

# Rider Information Pack



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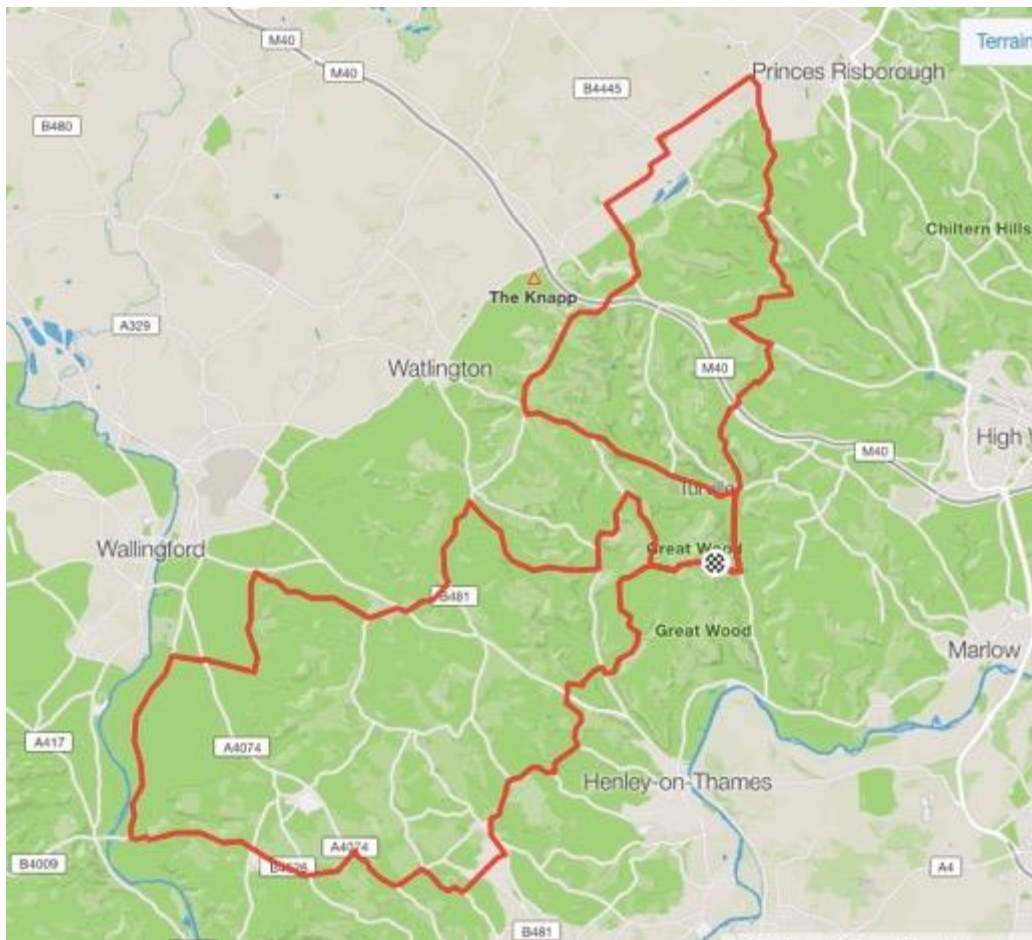
## Introduction

The Chiltern Valley Brewery Sportive is a social cycle event taking place in the Chiltern Valley celebrating England's amazing countryside and the beer and wines that are produced here!

The Chiltern Valley Winery and Brewery is a special venue located just north of Henley on Thames and is surrounded by exquisite beauty.

This sportive includes two routes, HALF PINT and FULL PINT which will be fully signposted and supported with refreshment stops along the way.

Once the cyclists have finished the ride they can relax back at the brewery and winery and taste the fine beer and wine that's on offer along with a buffet barbeque on sale at the end.



## Essential Information

### Getting there

All participants are to arrive at the Chiltern Valley Winery and Brewery from 9.15am to register and prepare yourself for the ride ahead. If you would like to come earlier there will be coffee and bacon sandwiches available to purchase. The venue is well signposted but for those of you that don't know where that is, below is a map and arrow pointing to where you are to meet.

