

GARMIN®

RIDE

NEVER STOP CYCLING



action medical research
for children

Introduction

Welcome to the 2021 Garmin Ride Out and your chance to ride with World Tour teams. The fully signed 50 and 30 mile road and gravel routes, offer one of the most scenic cycling experiences in the country. A stunning blend of forest roads, quaint villages, tree-lined bends and far reaching views. This year the event will be aiming to raise more money for Action Medical Research than ever before.

Action Medical Research 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 Garmin Ride Out 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. If you'd like to set up a fundraising page or make a donation you can do so here - <https://www.justgiving.com/campaign/GARMINRIDEOUT>

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 experience to the fullest extent.

Thank you for your support from everyone at Action, and all the children and their families that we help.

Garmin Ride Out

The Itinerary

07:30 Registration Opens
08:00 Guest arrive and sign in
08:45 Registration Closes
09:00 Pro Riders Arrive
09:15 Garmin Welcome
09:40 Q&A with Garmin Sponsored pro riders and pro athletes
10:10 Charity Raffle (Action Medical Research)
10:20 Safety Briefing
10:45 Riders Assemble
11:00 Ride Out (riders set off in groups of 20)
13:00 Lunch service begins
13:00-15:00 Recovery Yoga
16:30 All riders depart

The Route

Setting out from St Giles House, the road route takes in the typically quiet and picturesque lanes of the New Forest. After heading through Fordingbridge the route turns east through the heart of the northern side of the National Park. Alongside spectacular scenery, the New Forest also offers the unique experience of riding alongside wild ponies, cattle and other livestock. With a relatively flat profile the ride offers a nice, gentle riding experience and a perfect opportunity to chat and soak up the atmosphere of riding with the pros.

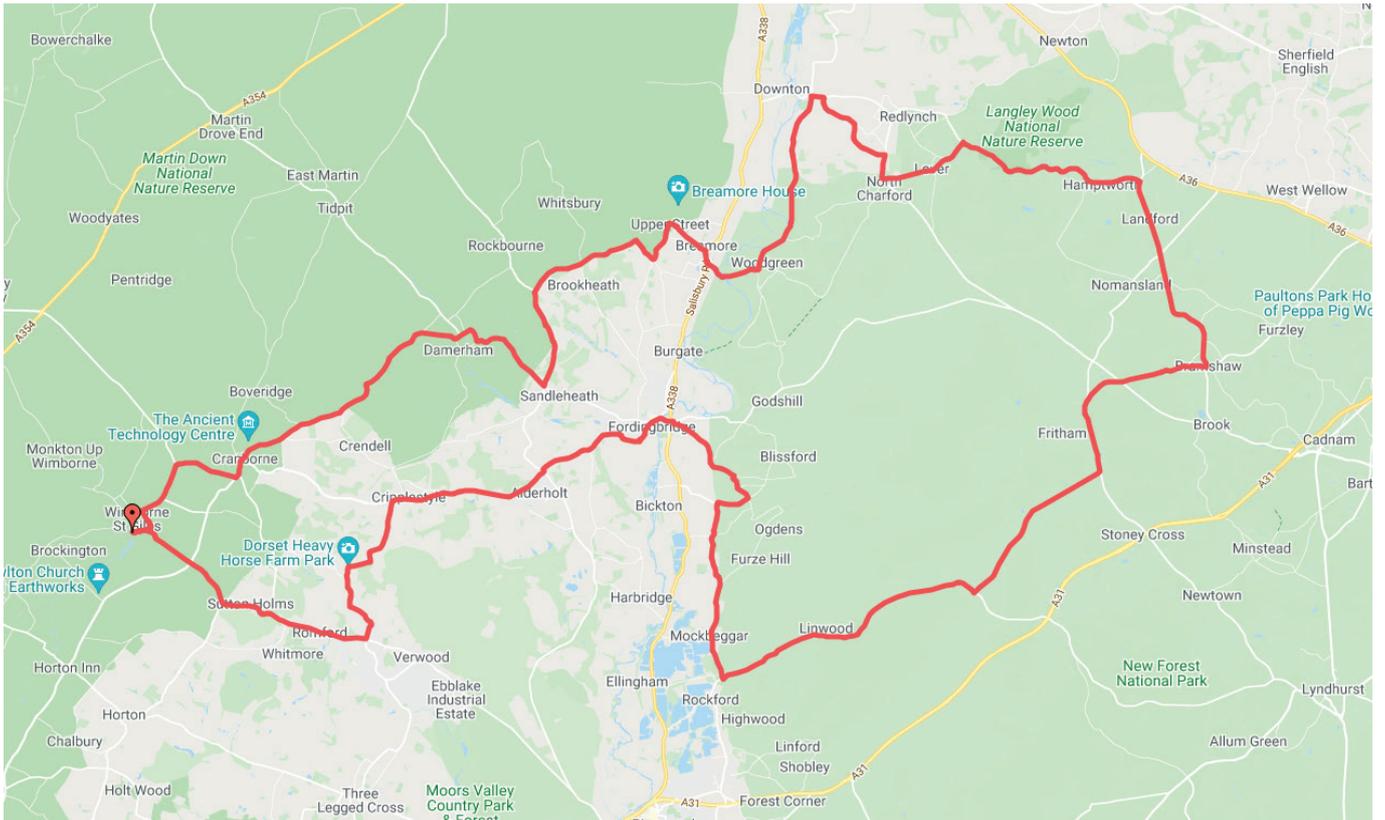
New for 2021 is the inclusion of a shorter 30 mile gravel route for those looking for more of an adventure and journey off the beaten track. The route utilises a mixture of quiet roads, bridleways and forestry tracks and provides a mixture of technical and easy off road sections.

