

Ride 100 series Rider Manual Suffolk Sunrise

41
miles

64
miles

102
miles



19 May 2019

Introduction

Welcome to the second event of the 2019 Action Medical Research RIDE100 series. We are delighted that you have chosen to take part in the Suffolk Sunrise ride and in doing so help raise money for and support Action Medical Research.

This manual has been put together to provide you with all you need to know about the ride. Please take time to familiarise yourself with this information so that you can enjoy your RIDE100 experience to the fullest extent.

At Action Medical Research we are determined to stop the suffering of babies and children caused by disease and disability. We know that medical research can save and change children's lives. By raising as much as you can on the Suffolk Sunrise bike ride you will be helping to find ways to reduce premature birth, to support children facing a lifetime of challenges caused by disabilities, and to develop cutting-edge therapies for rare and incurable diseases.

Action Medical Research team

The RIDE100 series

Containing 5 events across the country and running from May to September the RIDE100 series is the premier charity sportive series in the UK. If you enjoy your experience on the Suffolk Sunrise why not sign up for another ride later in the year.

Full details and information on the series can be found at:

action.org.uk/ride100

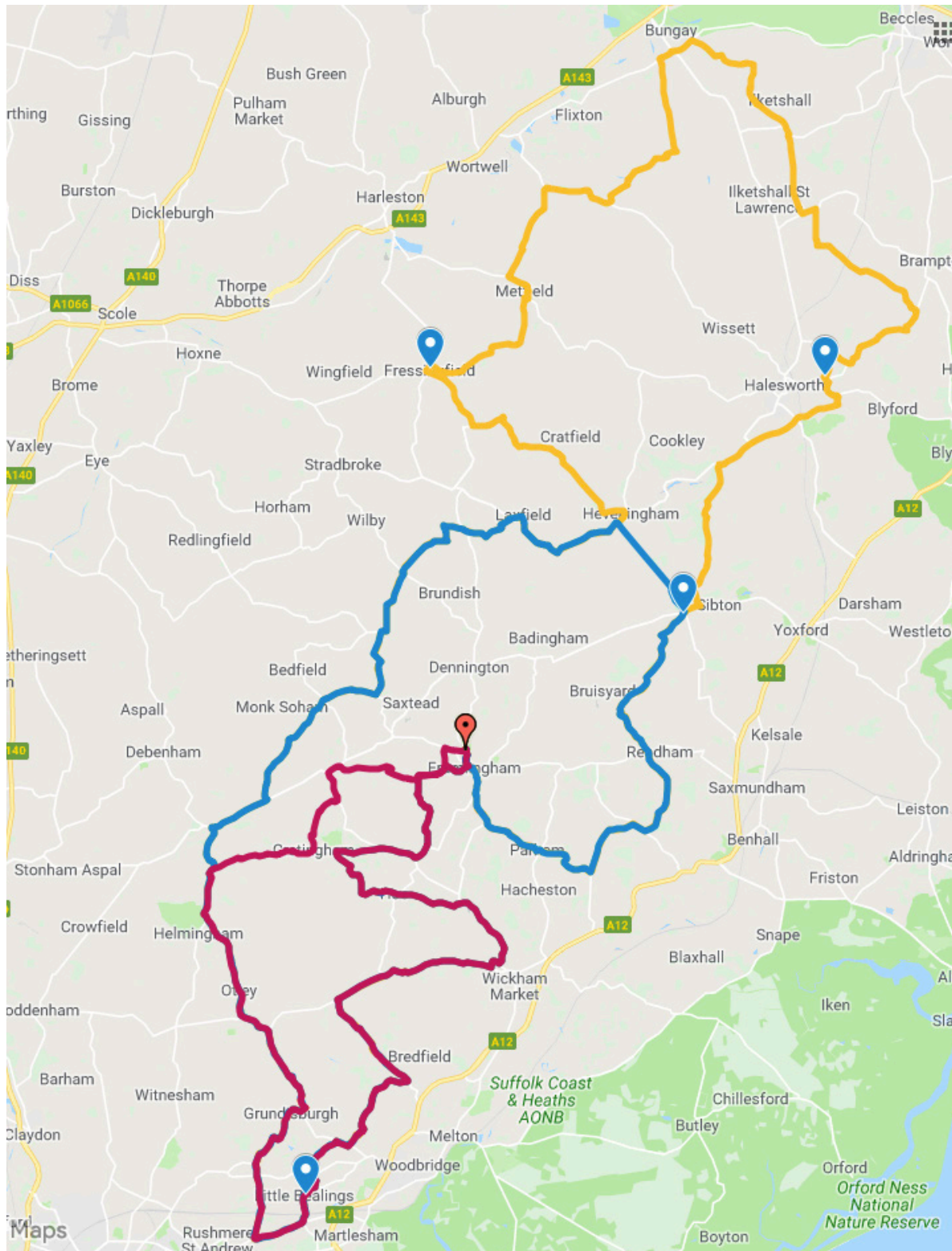
Suffolk Sunrise

The route

Starting out from the fabulous Framlingham College with the iconic backdrop of Framlingham Castle the Suffolk Sunrise takes you on quiet lanes through idilic villages. The largely flat terrain offers both the chance for experienced riders to put some fast times down but also the perfect long distance ride for new cyclists.

Route	Distance	Climbing
Champion	102 miles	1995 ft
Classic	64 miles	1178 ft
Cool	41 miles	840 ft

Route map



See the full route on Map My Tracks - mapmytracks.com/events/suffolk-sunrise2

You can also download a GPX file of the route there for your Garmin device. Please select the route of your choice to get to the download page.

Start

Framlingham College
College Road,
Framlingham,
Woodbridge,
Suffolk
IP13 9EY



