

The Border Randonnee

Aspire To Ride

Saturday 16th May 2020

Routes 32, 42, 65, 78 miles

Event Details

The Border Randonnee is a road cycling event for new and regular cycling enthusiasts aged over 18. Set in beautiful countryside on the England Wales border. The essence of the event is to encourage cyclists to take part in a route that will be enjoyable and testing. The event is organised by Rotary volunteers and all entry fees go to charity.

For 2020 we are fundraising for Lingen Davies Cancer Fund, End Polio Now and other Rotary local 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

Routes: 4 routes are planned **32, 42, 65** and **78** miles. The routes have been set from Moderate through to Challenging with ascents of 1145ft, 2,187ft, 3829ft and 4698ft. The routes will have marshals and a support vehicle to provide assistance along the route.

Please read these instructions before the ride.

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

There will be free parking on site at rear of hall. When the car park is full competitors may need to park away from the hall. Arrangements for a second car park are under discussion.

Entry in advance online via our partner Ridetiming.co.uk is available until Tuesday 12th May 2020.

32, 42, 65 & 78 mile routes £25.00 (+ £1 booking fee)

Entry on the day: Available from 8.00am. There will be a £5.00 additional charge for each entry on the day at the registration desk.

Check in & Entry on the day – 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 yet entered, complete an entry form and pay your entry fee in cash.

Event facilities

- Free car parking
- Event Timing
- Large hall for start/finish
- Full route marking
- GPS routing
- Toilets at start/finish
- On route checkpoint/feed station and toilets at Llansilin
- Broom wagon available
- Tea & coffee at Start
- Catering at Start / Finish
- Event Photography

Sponsorship / Fundraising: Sponsorship Money

Everybody is welcome but it would be great if you could raise some sponsorship or make a donation to our fundraising efforts. The event is in aid of Lingen Davies Cancer Fund, End Polio Now and local Charities supported by The Rotary Club of Shrewsbury Darwin. Full list of charity donations will be published online. If you wish to make a contribution there will an opportunity to donate on the day.

Sponsorship forms will be available to download online. If you raise any sponsorship money, ensure you complete the form provided to advise amounts, payment methods and gift aid details. 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 together with the completed form.

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 provided.

Start Times:

78 miles from 8:30am.

65 miles from 8:50am.

42 miles from 9:10am.

32 miles from 9.20am

Riders starting will be staggered in small groups so as not to cause congestion on the roads. If you arrive late for your official start time, ask to join the next group. The organisers may vary start times according to the number of entrants.

Timings: The event is a timed ride but it is not a race. All cyclists should aim to finish by 3.30pm at the latest. You should ensure that your average speed including any stops allows for this. The broom wagon will travel the course to collect riders who in the opinion of the

marshals will not be able to reach the finish within the time allowed. If you decide not to complete the ride you must contact The Start Marshall on 07494 689108 to confirm.

The Routes & Signage

The routes are mainly on quiet country lanes and clearly marked. There may be other cyclists 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. Study the route maps provided which cover the various routes and ensure you are familiar with your route before the ride. All routes are circular and on tarmac roads. GPX files are available for download for those using satnav.

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.

Refreshments

There will be hot & cold drinks available free at the Start.

At the Llansilin checkpoint hot & cold drinks plus fruit and cake will be available for all riders.

There are shops in Morda and Abertridwr and Llansantfraid if you wish to buy refreshments on route. See your route map.

At the Finish there will be hot & cold drinks plus sandwiches, cake and fruit available as part of your entry fee.

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.**
- Wear clothing that is suitable for the weather on the day which is highly visible.

Cycling in the event

- Ride in single file. If you ride 2 abreast, only do so when it safe.
- Do not follow other cyclists too closely. Keep your distance.
- Respect other road users. Follow the Highway Code, road traffic laws apply including.
- Obey any instructions giving by marshals, police or event staff.
- This is not a race, anybody seen racing will be asked to leave the event.
- Take care when riding downhill.
- 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 the refreshment stop.
- Do not drink alcohol during the ride.

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