New Forest Cycling Code

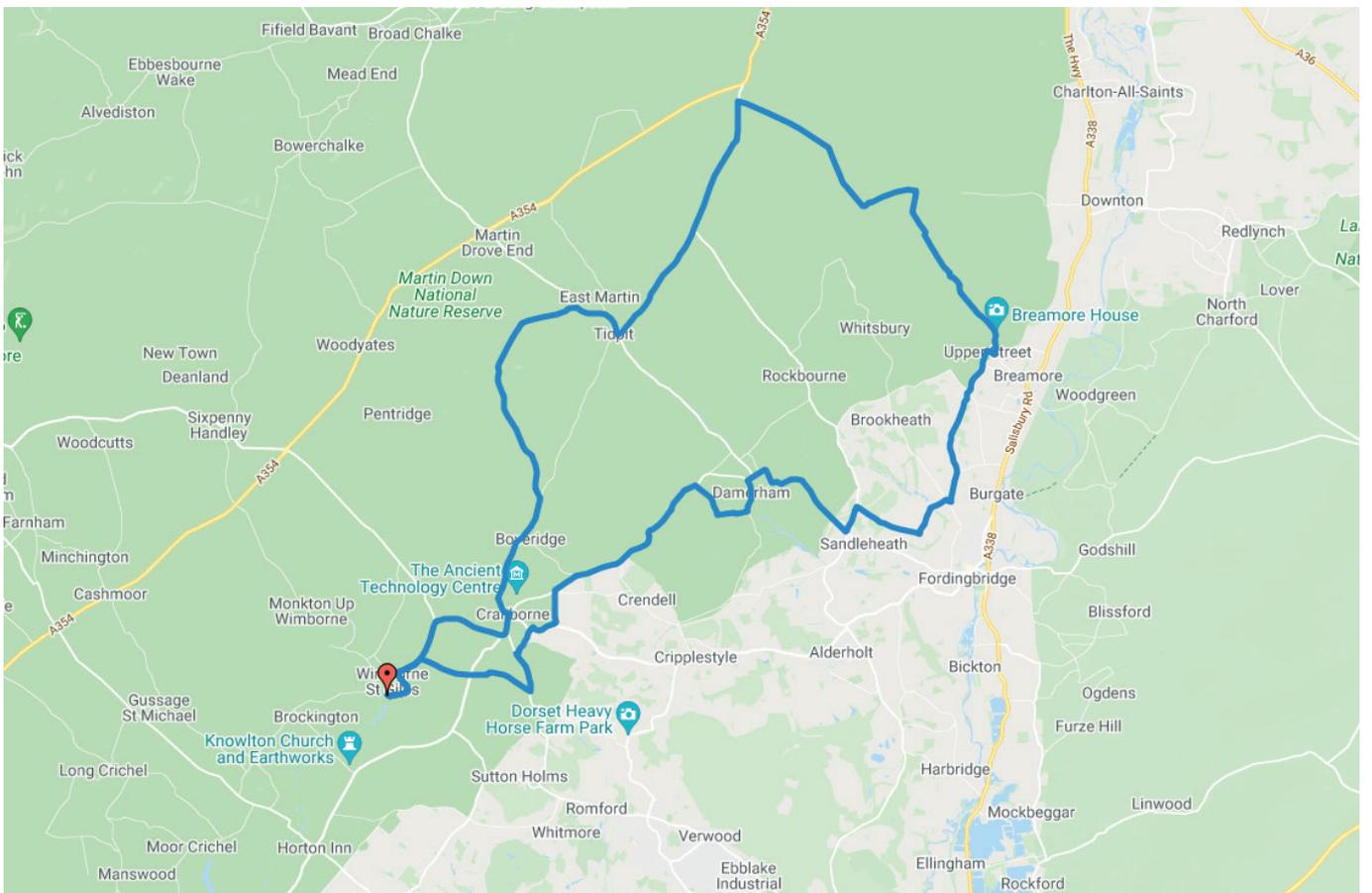
All riders need to abide by and adhere to the New Forest Cycling charter; a full copy of the charter can be found in the appendix of this manual. All riders are advised to read through this information prior to the ride.