There is no parking at the front of the venue. Please follow signs and directions from our marshals to the designated parking area which is on the opposite side of the college in New Road and offers easy access to the start area. Please do not park near the entrance as this will impede the flow of traffic and create a potential hazard for riders when they start and finish their ride. Use postcode IP13 9AT to locate the car park, and then follow directions of our parking marshals.

There is a designated drop off point located opposite the venue – not on the road. The Framlingham Rotary will direct you to the drop off area but please be advised there is strictly no parking available here. We would also encourage you to not drop off in the car park, as exiting against the flow of traffic will cause issues for other riders.

Registration

Registration opens at 6.30 and riders should book in at the following times according to their chosen route option.

Route	Registration
Champion	6.30 – 7.45
Classic	7.45 – 8.30
Cool	8.30 – 9.00

At registration you will receive the following:

- Bike number with timing chip – cable ties provided
- Tyvek wristband – please write your rider number, name and any allergies/medical conditions.

Wear on your right wrist for the aid of roaming support crews.

- Event Control card – The Event Control numbers are 07784 350 212 and 07784 383 539 these numbers are only available on the day of the ride and not before. Please add to your contacts.

Start times

Riders will be set off in small groups at the following times according to their chosen route option. If you are inexperienced or new to cycling we recommend that you start early in your group. Each group of riders will receive a short safety briefing before they are set off, so please do ensure you arrive in plenty of time.

Route	Distance	Start
Champion	102 miles	7.00-8.15
Classic	64 miles	8.15-9.00
Cool	41 miles	9.00-9.15

You must ride across the timing mat to activate your timing chip.

Champion riders must reach the route split at Peasenhall by 1:15pm or they will be diverted onto the Classic route.

All riders must be on the road by 9.15am to avoid the event running over. The event closes at 6pm.

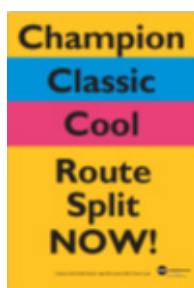
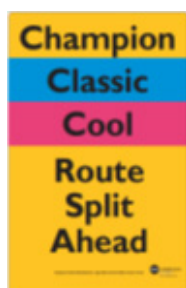
Event signage

The route is signed throughout with yellow signs bearing the 'Action' button and direction arrows.

