

Ride Information Pack – The Jennings Rivers Ride 2015



RIDER INFORMATION PACK

I'm delighted to be writing the introduction to the Information Pack for the official fourth Jennings Rivers Ride! We welcome you to one of the UK's finest cycle sportives.

This pack provides all the information you need for a happy and enjoyable day's riding. I believe that the Jennings Rivers Ride is really special for a number of reasons:

- the charities that benefit as a result of the wonderful fundraising
- the stunning Lakeland scenery
- the fabulous and varied routes which cater for all abilities
- The high level of support provided to riders & the truly superlative support provided by www.ratherbecyclingevents.co.uk, a Cumbrian based cycling holidays and events company who proudly organise the cycling aspects of the Jennings Rivers Ride

I'd like to thank Jennings and our other event sponsors for their much valued, and appreciated, support. Without them the Rivers Ride would simply not be possible.

Thank you for your support for this event which is organised to raise money for the Cumbria Community Foundation. This year all proceeds from the Rivers Ride will go towards grant making across the county. It's not too late to consider raising funds for the Foundation and this year we have some excellent incentives. Like the opportunity to win a carbon road bike for the highest fundraiser!

I look forward to seeing you on the day.

With all best wishes

Andy

Andy Beeforth, OBE
CEO, Cumbria Community Foundation

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When:

Sunday 27th September 2015

Where:

The rides start and finish at **Fitz Park, Station Road, Keswick, Cumbria, CA12 4NF.**

Registration:

Event registration for all of the rides will be located in the event marquee on Fitz Park
Registration will be open as follows:

Saturday 26th September:	All Rides:	16:00 - 18:00
Sunday 27th September:	Big Day Out:	06:30 – 08:00
	Foundation Flyer:	06:30 – 08:45
	Community Circuit Ride:	06:30 – 08:45
	Family Challenge Ride	08:00 - 11:00

Registration will be busy at times so please allow plenty of time to register and, if possible, please register the day before the event. You will also collect your event goodie bag at registration. Each Rider must register individually, even if you are part of a team.

Helmets:

Helmets are mandatory for this event and you must bring your helmet with you to Registration. On registering a Timing Chip will be fitted to the left side of your helmet. You should also collect your event number, which should be fixed to your handlebar.

No helmet = no ride.

Start Times:

The Big Day Out Ride:	07:30 - 08:30 - we suggest you go for an early start
Foundation Flyer Ride:	08:00 - 09:00
Community Circuit Ride:	08:00 - 09:00
Family Challenge Ride:	09:00 - 11:00

Route Signage & Navigation:

All routes with the exception of the Family Ride will be fully signposted using PINK arrows. With additional directional signage before and after any route split points. The Family Route will be signed with Green Directional Arrows only.

Car Parking:

We recommend **Keswick Rugby Club** as your primary choice for parking. The charge for parking here is £3 for a full day and Rugby Club Personnel will be on hand to assist on the day of the event with parking at this site. This car park will be signed with yellow arrows on the day of the event. Please be aware parking capacity varies depending on the weather! Other car parking details can be found here: www.keswick.org/visitor-information/local-information/car-parks/ Street parking in Keswick is largely disc controlled. Please check before parking and leaving your car.

On the day of the event please DO NOT PARK on Station Road or Brundholme Road as we would like to keep these roads as uncongested as possible

Ride Information Pack – The Jennings Rivers Ride 2015

Bags & Changing:

As there is no bag storage area at the start/finish we suggest you leave your kit in your car or with your accommodation provider. As there is no allocated area for changing pre ride we recommend that you arrive in your cycling kit and have some warm dry items to put on after the event. We regret that there are no shower facilities available on site post event.

Event Photography & Filming

Don't forget to smile ☺

We have a few photographers and journalists who will be snapping images and asking you for quotes about the event. These images will be posted on the [Sportive Photo](#) website.

Rider Times:

Times will be posted on the [event website](#) as you complete the ride

First Aid:

First Aiders will be present at each feed station, at the start/finish and at key locations on the route. This year we have the added cover of Medibike who will provide two motorbike medics for the event.

Toilets:

Toilet facilities are available at the start/finish. There are also public toilets in Cockermouth and Workington. You will pass many pubs and hotels en-route, but please ask before using their facilities. We ask all participants to be respectful of the local environment, facilities and others in all sanitary matters!

Feed Stations:

Feed Stations are there to provide you with a water top up and to supplement your own supplies of event food. There will be one on the Family Challenge Ride route, Community Circuit and Foundation Flyer. There are two on the Big Day Out route. Both of the longer routes have and one splash and dash station, stocked with [Clif Bar](#) Energy product.

Post Ride:

Fitz Park in Keswick is a great place to chill out and take a well earned rest after a fantastic bike ride. We hope you will stay after the event and enjoy some post ride food, teas and coffees. Post ride there will be complimentary tea and cake for all riders and there will also be additional food and drink available to buy.

Massage:

Therapists from Athletes Angels will be providing a Post Event Massage Service

Fund Raising Rewards:

This year every rider who raises over £500 will be entered into a prize draw to win a bike worth £1,000. We ask that all fundraisers send in their sponsorship money by 30th October 2015. If you have any fundraising queries please email: riverside@cumbriafoundation.org

We're Here to Help:

If you have any queries about the event, please email cheryl@ratherbecycling.co.uk or call 017687 78848 and one of the team will be able to assist you. Additional information about the event can be found at www.ratherbecycling.co.uk

Ride Information Pack – The Jennings Rivers Ride 2015

Your Conduct & Safety:

- Firstly, the Jennings Rivers Ride is a cycle sportive and should be ridden as such - **IT IS NOT A RACE.**
- By entering you confirm that you are fit enough to undertake your chosen ride at your chosen pace and have no known pre-existing medical conditions that could be exacerbated by strenuous cycling. By entering this event you confirm your understanding of the challenge involved, the nature of the route you have chosen and that you are healthy and fit to do so.
- You will be riding on open public roads alongside other traffic so it is essential for your own safety, and that of all other road users, that you comply with ALL TRAFFIC & HIGHWAY CODE REGULATIONS.
- Route Marshals (when present) are there only to indicate the direction of the route. Marshals cannot, and will not, stop traffic. You are responsible for your own safe and legal passage through all junctions, turns, traffic lights, roundabouts, etc.
- Please ride considerately at all times, ride no more than two abreast and try and avoid traffic congestion whenever possible. Please take particular care when overtaking slower riders.
- You will be riding on a mixture of Lakeland roads including A, B and minor roads. Many roads are winding and have numerous steep ascents, descents and corners. **Particular attention should be given to the road surface all the way round each route and there are also cattle grids to be negotiated on each route. You should expect the unexpected at all times e.g. sheep and cattle may be on, or crossing, the road, there may be gravel and stone wash out from potholes and from road gutters, etc.**
- Our Big Day Out ride crosses Whinlatter, Newlands and Honister Passes. The Foundation Flyer crosses Whinlatter (twice) and Newlands Passes. The Community Circuit crosses Whinlatter Pass. **YOU MUST RIDE ACCORDING TO YOUR ABILITY, EXPERIENCE AND THE ROAD CONDITIONS AT ALL TIMES.**
- As we are providing feed stops we insist that your supporters, friends and family do not bring any vehicles out on the route to follow you as this will create congestion and will be a danger to cyclists and other road users.
- Litter. We have a simple rule, don't drop any! Please dispose of all used gels, energy bar wrappers, etc. appropriately.
- Rider's Code of Conduct - You will be riding on open public roads, so you must obey Highways Code regulations. Any riders observed, or reported as, riding or behaving in an unsafe or inappropriate manner will be withdrawn from the event with no recourse to appeal or refund and may be reported to the police.
- The event Broom Wagons are there to assist you in the event of a mechanical breakdown only and cannot assist with mass withdrawals due to bad weather, etc. Should you withdraw from the event under any circumstances it is your personal responsibility to make your own way back to the Event HQ in Keswick. Our marshals can advise you re local taxi services, local information, etc. and we recommend you carry some emergency money just in case it's required.

Special Note:

- **There is always the possibility of punctures on the narrow country lanes, there may be thorns, hedge cuttings, etc. on sections of the routes. Please ensure that you have at minimum two spare inner tubes, a puncture repair kit and pump with you - just in case. We suggest you also consider using tyres with a puncture resistant layer in them.**

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Your Bike:

- Your bike should be fit for purpose and should be checked/serviced prior to the event. Your bike should be in good working order and legally roadworthy.
- We advise the use of either a Compact or Triple chainset with a wide ratio cassette for the Community Circuit, Foundation Flyer and the Big Day Out rides.

In the Event of an Incident:

- If you are involved in, witness or come across an incident requiring immediate medical attention, firstly phone 999 and then phone the emergency contact number below. The emergency contact number is also printed onto the back of every rider number which you must attach to your bike. For minor injuries there will be First Aid kits and First Aiders at each of the feed stations.
- Please add the numbers below to your mobile phone and keep them with you at all times during the event. Please do not use these numbers inappropriately.
- UK Emergency Services Number **999**
- Medical Support Contact Number **07732 870 294**
- Mechanical Support Number **07564 471 390**

FINAL CHECK LIST - DON'T FORGET!

- You must bring your helmet to Registration so the timing chip can be fitted
- To eat a healthy carbohydrate meal and to try and avoid alcohol the night before the event.
- Money for tea/coffee/food/kit/taxi (in the event of retirement).
- Two spare inner tubes, tyre levers, a pump, a power link, chain tool and multi tool.
- A waterproof jacket and a mobile phone.
- During the event drink plenty of fluids and eat small amounts of food regularly to keep your energy levels topped up.
- A rear light, to make you more visible to other road users
- A full change of warm dry clothing for after the event.

Making a Weekend of it:

For accommodation listings please contact Keswick Tourist Information on Tel: 01768 772645 or visit www.keswick.org

