

Rider Information Pack 2022



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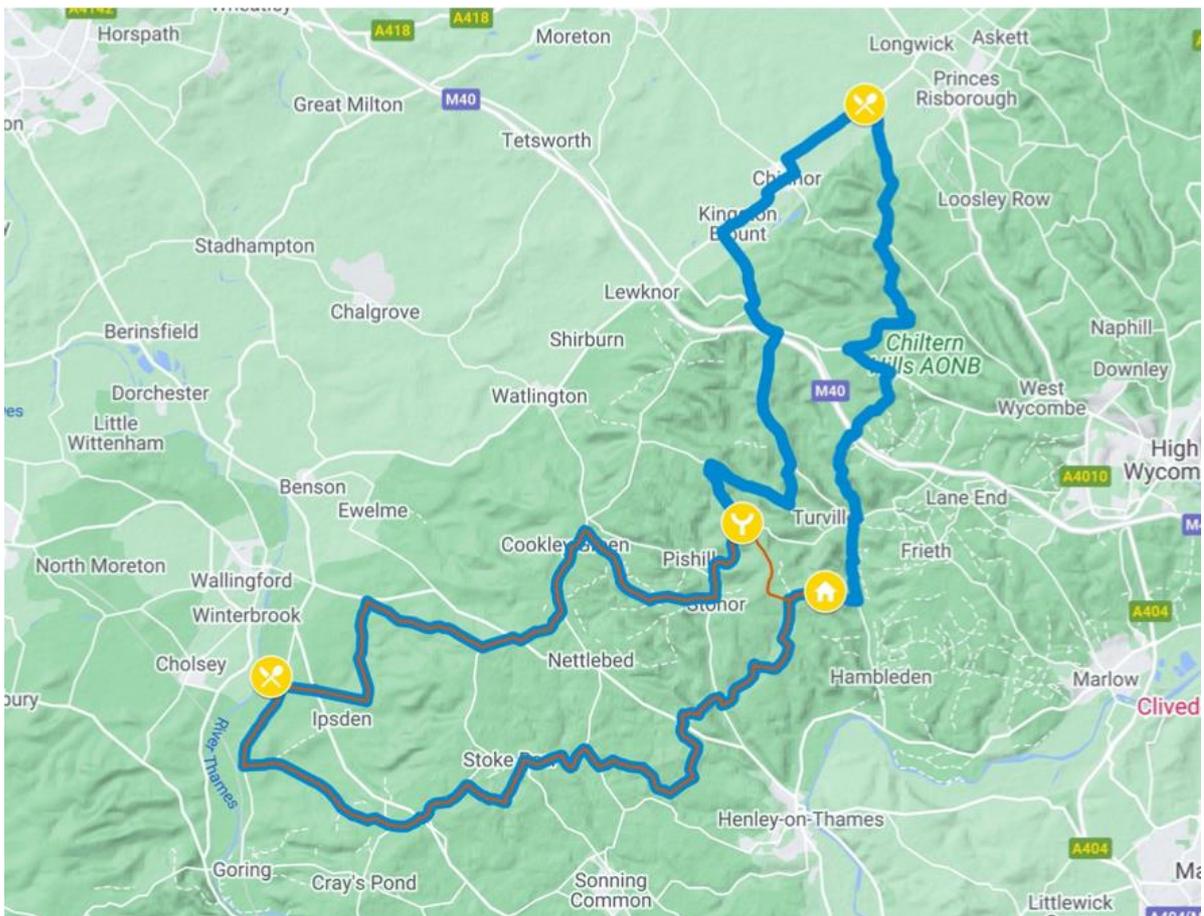
Introduction

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 (red route) and FULL PINT (blue route) 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

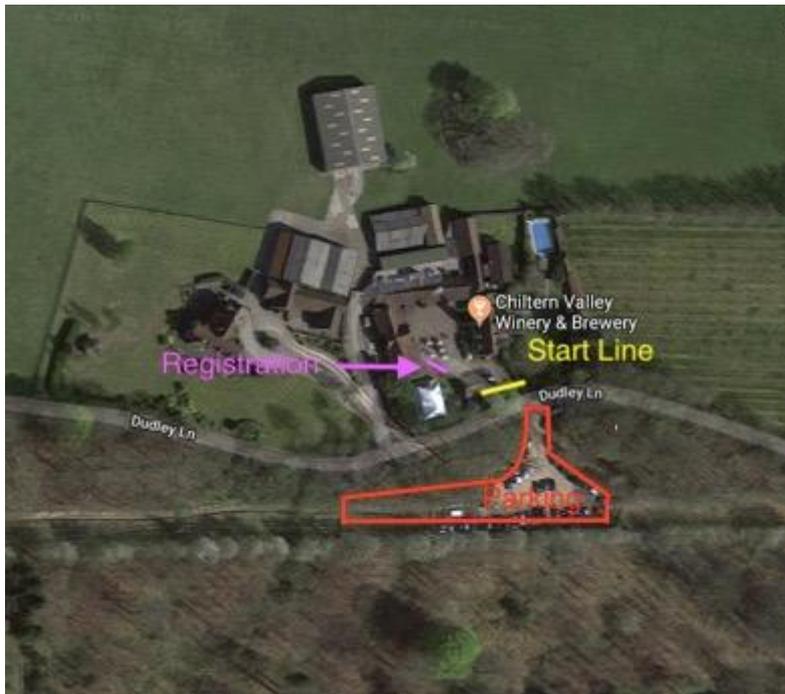
Getting there

All participants are to arrive at the Chiltern Valley Winery and Brewery for 8.30 am onwards to register and prepare yourself for the ride ahead. If you would like to come earlier there will be coffee and refreshments 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 with the majority of car to be parked on the grassy area through the gate (you'll be directed upon arrival).



What to bring

We're 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. 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.



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 8.30am with a rolling start from 9.00am 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 at the start line regarding safety, timings, finish line and refreshment locations.

Timing

All participants to arrive from 8.30am to aim for a 9.00am rolling 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.

Refreshment Stations

Refreshments and toilet stop are available to Half and Full Pint riders at North Stoke Village Hall approx. 28km. The next refreshment stop for Full Pint riders only is at Chinnor Village Hall. 64km. There will be water, energy powder, Granola/flapjack, bananas and jelly babies available and access to toilets at each stop.

Mechanical support

Mechanical support will be provided by Karl Elliot of Velo Cycle Repairs (He's a local mobile mechanic local to the Chiltern Valley, see his website <https://www.velocityrepairs.cc>) available from the event HQ for general bike check ups. Karl 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.



Medical support

First Aid will be available at the HQ and mobile through the event provided by Sara Fellows . 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!

COVID 19

Although rules have been relaxed, for the health and safety of all our staff and riders we still need to ensure that we act respectfully and minimise risk of transmission.

We ask you to be mindful that at some points over the day you may be in close proximity to others or in larger crowds, we ask you at these times to please wear a mask out of respect to others and when you feel is necessary.

Hand sanitiser will be at Registration and both the Refreshments Stops, please make sure you sanitise your hands before touching anything at the stations, gloves will be provided for those who are unable to sanitise.

If you feel unwell or have any of the listed COVID 19 symptoms (including the different symptoms of the new variants) we ask you to take a lateral flow test prior to attending the event. If you do test positive we ask you to not attend and follow Government rules and guidelines.

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing/test-results/positive-test-result/>





CYCLE EVENTS & HOLIDAYS

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

Event organiser contact details

Toby Fellows

Contact details:

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