles for Wellington

**North Curry:** Located at North Curry Village Hall

- 37 miles for Wellington

## MECHANICAL SUPPORT:

Mechanical assistance is available for emergencies only. You should aim to be self sufficient. Please carry your own spare inner tubes and a basic repair kit.

Mechanical support is provided by Bay Cycles of Torbay and Good Cycling of Newton Abbot.

If you require Mechanical Support - Call **EVENT CONTROL** on **07548 946358**.

This number is printed on the rear of your bike number.

We will need to know your location to be able to get a mechanic to you. You or another participant are likely to have a **bike computer** recording the distance travelled on the course. If you provide us this information we will be able to establish your precise location.

If you have a **GPS** or **Smart Phone**, these can also help identify your location.

If you are able to make your own way to the next feed station or nearest village, this can really help us with locating you.

## EMERGENCY PROCEDURES:

If you should witness any incident where a fellow participant or member of the public appear to need assistance, we would urge you to stop and offer to help.

If it is clear a casualty requires hospital treatment please call **999** first.

Call **EVENT CONTROL** on **07548 946358**. You should have this number programmed into your mobile phone in case you require any assistance. It is also recorded on the rear of your bike number.

We have Paramedics out on the course. We will direct them to you as quickly as possible.

We will of course need to know the location of the incident to be able to get a assistance to the scene. You or another participant are likely to have a **bike computer** recording the distance travelled on the course. If you provide us this information we will be able to establish your precise location.

If you have a **GPS** or **Smart Phone**, these can also help identify your location.

## WELFARE:

### TOILET FACILITIES:

There are ample toilet facilities available at Taunton Racecourse.

There are ample toilet facilities available at all the Feed Stations.

If you need a comfort stop away from the Feed Stations, please try to use public facilities at one of the many villages along the route. If you are unable to wait, please ensure you choose a location that is away from public view, where you will not cause offence to others.

### RIDER SUPPORT:

Participants should always aim to be self sufficient throughout their ride. However, if you experience any difficulties and require assistance, please call Event Support on **07548 946358**. The Event Support Team will be able to provide advice or assistance as required.

### UNABLE TO FINISH:

If you are unable to complete the ride or decide not to continue for any reason, please ensure you advise the Event Support Team (**07548 946358**) or an Event Official, so that we know you are safely off the course.

A support vehicle can be sent to pick you up and take you back to the HQ if necessary. Please get yourself to a place of safety, somewhere that is warm and dry along the route, then call our Event Support Team on **07548 946358**.

### CLOTHING & EQUIPMENT:

- Bikes must be in a roadworthy condition. Please have yours properly serviced before attending.
- Cycle Helmets **MUST** be worn.
- Ensure you wear the correct clothing for the conditions. Check weather before arriving
- Carry a rear light if there is any chance of mist or fog
- Ensure you carry enough food and drink for your ride.
- We recommend you have 2 x 750ml water bottles
- Carry spare inner-tubes (2), a pump, tyre levers and a small repair kit
- Carry your mobile phone with our Event Control number programmed into your contacts list.
- Carry some cash (£10.00) for use in emergencies.

### ACCOMMODATION:

- Travelodge - [www.travelodge.co.uk](http://www.travelodge.co.uk)
- Premier Inn - [www.PremierInn.com](http://www.PremierInn.com)
- Octon Lodge - [www.octonlodge.co.uk](http://www.octonlodge.co.uk)
- Holiday Inn Express - [expresstaunton.co.uk](http://expresstaunton.co.uk)

### FINISH PROCEDURE:

You must cross the finish line to record your official time.

All finishers will receive a medal & gift bag on completion of their ride. Once you have cycled under the finish gantry, please dismount. Then, make your way in to the Event HQ where you will receive your Finish Time, Medal and Gift.

There will be food, drink, and a massage clinic available at the finish to help kick-start your recovery process. There will also be a pop-up Bike Shop provided by Bay Cycles.

### MEDAL STANDARDS:

There are Gold, Silver, & Bronze Medal standards set for this event in respect of Age and Gender Categories. Your medal standard will be available via a live screen at the Event HQ and will be included in the results when they are published on our website.

All finishers will receive a medal in accordance with their official finish time.

Time Limits for the medal standards are published on the event website.

### SPORTIVE PHOTOS:

Professional Sports Photographers from SportivePhoto.com will be taking official photographs around the course. You will be able to view your photos on their website using your Bike Number.

### SPORTS MASSAGE:

**Stephen Smith-Wild** will be on hand at the racecourse HQ before and after the event offering a Kinesiology Taping and pre-ride warm-up massage service before your ride then Sports & Remedial Massage service post ride. This is a perfect way to relax and sooth away any aches and pains from your ride before driving home and is an excellent aid to promoting muscle recovery.

