

The Border Randonnee & Family Ride 2019

Saturday 11th May 2019

Event Details

The Border Randonnee is a new event in the calendar. Organised by The Rotary Club of Shrewsbury Darwin, it is set in beautiful countryside on the England Wales border. The essence of the day will be to encourage regular cyclists and families to have an enjoyable cycle ride.

The 3 routes have been set with distances of 29, 58 and 78 miles from Moderate through to Challenging with ascents of 1145 ft, 3242 ft and 4744 ft. Some of the roads on the longer routes will have more technical ascents and descents for which you will need a greater level of fitness and experience.

Our event is for all cyclists from strictly lycra to casual t-shirt and shorts as long as you **wear a cycle helmet**. We are fundraising for Prostate Cancer UK, Polio Plus and other Rotary charities and hope that everyone will raise some sponsorship. However, if you just wish to enter the event for fun this is totally acceptable.

Type of Event: Road Cycle

Start / Finish: Llandrinio Village Hall, Preswylfa, Llandrinio, SY22 6SB

Parking: On site at rear of hall

Routes: 3 routes are planned 29, 58 and 78 miles. Downloadable GPX files will be available.

Registration: Online at ridetiming.co.uk. Entry open until 8th May 2019

Entry online:

BR78 route (78 miles), **BR58** route (58 miles) £24.00

BR78, & BR58 (Min age 16, any under 18 must have parental consent form signed).

BR29 route (29 miles) Adult £10. Junior (Under 18) £5.

(Any Junior rider must either have parental consent form signed and be aged 16+ or be cycling with a responsible adult the whole route. Minimum age for entry is 14.

Entry on the day: Available from 8.00am £29.00/£15.00/£5.00

Start Times: 78 mile at 8:30am. 58 mile at 9.00am. 29 mile at 9:30am.

Organised by the Rotary Club of Shrewsbury Darwin. Charity No. 1150140

Event facilities

- Free car parking
- Event Timing
- Large hall for start/finish
- Full route marking
- GPS routing
- Toilets at start/finish
- On route feed station and toilets for 58 & 78 miles.
- Broom wagon available
- Free teas & coffees
- On site catering
- Event Photography at Start / Finish

Sponsorship: Not mandatory. All efforts to raise sponsorship are welcome, including donations on the day.

The event is in aid of Prostate Cancer UK, Polio Plus and Charities supported by Shrewsbury Darwin Rotary Club. Full list of monies donated will be published online. Everybody is welcome but it would be great if you could raise some sponsorship or make a donation to our fundraising efforts. Our corporate sponsorship covers the costs of organising the event so that your entry fee goes to charity.

If you wish to raise funds for our charities a printable sponsorship form is available on our website. It is hoped that every rider will collect in sponsorship but if you are unable to get any sponsorship then you will still be welcome.

Please collect your sponsorship money as soon as possible after the event. Cheques should be made payable to The Rotary Club of Shrewsbury Darwin and sent to our address below using the forms supplied.

If you have raised any sponsorship money, please ensure you complete the form on the front of the Sponsorship form to advise amounts, payments methods and your online fundraising pages.

JOINING INSTRUCTIONS

Please read these instructions before the ride.

Start & Finish Location and facilities

The start and finish is at Llandrinio Village Hall, Preswylfa, Llandrinio, SY22 6SB

There will be plenty of free parking on site, toilets and refreshments.

Registration and Checking in – Opens at 8.00 am

Please arrive at least 30 minutes before your start time. See below.

If you have already entered **please check in** at the check-in desk and provide your name, number and route you plan to ride. You will be given your rider's number, timing chip and cable ties in an envelope.

If you have not entered please go to the registration desk and complete an entry form and pay your on the day entry fee.

Your Rider Number

Your rider's number must be attached to the handlebars of your bike, using cable ties or string, so the number can be seen from the front.

You will not be able to start without your number attached to your bike.

