



RIDE **The Dales**

RIDER MANUAL

WHEN

2 June 2024

WHERE

**Queen Ethelburga's
Collegiate**

**NEVER
STOP
PUSHING**

action medical research
for children



Introduction

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

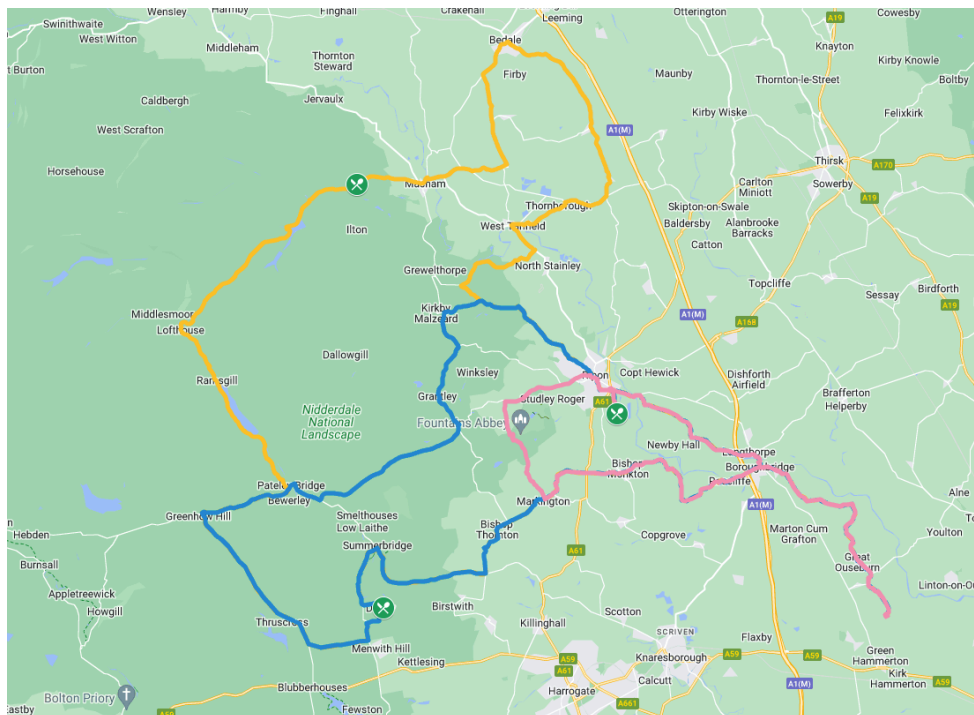
Please take time to familiarise yourself with the information contained in this manual so that you can enjoy your RIDE experience to the fullest extent.

RIDE The Dales

Starting out from Queen Ethelburga's School the RIDE The Dales offers 3 fabulous routes through the Yorkshire countryside. With challenging climbs, thrilling descents and lovely quiet lanes it highlights some of the best riding in the area. Champion riders are treated to the famous Lofthouse Climb with its steep sections and glorious views.

Route	Distance	Climbing *
Champion	101 miles	5746 ft
Classic	73 miles	3759 ft
Cool	41 miles	1350 ft

* other mapping platforms may provide different elevation statistics

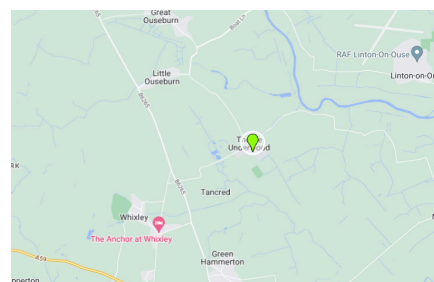


See the full route on the Action website: <https://action.org.uk/events/cycling/ride-the-dales>

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

Start

Queen Ethelburga's Collegiate
Thorpe Underwood
York
YO26 9SS



There is parking at the venue. Please follow signs and directions from our marshals to the designated parking areas. 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 YO26 9SS.

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	Start Times
Champion	07:00 - 08:00
Classic	08:00 - 08:45
Cool	08:45 - 09:15

Feed Stations

Our feed stations are run by fantastic Action Medical Reserach volunteers and will have a range of snacks and food to keep you going. If you have any special dietary requirements then please bring your own food as we are unable to cater for everything. Please respect both the volunteers and fellow riders during at feed stations.

Location / Route option	Champion	Classic	Cool
Darley Memorial Hall	28 miles	28 miles	N/A
Fearby and Healey Village Hall	55 miles	N/A	N/A
Littlethorpe Village Hall	86 miles	58 miles	26 miles

Route Cut Off

Riders on the Champion Route will need to reach the **57 mile** mark by **11:45** riders arriving after this will be directed onto a shorter route back to the event venue.

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. If you need assistance just text Event Control on **07387 269 740**.

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.

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 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. Here you will find our event village where you can purchase post ride food and drinks.

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.

We strongly advise all riders to bring front and rear lights given 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.

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. Your registration fee only covers the cost of putting on the event, so whilst we are grateful for your support to enable us to fund even more vital research to help children or babies we do hope that you'll fundraise or make a donation.

You can donate or support our work here: <https://www.justgiving.com/campaign/ridethedales2024>