### Address

Chiltern Valley Winery & Brewery, Old Luxters Vineyard, Hambleden, Henley-on-Thames, Oxfordshire, RG9 6JW

Post code: RG9 6JW



### Parking

Parking is available directly opposite the venue. There will be an event helper to guide you to your space and participants arriving in 4x4s will be asked to parked on the grassy area through the gate (you'll be directed upon arrival).



## What to bring

I'm expecting you all to have a bike! In addition to the obvious please bring the following:

- Spare pump
- Spare inner tubes
- Helmet
- Cycling glasses
- Basic tool kit
- Water bottles with water in
- Water proof cycling gear just in case
- Fully charged mobile phone
- Food supplements for the journey (there will be refreshment stops as well)

## Toilet

There will be toilet facilities at the event HQ, which you can use at the start and when you pass on the longer route. You will also pass through quite a few towns and villages where you can take advantage of their facilities. Toilets will also be available at the refreshments stops.

## Photography

I will have an official photographer who will take professional photos during the event. Participants will have the opportunity to view these photos on our facebook page. If anyone would like a copy of any of the photos please just email [toby@letsgovelo.co.uk](mailto:toby@letsgovelo.co.uk).



## Do's and Don'ts

This is not a race and, although some will be more capable of going faster than others, you are free to ride at your own pace.

Please do:

- Enjoy the scenery
- Challenge yourself
- Stop and have a coffee, (why not?)



- Follow the Highway Code.
- Wear a helmet at all times!
- Always stay vigilant!

Please don't:

- Drop litter
- Impede traffic
- Ride in a large group in the middle of the road
- Ride on the wrong side of the road

## Registration

Registration will be taking place from 9.00am with a rolling start from 9.30am onward.. All participants are to report in and make sure all details are correct e.g contacts details.

Here you will pick up your rider numbers and maps of both the HALF PINT and FULL PINT routes with essential contact details on.



## Rider Briefing

There will be a short briefing regarding safety, timings, finish line and refreshment locations.

## Timing

All participants to arrive by 9.00am to aim for a 9.30-10.00am start.

## Signage

The whole route will be signposted where there is a junction, a change in direction or to assure you are on the right course. The signs as shown below will be attached to signposts, wooden stakes, traffic lights etc. Below is an example of what to look out for.



## Route maps

A GPX file of the route will be available for download from [www.letsgovelo.co.uk](http://www.letsgovelo.co.uk).

## Refreshment Stations

There will be refreshment stations at approximately circa 20 mile intervals- these will have water and homemade food supplies to help you on your way.



## Mechanical support

Mechanical support will be provided by Andy Brewin of Bike Support (He's a local mobile mechanic local to the Chiltern Valley, see his website [www.bike-support.co.uk](http://www.bike-support.co.uk)) available from the event HQ for general bike check ups. Andy will also be available all day if you have a mechanical problem that you can not fix please, just call his number and he'll come out to you.

## Sports Massage

A sports massage therapist will be provided by Duncan Grant of Mobility Sports Massage (He's a local to the Chiltern Valley, see his facebook page for details) available from 12.30pm at the event HQ.

## Medical support

First Aid will be available at the HQ and mobile through the event. In the event of a serious injury then dial **999** immediately.

If your injury is not serious but you still require medical attention then please call the first aid number (phone number on your map card).

If you see another participant who is struggling or needs assistance - please call for medical support.

If you feel unwell on the event day or your training has not gone to plan, we ask you to give serious consideration to your ability to undertake the event. We reserve the right to prevent participation on the day due to medical grounds.

## Food and Drink

The Chiltern Valley Winery and Brewery are putting on a buffet BBQ which will be available to purchase from 12 -4.30pm. They will also be serving up their very own Old Luxters beer and wine to wash down the food with!







CYCLE EVENTS & HOLIDAYS

**WE HOPE YOU ENJOY THE  
EVENT!!**

**Event organiser contact details**

Toby Fellows

Contact details:

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