



Essential Information for Belles of Belvoir

Sunday 4 June 2017

Hose Village Hall, LE14 4JR

Registration opens 8.00 a.m.

70 mile riders start from 8.30 a.m.

50 mile riders start from 9:00 a.m.

24 mile riders start from 9:30 a.m.

Last riders leave no later than **10.00 a.m.**

Important

Please Read Before the Event



We are delighted that you have decided to join us for Belles of Belvoir 2017 - our Ladies-Only Sportive. We hope to deliver you a memorable and enjoyable event from start to finish. This pack should contain all the information that you need to make your day go as smoothly as possible.

1. Event Venue

Hose Village Hall, 2 Harby Lane, Hose, Melton Mowbray, Leicestershire LE14 4JR.

2. Directions by Car

There is plenty of parking at the venue. **Please follow signs to our Car Park**, which will be at the Tennis Club entrance to the field, at the back of the hall. You will not be able to drive into the main front entrance.

From the South (Leicester): From A46 take turning for A606 to Melton Mowbray. In Nether Broughton turn left, taking signs for Long Clawson. In Long Clawson, turn right, then left (through the village centre) towards Hose.

From the North (Newark): From A46 take turning for A52 to Grantham. After 2 miles, turn right on Tithby Lane to Langar. Follow the lane through Langar, and into Harby. Just outside Harby turn right, following signs to Hose. The village hall is on this lane, on the left.

From the East (Grantham): Take the A52 towards Nottingham. At Bingham, take the left hand turn - Tithby Lane to Langar. Follow the lane through Langar, and into Harby. Just outside Harby turn right, following signs to Hose. You will find the village hall on this lane, on the left just after you enter Hose.

3. What to bring

A **helmet** is compulsory for this event. We recommend that you wear appropriate, comfortable clothing and footwear, and wear or carry a **waterproof top layer**, and **sunglasses**. We also advise that you bring a **water bottle, form of ID in case of an incident, charged mobile phone, and basic tool kit, if you have it (allen keys, tyre irons, spare inner tube and pump.)**

If you have any concerns about your bike, our mechanic, Mark will be at the venue, before moving out onto the route, to carry out basic adjustments/repairs. Please try to ensure that your bike is in good working order before arriving at the event.

4. Registration

We will be open for registration from 8.00 a.m. Please head to the registration desk inside the village hall to sign on, confirm your route and receive your rider number, route map and contact telephone numbers for medical and mechanical assistance. Please also make sure that you provide your own mobile number and your emergency contact details to the organisers.

POLITE REQUEST! Please remove all cleated shoes before entering the village hall. The floor has recently been refurbished and we have been asked to treat it with care!

5. Start times

Please wait at the start line to hear the rider safety briefing. We'll aim to set off riders in waves of about 20 riders at 5 minute intervals, with the first group of riders leaving at 8.30 a.m. – ideally these will be the riders on the 70 mile route. The 50 mile riders will depart around 9.00 a.m. and the 24 milers will head off at 9:30 a.m. Please note that we will not be allowing any riders to set off after 10.00 a.m. We don't want to dictate who goes off first, but suggest that riders who want to go at a more relaxed pace try to get to the start for an early-ish slot so that we can enjoy a more sociable atmosphere at the end of the ride. If you are riding with friends, just make sure you arrive at the start together.

Please remember that the ride is non-competitive, so just relax and enjoy it!

6. Mechanical Assistance

Our mobile mechanic, Mark from CycleCraft, will be at the venue before the start and will then move out onto the course for the duration of the event. Mark will have various smaller items of kit and equipment for sale on the morning of the event to deal with any last minute panics!

If you need mechanical support during the ride, please use the telephone number provided to you on your wristband when you sign on.

Mark will carry spare inner tubes and tyres, so, if you do not have your own spares, please bring enough cash to cover the cost of these.

We will have a second vehicle roaming the course as broom wagon to help out with any unforeseen problems! If your bike (or your legs fail) beyond repair, we can give you a lift back to the venue at Hose.

7. Medical and Emergency Assistance

We recommend that you carry a charged mobile phone for emergency use.

A qualified first aider will be in attendance on the day of the event and will be roaming the routes.

In the case of medical emergency, if in doubt, please call 999. You can then also call the medical assistance number provided on your rider wristband. Our roving first-aider may be able to reach you before the ambulance does.

For minor incidents or accidents please call the medical support number provided on your wristband.

8. Piece of Cake Feed Stations

Toilets will be available at the venue and at each Piece of Cake Feed Station.

Tea and coffee will be available at the event venue before the ride free of charge. Jo and Mel's Village Kitchen will also be selling bacon sandwiches and other refreshments before and after the ride.

The first feed station for all routes will be at Woolsthorpe Village Hall. This will fall at mile 13 on the 24 and 50 mile routes and at mile 24 on the 70 mile route. You will be able to sit and enjoy a cup of tea and piece of cake (or two) as well as topping up your water bottles and snacks. Take your time to enjoy the break!

The second feed station will be at 35 miles on the 50 mile route and 50.5 miles on the 70 mile route. It will be in The Old School at Cropwell Bishop. Again, this will be fully stocked with food, including sandwiches.

Jo and Mel's Village Kitchen will provide you with a light meal back at event HQ at the end of your ride. If family and friends want to come along to support and meet you at the end of the ride, they will be able to purchase a meal, or drinks and snacks too.

9. Staying Safe

The rides will be on open roads, so you will be sharing the route with other road users. The Highway Code applies as usual, so please follow it, riding no more than two abreast and being considerate to other road users. Any steep gradients and sharp bends will be signed (see below), but please ride with control and take care of yourself.

All of the routes follow relatively quiet country lanes with low levels of traffic, but there are points along the routes where you will cross, or turn right across a slightly busier road. Please use extra caution at these junctions.

10. Signage

Our rider information signs will be orange (24 mile), yellow (50 mile) and pink (70 mile). All will be branded with our logo. They will be positioned at (or in advance of) each junction or turn on the routes. These will be brought to your attention before you set off. Please do not follow any other signs. We have, unfortunately, had previous incidents of signs being tampered with so we recommend you carry one of our route maps, or have your Garmin loaded with the route as a back-up.

11. Be Safe!

If you see a “Be Safe!” sign, please sit up and take care. These signs will be placed at locations where we have identified a severe change in gradient/road surface/sharp bend/crossing/junction or other risk.

12. Litter

Please dispose of your litter carefully.

13. Lost?

Don't keep going! Track back to the last sign that you saw and get back on course. If in doubt, give the event organisers a call.

14. Routes

Printed route maps will be available at the registration desk. Links to the routes (GPX/TCX files) on [ridewithGPS](http://ridewithgps.com) are:

24 miles: <http://ridewithgps.com/routes/6551737>

50 miles: <http://ridewithgps.com/routes/7278412>

70 miles: <https://ridewithgps.com/routes/13489631>

15. Finish Line

Please make sure that you check in with our Marshalls at the finish line and collect your **meal ticket** and **goody bag**. If you decide to abandon the event for whatever reason, or if you change route mid-event, please let the event organisers know so that we don't go out searching for you!

We are really looking forward to a super event! If you have any questions please get in touch.

Emma and Britta.

Our email: hello@2wheelsandapieceofcake.co.uk

