



RIDE **ESSEX**

RIDER MANUAL

WHEN

1 September 2024

WHERE

**Writtle University
College**

**NEVER
STOP
PUSHING**

action medical research
for children



Introduction

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

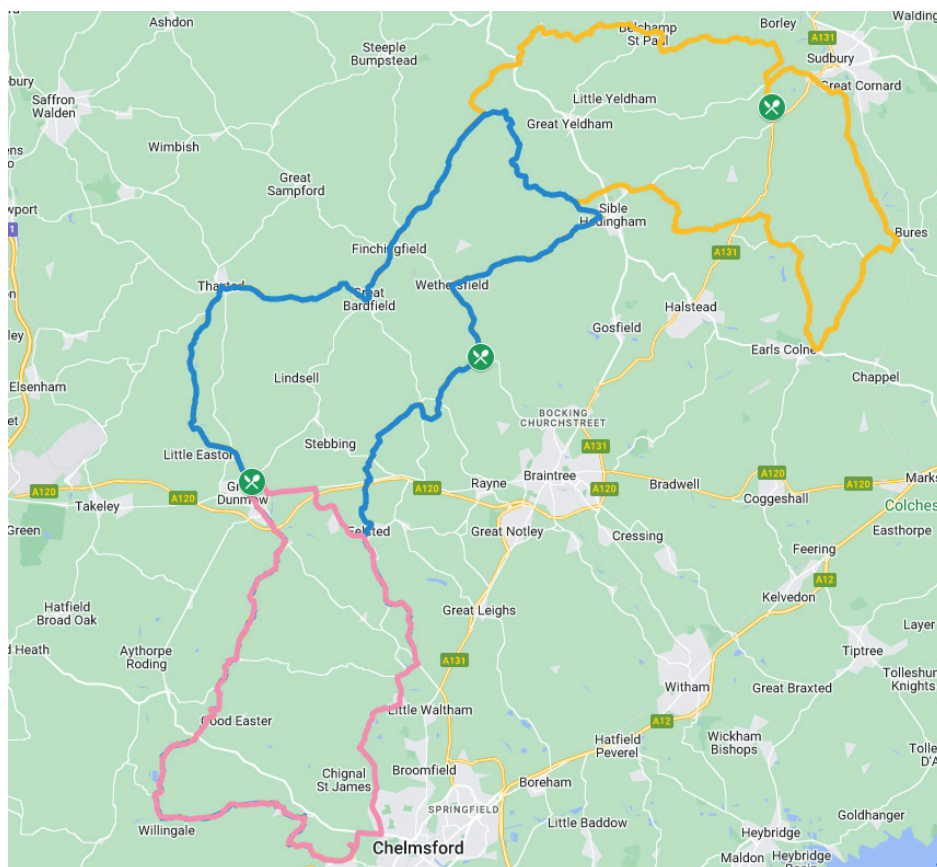
Please take time to familiarise yourself with the information contained in this manual so that you can enjoy your RIDE experience to the fullest extent

Action Medical Research team

RIDE Essex

Setting out from the lovely Writtle University College the ride takes in lovely quiet Essex lanes and picturesque countryside. With a mixture of flat roads and gentle climbs the route provides an achievable challenge for new cyclists and a nice social route for more experienced cyclists.

Route	Distance	Climbing
Champion	100 miles	3,209 ft
Classic	64 miles	1,985 ft
Cool	36 miles	1,079 ft



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

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

Start

Writtle University College,
Lordship Rd
Writtle
Chelmsford
CMI 3RR



Parking

Free parking is available at the start venue

Accommodation

Accommodation is available on site for further information please contact; Jo.Hasnip@writtle.ac.uk

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	100 miles	07:00 - 07:45
Classic	64 miles	07:45 - 08:30
Cool	36 miles	08.30 - 9.00

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

All riders must be on the road by 9.00 am to avoid the event running over. The event closes at 5pm.

There is a route cut off on the Champion event to ensure everyone is back before the event closes. Riders on the Champion route must reach the Classic route split at 26 miles before 10am to avoid being diverted onto a shorter route.

Feed Stations

Our feed stations are run by fantastic Action Medical Reserach volunteers. Please respect both the volunteers and fellow riders during at feed stations. At the feed stations you will find a range of snacks and treats, please note that we are not able to cater for every dietary requirement so please bring your own food if you have special requirements.

Location / Route option	Champion	Classic	Cool
Shalford Village Hall	20 miles	20 miles	N/A
Bulmer Village Hall	50 miles	N/A	N/A
Great Dunmow Pavillion	81 miles	49 miles	16.5 miles

Event signage

The route is signed throughout with yellow signs with black 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.

Event Control

Please copy the Event Control Number to your phone in advance of the event in case you need to contact us for assistance 07719 997 017.

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. 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 sent to you via email.

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..

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

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 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/rideessex2024>

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.