Note that the 'Action' button will always be in the bottom right hand corner, if it is not, then it has been tampered with.



All turns are signed; do not turn off the road unless directed to do so by signage.



Where the routes split, tri coloured signs with 'Route Split Ahead' and 'Route Split Now' will highlight the split.

From this point you should follow your selected route; the colour that denotes your route.

After the route split on the Cool and Classic routes, the signs will revert back to yellow and this is highlighted by a pink/yellow sign on the Cool route and blue/yellow on the Classic route.



Feed stations

Our feed stations are managed by our fantastic Action Medical Research volunteers, and provide the perfect opportunity to stop for a cuppa, rest your legs and take a breather. Located in village halls there are toilet facilities along with shelter from the elements (if necessary). There will be refreshments such as flapjacks, bananas, sweets, water, squash and hot drinks available. High5 EnergySource drink will also be available at all stops.

Location / Route option	Champion	Classic	Cool
Little Bealings Hall	22 miles	22 miles	22 miles
Fressingfield Village Hall	56 miles	N/A	N/A
Peasenhall Village Hall	N/A	52 miles	N/A
Holton and Blyford Village Hall	82 miles	N/A	N/A

Event support

To help your day run as smooth as possible we have some great support available at every stage of the event.

Mechanical support

Mechanical assistance is available at the start and out on the road. We have roaming marshals who can assist with minor problems or if you have something a little more technical we have our team of experienced cycle mechanics on call to come to your aid – just text Event Control.

Medical support

We have medical support who will be roaming the route and respond to calls for help. In the event that you or someone is involved in an accident that requires emergency services, do not hesitate to contact 999 in the first instance and then the Event Controller on the number provided. If the incident is minor and not life threatening the Event Controller will be the first person to contact.

Broom wagon

There will be a broom wagon out on the route following the last riders and if needed will collect riders that are unable to complete the ride. Riders that are following behind our event completion schedule may be moved on or directed onto a shorter route to ensure that they complete the ride. The event closes at 6pm and our support crews will have been stood down after that time. Riders are encouraged to start as early as possible if they concerned about finishing in time.

The finish

Please approach the finish with caution as there are often spectators close by. You must ride under the gantry to record your time and to receive your well earned finisher's medal. At peak times please be patient as riders are filtered through the finish enclosure. If you changed routes during the ride, it is your responsibility to advise a member of the timing crew. Times are only recorded at the start and finish, not midway. To ensure accuracy of ride times across all the routes we rely on participants advising the timing crew of any change of route. Provisional rider times will be displayed on our website after the event and a link will be sent to you via email.

At the finish you will also have the opportunity to purchase some food and drinks, so get your friends and family down to cheer you in and enjoy the afternoon.

Massage

At the event village upon your return, there will also be a massage tent, where you can relieve those tired muscles after your ride. Suggested donation £10 to Action Medical Research.

The event village is a great place to relax and unwind after your ride, so do invite your friends and family down to join you. With the opportunity to purchase hot and cold food, coffee or to enjoy a fully licenced bar, it's a lovely location to spend your Sunday afternoon. Please note, dogs are welcome, but must remain on their leads at all times.

Important

If you decide not to complete the ride and do not return to the finish, you must contact Event Control to let us know that you are safe and accounted for.

Appendix 1: guide to safe cycling

Event rules:

- All riders must display their chipped rider number on their bike and wear the wristband.
- Riders under the age of 18 must be accompanied by an adult during the event.
- Each group of riders will receive a safety briefing before being set off at the start.
- The wearing of helmets (conforming to CE Standards EN1078) is mandatory for all riders. No helmet, no ride.

