



RIDE SUFFOLK

RIDER MANUAL

WHEN

19 May 2024

WHERE

Framlingham School

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.

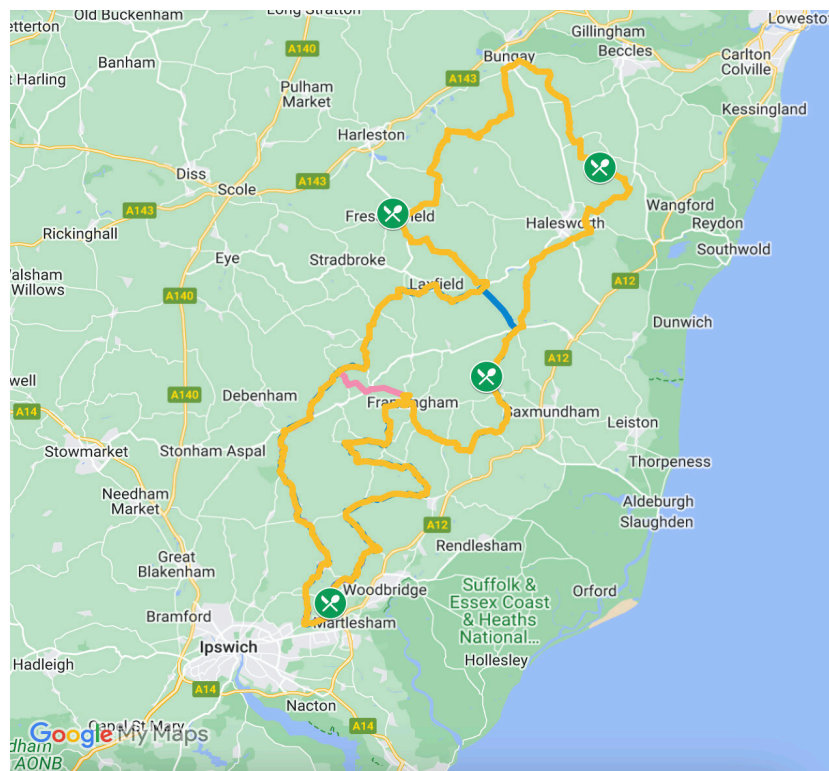
Please take time to familiarise yourself with the information contained in this manual so that you can enjoy your RIDE experience to the fullest extent.

Action Medical Research team

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 the Action Medical Research website - <https://action.org.uk/events/cycling/suffolk-ride>

You can also download a GPX file of the route there for your GPS navigation device.

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 9GA** to locate the car park (off New Rd), and then follow directions of our parking marshals.

There is a designated drop off point located opposite the venue – not on the road.

Start Times

Riders will 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.

| Route | Distance | Start |
|----------|-----------|---------------|
| Champion | 102 miles | 07:00 - 08:00 |
| Classic | 64 miles | 08:15 - 09:00 |
| Cool | 41 miles | 09:00 - 09.15 |

Feed stations

Our feed stations are run by fantastic Action Medical Reserach volunteers. Please respect both the volunteers and fellow riders at the feed stations on the event. There will be a range of snacks and treats at the feed stations but **if you have any specific dietary requirements please bring your own food.**

| Location / Route option | Champion | Classic | Cool |
|----------------------------|----------|----------|----------|
| Little Bealings Hall | 22 miles | 22 miles | 22 miles |
| Fressingfield Village Hall | 56 miles | N/A | N/A |
| Bruisyard Village Hall | N/A | 55 miles | N/A |
| Westhall Village Hall | 77 miles | N/A | N/A |

Route Cut Off

To ensure all riders are back in time there is a route cut off in place for Champion riders. Riders must reach the Classic Route split at **48 miles** before **11:15** to continue on the Champion route. Riders arriving after this time will be forced to complete the Classic Route. This is to ensure that all riders are back before the event closes.

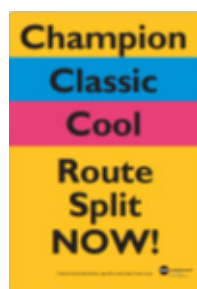
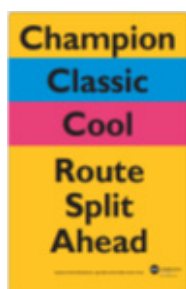
National Road Race

Riders on the Champion Route are also advised that there is a British Cycling National Road Race sharing roads with our event on the northern part of the route. The race is controlled by NEG Marshals and you may have to wait for a short period whilst the race passes a junction. Please listen to the instructions given by the race marshals and follow the highway code at all times.

Event signage

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

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.



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.**

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. There will also be a number of concession units selling food in the event village.

Appendix I: guide to safe cycling

Event rules:

- All riders must display their chipped rider number on their bike
- 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=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

Action Medical Research

Action Medical Research funds vital research to help sick and disabled babies, children and young people. We have been funding medical breakthroughs since we began more than 70 years ago and have helped to beat polio, fight meningitis, prevent stillbirths and develop ultrasound scanning in pregnancy. With your ongoing support we are now driving forward children's medical research, making more breakthroughs which will help children and their families of the future.

You can donate or support our work here: