



GARMIN.

RIDE RIDE BIKES. SAVE LIVES. OUT

RIDER MANUAL

action medical research
for children

Introduction

Welcome to the 2025 Garmin RIDE OUT. This year we have a 50 mile route that offers 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. Garmin are proud to be supporting Action Medical Research and, together through this event, Garmin 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 taking part and 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.

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 Garmin and Action, and all the children and their families that we are helping.

Garmin Ride Out

The Itinerary

07:30 Registration Opens

09:15 Pro Riders Arrive

09:40 Garmin Welcome (in marquee)

10:10 Stage Presentation

10:25 Charity Raffle (Action Medical Research)

10:45 Safety Briefing and Start Line Assembly

11:00 RIDE OUT (riders set off in groups of 20 at 2 minute intervals in line with New Forest regulations)

13:00 Riders Start to Return

13:00-17:00 Post ride food available to purchase and various event village activities

18:00 Event Village Closes

The Route

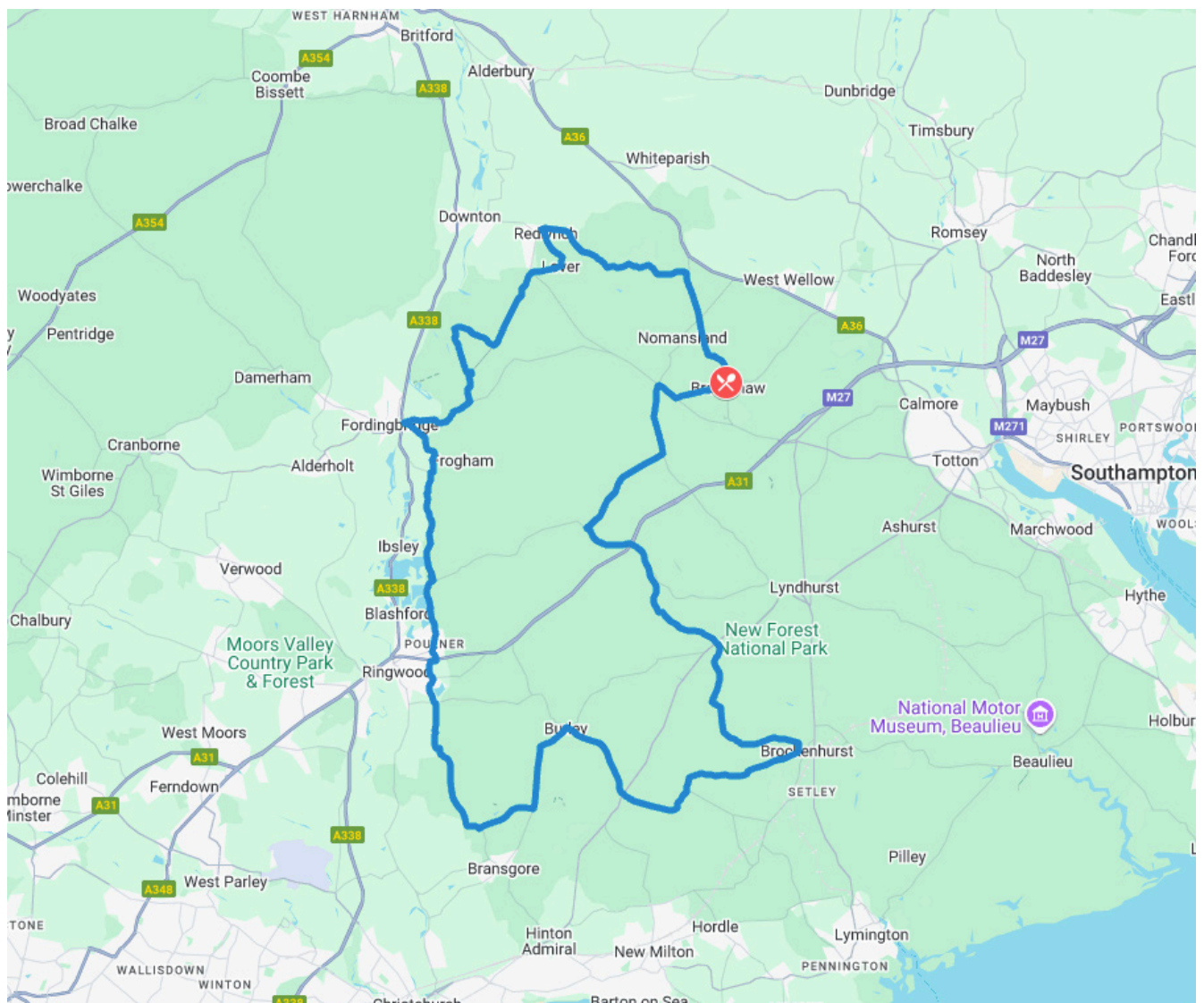
Setting out from Moyles Court School, the route takes in the typically quiet and picturesque lanes of the New Forest. After heading through Ringwood the route turns east through the heart of the northern side of the National Park. Alongside spectacular scenery, the New Forest also offers the unique experience 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 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.

