

FLEET CYCLING

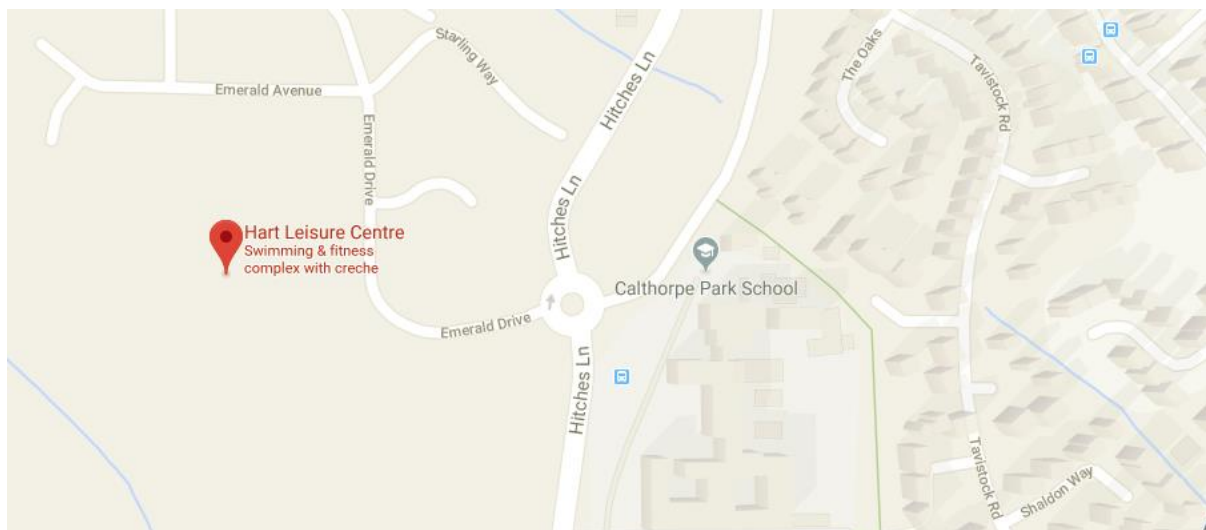
THANK YOU FOR ENTERING THE FLEET FLYER, SUNDAY 13 MAY 2018 – our Cycling Event in aid of Transplant Sport and Berkshire Cancer Care Charity Fund.

Please find below the pre event information detail. We ask that you read this information carefully as it includes some essential rider safety and administration information that will help to ensure the event runs smoothly.

Please remember: No Helmet = No Ride

GETTING THERE

Ride HQ: Everyone Active Hart Leisure Centre, Emerald Avenue, Fleet, GU51 5EE



Please do not arrive earlier than 0630 as the gate to the Leisure Centre on a Sunday does not open until then and the Centre itself opens at 0700.

REGISTRATION

Registration for the 87, 54 and 22 mile rides will open respectively at 0715, 0745 and 0815 on the tables just outside the main entrance of the Everyone Active Leisure Centre, Fleet. If the weather is really bad then registration will take place in Studio One inside the Leisure Centre until 0900. The 87, 54 and 22 mile rides will leave respectively at 0800, 0830 and 0900. If you want to change the ride you have entered for, please let the registration team know.

There will be a desk available for on the day registrations – cash only please. Please note there is a premium for on the day registrations, making the prices as follows:

22 mile ride: £15 54 mile ride: £25 87 mile ride £30 Any under 18 ride: £10

PARKING

There is plenty of parking at the Leisure Centre and the parking is free on the day so please ignore the signs that state there's a 3 hour maximum stay!

CONTACT NUMBER - 07957 624477

You will find the contact number on the number cards that you will affix to your bike. For emergencies call 999 or 112.

CASH IS KING!

Make sure that you have some spare cash on you for emergencies and for any purchases you may require on the day. There is a café at the Leisure Centre and if the weather is good Everyone Active will be providing a BBQ as you finish. Plus we will be raffling two WyndyMilla cycling jerseys!

RIDE HQ SITE FACILITIES

There are toilets at Ride HQ plus the showers can be used after your ride is over. A café will also be available for hot drinks etc.

Pedal Heaven will be supplying mechanical support at the start of the ride and you will find them in their gazebo close to the Leisure Centre Main Entrance.

Please ensure that you have enough refreshments for your ride. Water, snacks and energy products will be available at the feed stations which all have toilets available within walking distance.

RIDER BRIEFING AND START

After registration, riders will be called to the start area and set off in 2 minute intervals in batches of roughly 20 riders. Your rider number will not dictate your start time so if you want to ride with friends who registered at a different time, then no problem!



ROUTES AND COURSE SIGNAGE

The [Fleet Cycling website](#) has links to the GPX files and cue sheets for the routes and some paper copies will be available at registration. The routes will be well signposted with arrow and warning signs, so you should be able to keep following these signs as you come to a junction! If at all possible please either download the GPX file or bring the paper based information with you.

Marshals will also be in place at key locations on the routes. However cycling events have been known to suffer from members of the public who think it's amusing to remove or

turn signs around so we strongly advise all riders to familiarise themselves with the route maps available at ride HQ.

