



RIDE **SUFFOLK
SUNRISE**

RIDER MANUAL

WHEN

30 MAY 2021

WHERE

FRAMLINGHAM COLLEGE

**NEVER
STOP
PUSHING**

action medical research
for children



Introduction

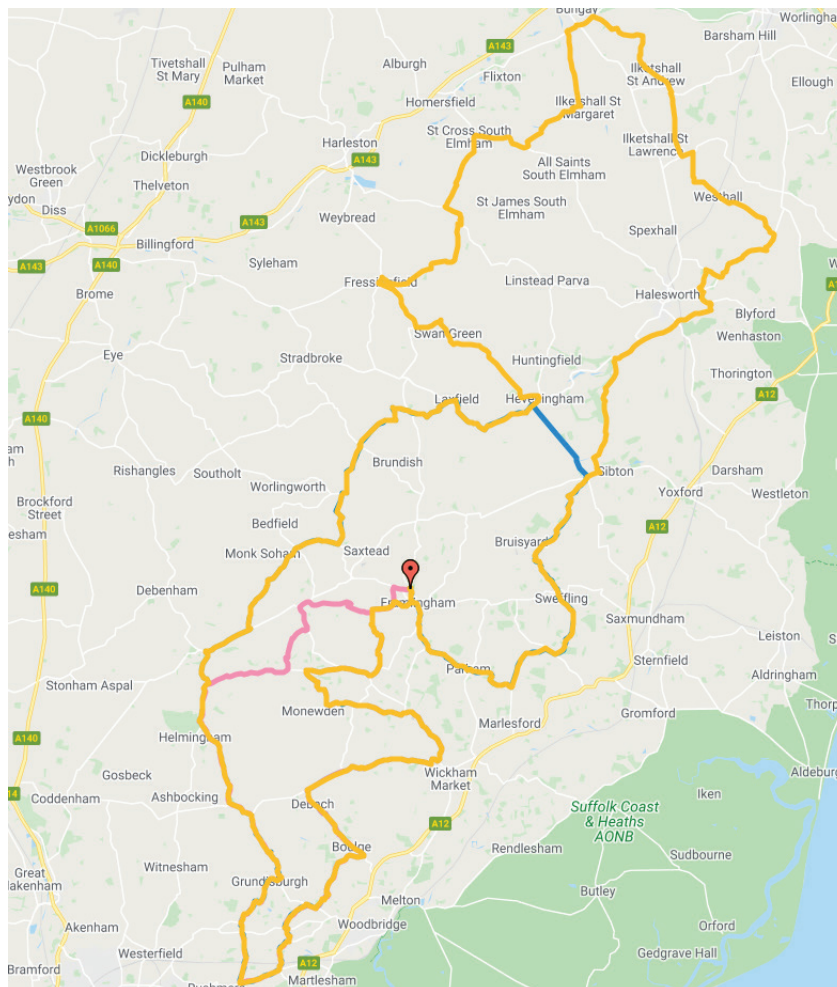
We are delighted that you have chosen to take part in the RIDE Suffolk event and in doing so help raise money for and support Action Medical Research.

Please take time to familiarise yourself with the information contained in this manual so that you can enjoy your RIDE experience to the fullest extent and fully understand the COVID-19 changes we have implemented for this year. Most importantly you will have been issued a start line time please do not arrive more than 15 minutes prior to this. Further details on all of our procedures are set out on the next page of this manual.

Suffolk Sunrise

Starting out from the fabulous Framlingham College with the iconic backdrop of Framlingham Castle the RIDE Suffolk routes take you on quiet lanes through idyllic 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	3566 ft
Classic	64 miles	1178 ft
Cool	41 miles	840 ft



See the full route on Map My Tracks - [mapmytracks.com/events/suffolk-sunrise2](https://www.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.

COVID-19 Changes

In brief our Covid-safe participation rules are:

- Please pay attention and adhere to all the safety signage in place at our venues.
- If you are showing coronavirus symptoms; High temperature new or continuous cough, loss or change in taste and/or smell, OR if you or any of your household are self-isolating, you should stay at home.
- You will not be allowed to participate if you reside in a local lockdown area.
- Do not arrive at the start venue any more than 15 minutes before your allocated start time. Toilets will be available at the start area.
- Carry personal hand sanitiser and face mask with you on the ride. Face masks are compulsory upon entry to our feed stations, and you may experience a short wait to access the hall. Hand sanitiser stations will be available at venue and feed stops.
- Maintain minimum social distancing at start/finish and feed stop, of one metre + at all times.
- Do not ride in groups of more than six and maintain side-to-side distancing of one metre.
- Feed stations will only supply water and basic pre-wrapped food items – please pack your own extras.
- Be patient at the feed stations and please limit the time you spend at each.
- There will be no physical registration your timing chip will check you in as you ride across the start line
- Riders will depart in socially distanced groups of six at approx. 90 second intervals.

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 run by fantastic Action Medical Reserach volunteers in accordance with the Covid-19 procedures we have put in place. Please respect both the volunteers and fellow riders during at feed stations and please be aware they will be different from normal. Please also note that due to the Covid-19 measures we are putting in place food will be more limited than previous years so please make sure you bring some extra with you.

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
Horton 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. However, it will only be able to offer road side assistance to riders and **won't be able to pick them up** as in previous years.

The event closes at **5pm** and our support crews will have been stood down after that 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. In these unusual times we please ask that after finishing the ride you don't hang around in the Castle grounds and please make your way back home as soon as possible.

We would also like to thank the below partners for helping to make the event possible.



Appendix I: 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.

We strongly advise all riders to bring front and rear lights given the shortening daylight hours and the chance of poor weather.

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=8TmIwewekVQ](https://www.youtube.com/watch?v=8TmIwewekVQ)
- 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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RH12 2DP

Charity reg. nos 208701 and SC039284