The New Forest dictates that riders should depart in 2 minute interval and in groups of 20, so there is no rush to the start line as it will take a while for everyone to go through the start line.

Route map



The route file can be found at the below link:

Route: <https://connect.garmin.com/modern/course/346696359>

You can download this route to your Garmin Edge device by following these steps -

Opening your internet browser and logging in to Garmin Connect - <https://connect.garmin.com/>

Opening this link - <https://connect.garmin.com/modern/course/346696359>

Selecting "Send to Device"

Syncing your device with your phone. The next time you sync you find the course on your device.

Getting There

Moyles Court School, Moyles Court, Ringwood, BH24 3NF
 What3words: ///ramble.outermost.brand

The ride sets out from Moyles Court School. Car parking on site is limited, so we encourage riders to car share where possible or ride to the start. Please do not arrive before 7.30am as the car park and registration will not be open.

There are two fields available for parking. Please follow guidance from our marshals. Car Park 1 can be found on Ellingham Drove, once full, our marshals will guide participants to our 2nd car park.

Registration

Registration will be open from 7.30am and close at 10am. You will not be able to collect your rider number and timing chip after this time. At registration you will receive the following

- Rider numbers (bike and back of jersey) – safety pins provided
- Limited edition free Garmin RIDE OUT Jersey and bottle

Please make a note of the Event Control number which is **07719 997 017**

Riders in the first wave will start to set off at 11am. We will have a wave system for the ride start, details and allocation will be provided to you on the day. **It is the New Forest regulation that riders are set off at two minute intervals, so please take your time to get to the start. There is no rush and you will be asked to wait.**

We will have a selection of jersey sizes available for collection at registration on the morning of the event. These will be issued on a first come, first served basis and as per every year, we do not guarantee sizes. There may be spares available at the end of the ride if you wish to check with the Garmin team then.

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

Raffle

To help raise further money for Action Medical Research we are running an excellent raffle with prizes kindly donated by several event partners. Prizes up for grabs include:

- Garmin Edge 1050 Bike Computer
- Garmin Tacx Neo 3M
- Garmin Varia RCT715
- Garmin Forerunner 970
- Garmin HRM 600
- Garmin Rally RK200
- Garmin Varia Vue

Our volunteer raffle team can be located within in the event village. Raffle tickets can be purchased by either cash or card and the draw will take place within the marquee ahead of the ride. Make sure you are there to claim your prize.

Start times

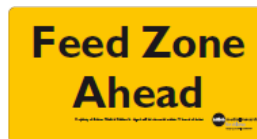
In accordance with the New Forest Cycling Charter, riders will set off in small groups of around 20 riders every 2/3 minutes. First riders will depart at 11:00 with all cyclists being on the road by 12:30. Each group of riders will receive a short safety briefing before they are set off.

Event signage

The route is signed throughout with yellow signs with black direction arrows.



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 to aid rider safety.

The Garmin Ride Out is not a race and should not be treated as such.

Feed stations

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

The ride aid station is run by the fantastic Action Medical Research volunteers and provides the perfect opportunity to take on some water, fruit and snacks at just over the halfway point on the ride. The refreshments provided at this aid station should not be a rider's only form of support and each rider should aim to carry enough food & drink to complete the full event.

The Feed station is located at Bramshaw Village Hall, Row Hill Cottage, Bramshaw, Lyndhurst SO43 7JE - What3words: ///generated.infected.seaweed

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!

Hot food and drinks will be available to purchase with the event village upon your return.

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 on **07719 997 017**

Medical support

We have medical support available, 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.

Moto Marshals

In addition to mechanical and medical support we will also have roaming moto marshals out on route to aid with rider safety and respond quickly to any incidents. The moto 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.

Appendix 2: guide to safe cycling

Event rules:

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

Kit List

- Weather appropriate cycling kit
- Puncture repair kit and basic tools
- Water Bottle (filled and ready to go)
- Portable Phone Charger
- Cash or Card for your raffle ticket (£5 per ticket)
- Any gels you wish to use on the ride

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 moto 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

Action Medical Research is the leading UK-wide charity dedicated to saving and changing children's lives through medical research.

We want to make a difference:

- Tackling premature birth and treating sick and vulnerable babies
- Helping children affected by disability, disabling conditions and infections
- Targeting children's rare diseases.

We do this by:

- Finding and funding cutting-edge medical research across the UK most likely to deliver real benefit to babies, children and young people
- Assessing the impact of the research we fund and sharing the results
- Raising funds to make this vital research possible.

Thank you for your support from everyone at Action, and all the children and their families that we help. If you'd like to make a donation or set up a fundraising page, please do so at the link here: <https://www.justgiving.com/campaign/rideout2025>

The Action Medical Research Events Team

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#neverstopcycling
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