

Humber Bridge Sportive Charity Ride

June 14th 2015



Many thanks once again for entering the Humber Bridge Sportive. We are delighted that so many - 500 - have chosen to take part, especially since all of the proceeds from your entry fees will be given to our nominated charity "**The Echoes Foundation**" - a local charity working on behalf of disadvantaged children.

[Please support our charity!](#)

www.echoesfoundation.org.uk

On the day of the ride, Echoes will have a stand - any donations will be very welcome.

Key Information For The Event

Do familiarise yourself with the following important points:

Location - click on the link below for details of accommodation, and a detailed map for directions to the starting area.

<http://www.visithullandeastyorkshire.com/thedms.aspx?dms=3&venue=2170256>

Whether you are approaching from the A63 / A164, or Boothferry Road, follow the brown signs to **Tourist Information Centre / Viewing Area and parking - this is on Ferriby Road, Hessle, HU13 0LN**

As you approach the bridge roundabout, DO NOT follow directions to "Humber Bridge Toll Road / Lincoln", as you will end up crossing the river to Barton - £1.50 each way !!

If you are coming from the South Bank, turn left **immediately** after passing through the toll - this is signed to the Café / Tourist Information. The mobile café will be on site from 07:30.

Parking is free, and the car parks are open from dawn to dusk. From 07:30, marshals in hi-viz vests will be on duty, and will direct you to the registration area. Park up and make your way to the relevant registration desk - these will be signed - Short Route / Long Route.

Toilet facilities are available on site from 07:30 onwards

Start Times

Long Ride Start: 08:15 - 09:15

Short Ride Start: 08:45 - 09:30

✓ Arrival / Registration

Registration will open at 07:45. Please sign in at the relevant registration desk - you will be given a ride number which you will need to attach to the front of your bike - tie wraps will be provided - thank you to Peter and his team from Minster Cycles of Beverley for sponsoring the numbers. Marshals will be on hand to help with this, if necessary. You will also be given an emergency telephone number - please take this with you.

If you need to leave any belongings whilst you are riding, please put them in a plastic bag and leave them at registration. A marshal will be on duty throughout the day, but any item will be left entirely at the owner's risk.

All riders under 18 must have filled in a parental consent form, and under 16's must be accompanied by an adult. Forms will be available on the day.

Water, bananas, energy drinks, energy bars and jelly beans will be available at registration.

✓ Bikes / Mechanical Support

Mechanics from Repair2Ride and Minster Cycles of Beverley will be available at the start of the ride for any last minute adjustments; however, please ensure that your bike is in serviceable order - be prepared with spare tubes / pump / tyre levers etc.... The mechanics will be available for serious mechanical issues you may encounter during the ride. Any spare parts supplied will need to be paid for.

✓ Helmets

Under the terms of British Cycling Insurance, helmets are compulsory. Please obey the Highway Code - all roads are open to traffic. Try not to ride alone if possible; take care when crossing the Bridge, as the footway is narrow in parts.

✓ Starting Procedure

So that we can be confident our marshals are in place, and feed stations set up, the start times below will be adhered to.

Riders will be set off in groups of 15 at intervals of 2 minutes, so as to avoid congestion on the footway. Marshals will take your number at the start, and log your finishing time at the end.

Long Ride Start: 08:15 - 09:15

Short Ride Start: 08:45 - 09:30

All riders will be expected to have completed the course by 15:00. The "broom wagon" will provide support for those unable to complete the course.

✓ The Route

Check out the relevant page on the website:

<http://www.humberbridgesportive.co.uk/route-book/>

Most of the tarmac is in good condition, but these are rural roads for the most part, so please take care where there is grit on the road.

✓ Signage

Both routes are clearly signed - black arrows on a yellow background; please take care at junctions. The route book is also available on the website - **please familiarise yourself with the routes beforehand**, especially the road through Barton - **marshals will be in attendance in Barton on the outward leg only.**

Marshals will also be riding the course early to check that signs have been left untouched overnight; however, we cannot account for mischievous behaviour!!!

✓ Bystaple Railway Crossing

At around 42 miles the route crosses the railway line at Bystaple - this is a manned, "closed to traffic crossing", which means that cyclists normally have to dismount and cross through the hinged gates; however, Network Rail have kindly agreed for the operator to open the main gates between 11:25 and 13:25 so that riders can cycle across. Outside these times, you may have to wait for the train to pass, or dismount and use the gate. Fortunately, the trains are few and far between!!

✓ Feed Stations

Short Ride: water, juice, jelly beans, bananas and cake, will be available after 12 miles. Open from 09:00 - 11:30

Long Ride: a more substantial feed station, including cake / wraps / energy bars, will be available after 39 miles at Ulceby Village Hall - toilet facilities also available. Open from 09:30 - 12:45.

✓ First Aid

A mobile first aid service will be available throughout the day.

✓ Times

Whilst this is not a race, the following should provide you with a personal challenge time - if you want one!! The times will be published on the website in the days following the ride.

	<u>Long</u>	<u>Short</u>
<u>Gold:</u>	3 hours 40	1 hour 30
<u>Silver:</u>	4 hours 30	1 hour 50
<u>Bronze</u>	5 hours	2 hours 20

✓ Post Ride Refreshments

Upon completion of the ride, your time will be recorded and you will be given a voucher for refreshments - you can exchange this at the mobile café bar for a hot/cold drink + biscuit or crisps (short ride); hot/cold drink + sandwich or burger (long ride). We have our own burger van this year!!

✓ Photographs

A link will be posted on our website after the ride where riders will be able to access and download a free photograph of themselves from the event.

www.humberbridgesportive.co.uk

I will email riders once this link is active.

✓ Ride Numbers

Please keep your ride number - this will entitle you to a 20% discount on goods from Minster Cycles of Beverley - (excludes bikes)

Ride safely, and enjoy the day!

We would also welcome any feedback!

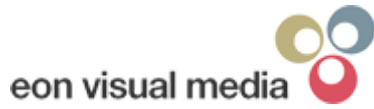
Thanks,

Ian and Andy.

Finally, a huge thank you to our helpers on the day, and our "supporters" who have sponsored various elements of the ride - this has meant that we have been able to keep entry fees low, and maximise donations to The Echoes Foundation.



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