

The Great Big Bike Ride – Essential Information

Registration

Distance	Registration times	Latest finish time
100km	9.00am - 9.30am	5pm
50km	10.00am - 10.30am	5pm

Participants who arrive after the scheduled time will not be able to take part in the event due to the knock on effect of any delays to marshal and checkpoint times. A transfer to the 50km route will be considered for those who had originally registered for the 100km if time permits.

Safety

All riders must follow the instructions provided by The Great Big Bike Ride organisers and marshals. We recommend that all cyclists wear a properly fitted British Standard helmet and this will be compulsory for all riders under the age of 16. Riders must ensure that their bicycle is in roadworthy condition. Organisers are not responsible for the health of participants. If you have any concerns please consult your GP before taking part.

If you are not a regular cyclist you will not be able to complete the longer route and we strongly recommend that you train before attempting the shorter route. The start/finish point is also the midway checkpoint. Should you struggle on the day or clearly unable to complete the ride in the allotted time, you may be asked to finish the ride at this stage. Please note that the time given to complete the ride is generous and this decision would not be taken lightly.

Experienced cyclists should also undertake training prior to undertaking the 100km route due to the distance involved, and it is recommended that you are able to ride at least 75% of the course distance comfortably beforehand.

You must carry a charged mobile phone at all times and provide the number to the organisers prior to the day of the event. All cyclists must understand that this bike ride is not a race or trial of speed. It is a personal challenge for each individual and no record of times will be kept on the day.

Road Conditions

The organisers of The Great Big Bike Ride cannot take any responsibility for the conditions of the roads. Please be prepared for some pot holes and loose surfaces during the event.

Refreshments

Participants are responsible for providing their own refreshments and, in particular, should ensure that they remain hydrated throughout the day. Water will be available free of charge at registration and at water stops on the course.

Weather

We ask that participants prepare for all weather conditions and bring appropriate waterproof clothing and, if necessary, lights. The routes may be muddy due to use over the summer months so please wear appropriate footwear and clothing.

Marshals and Checkpoints

All riders must sign in at the halfway checkpoint at the Village Hall, otherwise they will be presumed missing and the Police contacted. Marshals are on the course for your safety and if they instruct you to withdraw from the event you must do so. This decision will not be taken lightly and will only apply if individual cyclists will not complete the route in the time permitted or are putting themselves or others at risk. In this case the organisers will provide transport to return the cyclist to the registration site at Shawbury Village Hall. If you realise at the outset of the event that you will not be able to complete your preferred route within the allocated time you will be able to discuss changing route with the organisers.

- All cyclists must obey the Country Code and Highway Codes
- Participants must respect all other road users and pedestrians at all times
- All cyclists must obey the instructions given by marshals. It is up to the rider to ensure that the movement is safe
- All riders must sign back in at the Village Hall once they have completed their chosen route
- If you are unable to complete your route you MUST inform the organisers

Sponsorship money must be sent to The Great Big Bike Ride, Severn Hospice, Bicton Heath, Shrewsbury, SY3 8HS BY Friday 12 October 2012.

If you have any queries about the routes, the suitability of your bike or your level of experience please contact The Bicycle Hub on 01952 883 249. For queries about the administration of the event please contact the Appeals Department on 01743 354 450 or email appeals@severnospice.org.uk