87 miles – start from 0800 - GPX route and Cue Sheet to be found [here](#)

54 miles - start from 0830 - GPX route and Cue Sheet to be found [here](#)

22 miles - start from 0900 - GPX route and Cue Sheet to be found [here](#)

MECHANICAL SUPPORT

Pedal Heaven will be providing pre ride mechanical support at ride HQ until 09.30. After this time the Pedal Heaven van will set out to follow the riders around the route.

Mechanical support should not be relied on to fix any existing problems with your bike; it is there to help resolve any problems that have occurred on the way to or during the event. Punctures are the biggest problem for cycling event riders so please ensure that you do have spare inner tubes with you – we suggest 2 per rider as a minimum. Please also ensure your bike has been checked over by a qualified bike mechanic and that it is roadworthy before the event

ROUTE CLEARING

30 minutes after the last rider starts we will start to clear the route.

BE PREPARED!

Please ensure you have the following items with you:

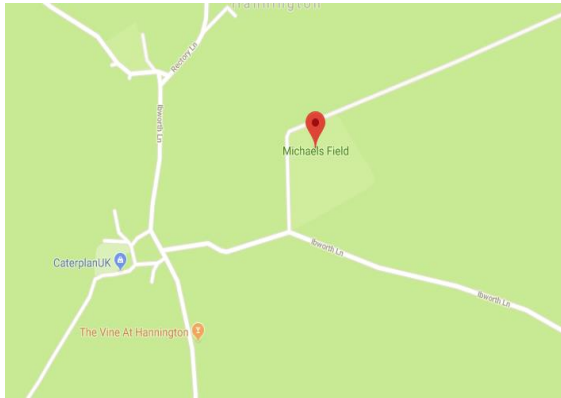
A helmet – no approved cycling helmet no ride

- ID in case of an accident
- One, preferably 2 full water bottles and snacks and energy drinks.
- Although refreshments will be provided at the feed stations you are advised to provide sufficient quantities of your own for the ride
- A basic tool kit including a pump and tyre levers and we recommend bringing at least 2 spare inner tubes. Inner tubes will also be available for those that need them at the Feed Stations
- Suitable clothing: Ensure you have the appropriate clothing in case of bad weather
- First Aid kit: Basic medical support will be provided but you should carry basic supplies such as plasters
- Money: Please ensure you have a suitable amount of money on you in case of an emergency or to purchase spare tubes etc. (or to give as a donation for our charities!)
- Sunscreen: On an optimistic note please bring sunscreen, lobster cyclists are to be discouraged!

FEED STATIONS

There will be Feed Stations on each course except for the 22 mile course (which will have refreshments waiting back at Ride HQ). So you will be able to top up your water bottles with energy drink and take on board some food. This should supplement the nutrition that you have taken on the ride but you should not solely rely on this as your only form of food and drink.

Feed stations are at:



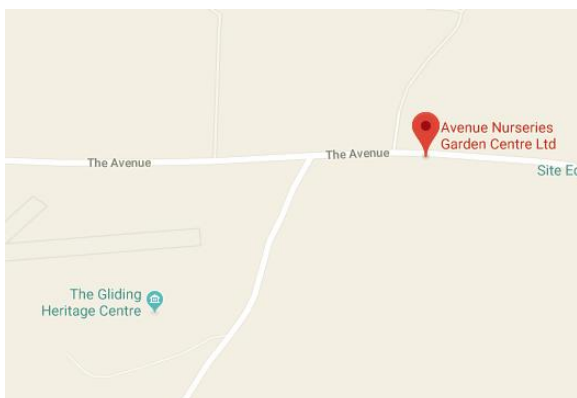
Mile 23 for the 87 and 54 riders - Michael's Field, Hannington

Opens 0900 Closes 1100



Mile 44.5 for the 87 mile riders - Stockbridge Primary School, Stockbridge

Opens 1000 Closes 1230



Mile 74 for the 87 mile rides and Mile 41 for the 54 mile riders – Lasham Garden Centre

Opens 1000 Closes 1430

There are toilet facilities at each Feed Station. Please take only your quota of free food at the feed stations as we have to cater for all the riders. Track pumps, inner tubes, multi-tools and a basic first aid kit will be available to use at these stations. For safety, please move off the roadway when at the feed station and be careful when exiting from them.

AT THE FINISH

When you arrive back through the finish arch at Ride HQ please ensure that we have ticked you back in and that you collect your rider's medal.

HAVE FUN!

Remember this event is not a race and you are on public roads that are open to other traffic. Respect other road users and be vigilant! And please don't throw gel wrappers or the like on the road as we have had difficulty finding feed station locations because of this problem!

TAKE YOUR LITTER HOME PLEASE!

And remember that we are running this Cycling Event to give you a day's great cycling and so that we can raise a lot of money for our charities!



Registered Charity 1052720



Registered Charity No. 1127314



**THANK YOU TO YOU AND OUR
SPONSORS FOR SUPPORTING
THE 2018 FLEET FLYER AND WE
HOPE TO SEE YOU AGAIN NEXT
YEAR ON 12 MAY 2019!**

Best regards

Graham Ellicott – Event Organiser