Route map

Standard Route



Gravel Route



Route files can be found at the below links:

Standard Route: <https://connect.garmin.com/modern/course/73256437>

Gravel Route: <https://connect.garmin.com/modern/course/73255864>

Start

St Giles House
Wimborne St. Giles
Wimborne, Dorset
BH21 5ND United Kingdom



The ride sets out from St Giles House. There is on site car parking which will be clearly identifiable via signage. Parking will open from 07:30 am.

Registration

Registration **07.30-08:45**

At registration you will receive the following

- Rider numbers (bike and back of jersey) – safety pins provided
- Limited edition Free Garmin Ride Out Jersey
- The Event Control number is **07784 350 212**
this number is only available on the day of the ride and not before. Please add to your contacts.

Please note that every effort is made to match your **free event jersey** to the size you requested when signing up. As the jerseys are ordered weeks before the online entry takes place, we cannot promise that your jersey will be the size you ordered. There may be spares available at the end of the ride if you wish to check with Action Medical Research then.

After registering there will be time to look around the event expo area and listen to some Q&A sessions.

Start times

In accordance with the New Forest Cycling Charter riders will set off in small groups of around 20 riders every 2/3 minutes.

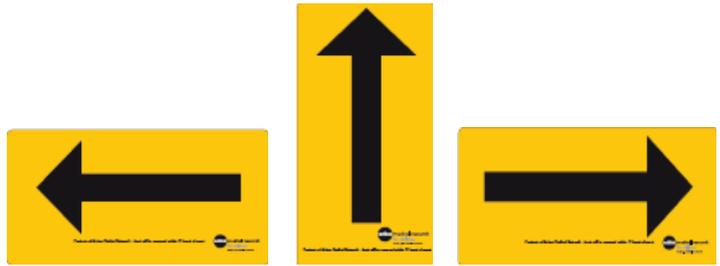
First riders will depart at 11:00 with all cyclist being on the road by 12:30.

Each group of riders will receive a short safety briefing before they are set off.

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.



Numerous safety signs and information signs will be placed on route. Please pay attention to them as they have been put up aid rider safety.

Gravel Signage

The Gravel Signage will be the same as detailed above, apart from at the split points where it will be purple.

Feed stations

Breakfast and beverage options will be available in the morning at the event village.