Road safety

During the ride there are no closed roads, therefore you must ride safely at all times and be aware of other road users. Below are some tips for staying safe on the road:

- Obey the Highway Code at all times.
- Stop at all junctions.
- Never ride more than two abreast.
- Ride single file on single track roads.
- Keep a safe distance between you and the rider in front.
- Do not use headphones whilst cycling.
- When turning off a main road, check the road behind you and signal your intentions clearly.

Riding in a group

Riding in a group is efficient, energy-saving and fast. Riding close behind another bike will allow you to 'draft' (sit in the slipstream of the rider ahead) which reduces your wind resistance, thereby saving you lots of energy and effort. Take it in turns with other riders to sit at the front of the group to help each other.

There is a technique to this so it is definitely worth getting it right. The key rules are:

- Follow a straight course – sudden changes in direction cause crashes and make for a nervous peloton.
- Signal any potential hazards or obstructions the group behind (see below for more details)
- Look ahead of you regularly when riding in a group, not just at the wheel in front – this gives you time to react to things and anticipate.
- Don't brake suddenly – this avoids the "concertina effect". Also, the less you brake, the less you have to accelerate. This maximises energy conservation.
- Don't overlap wheels with the riders in front – leave about 1 to ½ metre gap between you and the rider in front. If you do overlap, wheels can touch and if this happens it is very hard to keep it upright.
- Most importantly, look out for other riders around you and they should look out for you. Ride smoothly and stay relaxed.

Staying safe

When riding in a group, those at the front take a degree of responsibility to be the eyes and ears of the rest of the group. There are a few phrases and hand signals which are all you need to let people know what's going on.

Calling out

Use the following basic call outs / signals to communicate when riding in a group:

- "Car back" There is a vehicle behind, let it pass.
- "Car up" Vehicle up ahead, let it pass.
- "Single Out" The group needs to go from two lines into one.
- "Easy" When called from the front it signals that you need to start slowing down because of traffic lights or a junction for example.
- "Directions" Not every change in direction obviously, but when turning onto another road call 'right' or 'left'.
- "Holes" Used to point out potholes, drains, any other hole in the road. This is one of the most important calls when in a group as riding through potholes can cause punctures and injuries. It is a good idea to accompany this call with a hand signal, pointing towards the hole so your fellow riders know where exactly to avoid.

Appendix 2: route specific safety information

The route has been subjected to a full and thorough risk assessment with the safety and enjoyment of riders paramount at all times. Where deemed necessary marshals will be positioned at certain crossings to help advise cyclists. Please note the marshals do not have the power to stop traffic and are not there to cross you over the road. Make sure you take responsibility for yourself when crossing junctions and only do so where safe.

Appendix 3: bike maintenance

Keeping your bike clean and in good working order is essential to help to prevent mechanical difficulties, accidents and hopefully stop you being stranded in the middle of nowhere during a training ride!

- Tyres must be in good condition and inflated correctly - the psi values will be marked on the tyres.
- It is a very good idea to learn how to change a punctured inner tube yourself - this video is a good start: [youtube.com/watch?v=8Tm1wewekVQ](https://www.youtube.com/watch?v=8Tm1wewekVQ)
- Brake blocks should be equally spaced over the wheel and not worn down past the wear line - if in doubt, change them.
- Brake and gear cables should be free from rust and not frayed - if in doubt, have them checked at a bike shop.
- Seat and headset clamps should be tightened to avoid movement.
- Wheels should be securely fastened to the bike frame with no movement.
- The drive chain should be in good condition and not worn - again, a bike shop can help you check.
- After cleaning your bike and chain, remember to lubricate the chain again afterwards to stop it seizing or snapping - specialist lubricant can be purchased at all bike shops.
- Have your bike fully serviced at a bike shop just before the event starts.

It is your responsibility that your own bike is in good working order before you commence your event.

Thanks

This ride happens because of the incredible support of our volunteers who help at the start, on registration, at all feed stops, as marshals on the route and at the finish. We would like to extend our thanks to them all for helping make the Suffolk Sunrise such a great event for all that take part.

With best wishes from the Event Organisers

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Charity reg. nos 208701 and SC039284