For your own safety and protection please write your name, address and next of kin details on the back of the rider's number using a permanent felt-tip pen. Again pens will be available at the check-in desk.

Start Times

78 mile from 8.30 am, 58 mile from 9.00 am, 29 mile from 9:30 am

For each time slot, riders start will be staggered so as not to cause congestion on the roads. If you arrive late for your official start time, ask to join the next group (76 mile route must start by 9.15 am). **Timings:** The event is a timed ride but it is not a race.

Finish: Please aim to finish your ride by 4:00 pm. If you are doing 78 or 58 mile routes and you arrive at Rhydycroesau after 1.00pm you should call the Event HQ to inform them.

Refreshments

There will be cold and hot drinks available FOC at the Start/Finish. At the feed station (Rhydycroesau) fruit and cake will be available. The refreshment stop on route is for the 58 & 78 mile routes only.

The Routes

The routes are mainly on quiet country roads and clearly marked. You should be confident of riding on the road with traffic

There may be other bike rides in the area so PLEASE ENSURE YOU ONLY FOLLOW THE ROUTE SIGNS WITH THE "BR" logo. Keep a look-out for **Course Split** signs for the different distances and ensure you follow the correct route. Please study the route

maps enclosed which covers the various routes and ensure you are familiar with your route before the ride. All routes are circular and on tarmac roads.

Check out at the Finish

When you have completed your ride, “check-out” before you take refreshments. We want to be able to ensure everybody gets back safely. Go to the desk and provide your name and rider’s number.

If you would like a finisher’s certificate, they will be available from the registration desk. If you forget they can only be sent to you if you send us a stamped address envelope.

Your Bike and Kit

- You need to ensure your bike is in good order including brakes, gears and tyres. You are advised to carry 2 spare inner tubes, some basic tools and a pump, water, and energy snacks.
- It is a requirement for ALL riders to wear a helmet as these will reduce the risk of head injury if you come off.
- Wear clothing that is suitable for the weather forecast for the day and clothing that can be seen.

Cycling in the event

- Please respect other road users. Do not ride more than 2 abreast, and only do so when safe to do so.
- Do not follow other cyclists too closely. Keep your distance.
- Follow the Highway Code as normal, road traffic laws apply including stopping at red traffic lights.
- Obey any instructions giving by marshals, police or event staff.
- This is not a race, anybody caught racing will be asked to leave the event.
- Take care when riding down hill.
- Do not wear headphones or make telephone calls while riding.
- Watch out for hidden bends and potholes.
- If you feel ill, do not continue, stop and call for help.
- There will be marshals along the route at certain junctions.
- Cross roads only when you think it is safe to do so.
- Do not drop litter on route. There will be bins at refreshment stops.
- Do not drink alcohol during the ride.
- Do not ride on pavements unless they are marked as a cycle way.

Accidents and Emergencies including breakdown

- If you have an accident or need help with a breakdown to your bike please telephone 07494 689108, the number is also on the back of your bike number card.
- If you find a rider who has had an accident or needs help, please stop and offer assistance. If critical then use your judgment whether you need to call an ambulance by dialing 999 as usual, but please report the situation to us as soon as possible on 07494 689108
- You will also find the next of kin's contacts details on the back of the rider's card. If you do not have a mobile with you, then flag down a motorist if safe or go to the nearest marshal and report it ASAP.

Insurance

Your entry fee does not include insurance for you or your bike. The Rotary Club do have public liability insurance. We recommend that all riders have their own bike and personal insurance before the event.

Cancellation of Event

Please note. In the event that the organisers are forced to cancel the event for whatever reason, an alternative date for the event will be posted on the website for which entry will be transferred. No refunds will be given. If you decide to pull out of the event after entering no refund will be given.

We hope that you enjoy the event and look forward to receiving your feedback.

Contact Details: The Border Randonnee Cycle Ride. Rotary Club of Shrewsbury Darwin, % Pimley Manor, Sundorne Road, Shrewsbury, Shropshire SY4 4SD

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