The ride feed station is run by the fantastic Action Medical Reserach volunteers and provides the perfect opportunity to take on some water, fruit and snacks at just over the halfway point on the ride. The Feed station is located at Bramshaw Village Hall for the road route and Breamore House Coffee Shop on the gravel route.

Please make sure you dispose of all rubbish in the bins provided at the feed station and don't discard any gel wrappers etc out on the route!

A hot lunch spread will be awaiting all riders at the finish!

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 mechanics and a static mechanic at the feed station. If you need mechanical assistance just **text** Event Control.

Medical support

We have medical support provided by the County Paramedics 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.

4x4 Marshals

In addition to mechanical and medical support we will also have roaming 4x4 marshals out on route to aid with rider safety and respond quickly to any incidents. The 4x4 marshals will be clearly identifiable in high viz clothing and bikes.

The finish

Please approach the finish with caution as there are often spectators close by. At peak times please be patient as riders are filtered through the finish enclosure.

At the finish you will also have the opportunity to get some lunch and refreshing hot and cold drinks so get your friends and family down to cheer you in and enjoy the afternoon.

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: New Forest Cycling Code

Welcome to the New Forest: a beautiful, tranquil and environmentally sensitive place enjoyed by local residents and visitors alike. Mutual respect and courtesy are essential to enable those with different interests to enjoy the Forest together.

The New Forest is a working forest, with forestry, farming and equestrian activity on its narrow roads and tracks. Ponies, cattle and other animals are free to roam the Forest and most of its roads. Be aware that animals are easily startled and may suddenly move into your path.

To assist you in making the most of cycling in the New Forest, we ask that you please follow both the Highway Code and this New Forest Cycling Code which is supported by cycling groups and local organisations.

Be considerate

- Ride positively and well clear of uneven road edges but with consideration for other road-users. To allow vehicles to overtake safely, leave gaps for them to pull into and move into single file when necessary and safe to do so. Never ride more than two abreast.
- Be polite to other cyclists, motorists, pedestrians and residents.
- When passing people and animals, use your bell or call out a warning and allow them plenty of room. Be prepared to stop if necessary.
- Do not drop litter or feed the animals; human food and litter are a danger to them.
- Close gates behind you so the animals don't stray
- Respect the quiet of the Forest.

Be safe

- Pass animals slowly and to one side if possible.
- Take extra care near horse riders; a kick or fall from a horse could be fatal. Be prepared to stop. Use your bell or call out a friendly warning well in advance. When it is safe, pass wide and at walking pace, to one side only. Look out for any reaction from the horse.
- Keep to a safe speed, particularly on narrow lanes, steep hills and bends. Look out for pot holes, poor surfaces and cattle grids.
- Look out for and obey safety signs. Do not pass large vehicles and trailers until you know it is safe to do so.
- Ensure you are visible by wearing bright or reflective clothing. Use lights after dark and in poor daytime visibility.
- Avoid the use of earphones.

Appendix 2: guide to safe cycling

Event rules:

- All riders must display their rider numbers on front and back of their jerseys 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.

Covid-Safe Participation Rules

- 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.
- We encourage you to carry personal hand sanitiser and face mask with you on the ride. We are mask friendly at the main venue and feed stops and sanitiser will be available.
- Try to maintain social distance at start/finish and feed stop.
- Feed stations will only supply basic pre-wrapped food items – please feel free to pack your own extras.

Appendix 3: 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.

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

Bike Security

Cycles and associated equipment are the responsibility of the participant. Action Medical Research strongly recommend ensuring that your property is not left unattended without the use of the appropriate theft prevention methods. For advice on cycle security and choosing insurance approved locks visit British Cycling

Thanks

We hope you have a great ride and if you'd like to set up a fundraising page or make a donation you can do so here - <https://www.justgiving.com/campaign/GARMINRIDEOUT>.

Thank you for your support from everyone at Action, and all the children and their families that we help.

The Action Medical Research Events Team

#GARMINRIDE
#neverstopcycling
#neverstoppushing

Charity reg. nos 208701 and SC039284

