

## BRIEFING NOTE TO BE READ BEFORE DEPARTURE

Thank you for joining us for **C2C2C** 2023,

There are certain matters that we need to bring to your attention as required under the insurance that we have in place, and because it's good practice: -

- This is a charity cycling ride – it is non-competitive, and it is **NOT A RACE!**
- All riders must, at all times, for their own safety, and for that of other road users, observe the Highway Code and be courteous to all road users
- **DO NOT LITTER**
- All riders must always wear a Cycling Helmet
- We have provided signs showing a suggested route, but it is the rider's own responsibility to navigate around the route
- You have received village details and emergency numbers – if you are involved in an incident please let the event team know
- On your return to The Rugby Club please let us know that you are back. If, for any reason, you have not been able to complete the event please let us know

### Stops

The Rugby Club gates will be open from 6.30am and registration will open at 7am.

There are feed stations at Hemingby, Walesby and Saltfleet. All three are small villages so please be considerate to the local residents as well as exercising caution on coming into the village as we will have many cyclists in a small area.

Hemingby will be serving food between 8am and 12pm.

Saltfleet be serving the hog roast (or vegetarian alternative) from 10.30am until 2.30pm.

Walesby be serving between 12pm and 4pm.

You should plan your ride so that you arrive back at the Rugby Club between 3.30pm and 6.30pm when food will be available. If you arrive before 3.30pm we cannot guarantee that there will be food available. If you return after 6.30pm we will endeavour to ensure there is food available but this may be a more limited selection

### Support Cars

The ride is unsupported, but feel free to have your own support vehicle if you wish. We'll do what we can to help and co-ordinate if you are unable to complete the ride, but ultimately it is your responsibility to get yourself, and your bike, back to Lincoln.

If you do have a support car for your team let us know when you arrive on site at Rugby Club so you can get out more easily amongst the bikes and also please let any of our volunteer leaders know at Hemingby, Saltfleet or Walesby and pass on mobile numbers in case they can help out. Please follow parking instructions as our feed stations can be quite tight on space - please park away from the actual feed stops at Hemingby and Walesby. Also please ask support cars to avoid the narrow sections of the route as this can endanger cyclists.

### General Hazards

The route has been suggested to avoid, where possible, riding on A Roads, but you will cross a few major roads and there are small sections of the route on A Roads. If in doubt about crossing, get off and push your bike across the road and recommence riding the other side. The road surfaces are littered with potholes and there maybe grit, ride to the conditions, and do exercise caution on the downhill sections and corners

## Specific Hazards

1. There are rolling roadworks outside the rugby club on the day, likely to involve traffic control which will affect you driving and riding into and out of the club.
2. Crossing over fast roads – there a few (A16, A153, A157) so please use common sense and ride to the rules of the road just like you would if you want to arrive in one piece.
3. Crap roads – hey – what are you expecting? We have moved the route where possible to avoid the worst sections, but potholes are everywhere. Where you see potholes ahead, warn riders immediately behind you.
4. Resurfacing – in answer to 3 above. There are some recent and current resurfacing works going on – extra caution for the deeper sections of fresh gravel that will be a bit loose. Also possible traffic control / contra flows around Covenham.
5. Blind bends – no driver is going to expect a cyclist on their side of the road, even if their Mum did say ‘it’s the other idiots you have to watch out for!’. Approach blind / tight bends at a speed that keeps you on the left hand side.
6. Approaching and leaving Hemingby is a crossing point where cyclists will cross over – you have been warned!
7. Downhills make you quicker. Rules of physics still apply to stopping and tyre grip though – particularly roads into Binbrook, Stainton Le Vale and Walesby.
8. Overtaking slower riders– it is the responsibility of the rider overtaking to ensure it is safe to do so. Expect the unexpected – this ride is to encourage people to ride their first Century so remember when you weren’t the hardened, gritty road machine you are now (in your dreams). Be nice to the noobs.
9. Shoot happens. We’ve had more than our fair share of road closures and last minute emergency road repairs this year so bear with us. Hemingby feed station is at 32 miles, so better get your porridge fix before you set off.
10. Smug Zone – you have helped us raise over £30,000, but also so have the volunteers, and there are a lot of them making your day better / safer, so be nice, smile and say thank you to them – all of them!

Keep the pedals turning...

## **DECLARATION**

Castle to Coast to Castle (“**C2C2C**”) is organised by volunteers and, as such, riders must be aware of the following.

To participate in **C2C2C** (the “Event”), you must acknowledge you have read, understood and/or agree with the following statements: -

1. The Event is unsupported; this means that riders need to make their own arrangements for any eventualities, including but not limited to such matters as accidents, injuries or mechanical breakdowns.
2. Although there are food stations on the route riders should carry enough supplies of food and liquid.
3. Riders need to be physically fit to enter the Event. If in doubt, riders must consult their doctor and not enter if feeling unwell or cease to participate if at any point during the Event they feel unwell.
4. Riders will not participate if demonstrating any Covid-19 symptoms or have tested positive for Covid-19

5. Whilst the suggested route seeks to avoid busy roads, some time on such roads is unavoidable in order to retain the integrity of the Event.

6. All riders are asked to make a donation to the Event; all profits will be donated to such charity as is nominated by the organisers of **C2C2C**. All donations are non-refundable and non-transferable.

7. Riders give their permission freely for their picture to be used in any broadcast, telecast, advertising promotion or other account of this Event. If your boss/wife/husband doesn't know you are riding please keep your sunglasses on at all times.