### SSAFA CHARITY SUPPORT:

Just Events Ltd has chosen **SSAFA** (Soldiers, Sailors, & Airmen's Families Association) as its charity partner. A percentage of all entry fees are donated direct to them. The Taunton Flyer Sportive supports SSAFA Somerset, whilst our Moor to Sea Sportive supports SSAFA Devon and our Land's End 100 Sportive supports SSAFA Cornwall.

There will be a collection bucket should you wish to make a personal donation.

### TERMS & CONDITIONS:

On entering the Taunton Flyer Sportive, all participants **MUST** agree to our Terms & Conditions. This was a condition of entry when you registered for the event. The full Terms & Conditions can be viewed on our website [[www.JustEvents.org](http://www.JustEvents.org)]. Key points are listed below. If you do not accept them all, please do not participate in this event.

- Key Points:**
- You participate in this event at your own risk
  - You acknowledge that the event is **NOT A RACE**
  - You **MUST** comply with Traffic Laws and the Highway Code at all times.
  - You are the registered entrant - participating under your own personal details
  - You will be polite and courteous to the public & other participants
  - You **MUST** wear an approved cycle helmet at all times whilst on the course.
  - You **MUST NOT** wear headphones whilst cycling
  - Rider Number **MUST** be clearly displayed to the front of your bike at all times
  - The Disposable Timing Chip must be fixed to the **OUTSIDE-LEFT** of your helmet.
  - You must comply with the instructions of event officials
  - Do **NOT** drop litter. Put it in your pockets
  - You must be a competent cyclist, confident in your ability to complete the course.
  - You must ensure your bike is in good mechanical order.
  - When cycling in groups, never cycle more than two abreast, single out on narrow lanes or busy roads.
  - Only use the approved and signed routes.
  - Do not use a mobile whilst cycling. Stop in a safe location to make or receive calls
  - In the unlikely event of cancellation, due to unforeseen circumstances, entry fees are **NOT** refundable.
  - Participants under 15 **MUST** be accompanied by a participating adult

# TAUNTON FLYER

## SPORTIVE

### CODE OF CONDUCT:

The Taunton Flyer routes traverse some of the most beautiful countryside in Somerset & Devon, much of which has been designated as areas of outstanding natural beauty (AONB). Whilst enjoying this ride, please ensure that you are mindful of others who live work and play in this area. Please follow this code of conduct, take part responsibly, be ambassadors for the sport, don't jeopardise future events by behaving badly. Thank you.

<b>H</b>	<b>HELMETS:</b> Approved Cycle Helmets must be worn. <span style="float: right;">No Cycle Helmet = No Ride!</span>
<b>I</b>	<b>IDENTITY:</b> You must be registered to take part. Your 'Bike Number' must be clearly displayed on the front of your bike. This number links to your emergency contact details in our database and is an important part of safety.
<b>G</b>	<b>GROUPS:</b> Never cycle more than two abreast on public roads. Single out on narrow roads and ensure you afford motorists opportunities to pass when safe to do so.
<b>H</b>	<b>HORSES:</b> If you see people out riding horses, please take extra care. Talk (not shout!) so that rider & horse are aware of your presence and not startled. Make eye contact, pass by calmly & quietly when safe to do so.

<b>M</b>	<b>MARSHALS:</b> Route Marshals are there to improve safety and help keep you on route. They are NOT there to afford you priority on public roads. It is your responsibility to comply with any Stop or Give Way signs and to ensure it is safe before you proceed.
<b>O</b>	<b>OPEN to OTHERS:</b> All roads used in this Sportive remain open to the general public. Please take care and allow others to go about their normal everyday life.
<b>R</b>	<b>RESPECT:</b> You are responsible for your own behaviour. Do not allow yourself to be agitated by the actions or inactions of others. It is not your job to 'police' other road users! Show respect for other road users. Share the road, giving motorists opportunity to pass safely. Do not 'swarm' around vehicles that are being held up by oncoming traffic or slower riders.
<b>A</b>	<b>ANIMALS:</b> There may be farm animals or dogs being exercised on country lanes. Take extra care around animals, 'expect the unexpected' and be prepared to stop if necessary.
<b>L</b>	<b>LITTER:</b> Take extra care with Energy Gel Wrappers and other packaging from food items you consume whilst riding. Make sure you put them securely in your pockets until you can get to a bin.
<b>S</b>	<b>SIGNS &amp; SIGNALS:</b> You must comply with Traffic Laws and the Highway Code. Make sure you obey all Traffic Signs, Lights, and Road Markings. Where junctions are marshalled you must still comply with any Give Way or Stop signs.

**CREDITS:**

Just Events Ltd gratefully acknowledge all the help and support they have received, from family & friends, and the many event partners, without whom such events would not be possible.

