

We hope you're looking forward to Sunday's event and please click the link below for the final version of the comprehensive pre-event guide:

https://darkwhitecycling.co.uk/wp-content/uploads/2018/04/2018\_lgloo\_RB.pdf

The final information and the road book should tell you all you need to know but should you have any further questions or queries please drop us a note on <a href="mailto:info@darkandwhite.co.uk">info@darkandwhite.co.uk</a>

## \*\* IMPORTANT\*\* - Highway Code/Event Behaviour

This is a **NON COMPETITIVE** event on open public roads and you **MUST** observe the **HIGHWAY CODE** at **ALL TIMES** and you are **FORBIDDEN** from **RACING**. If you want to race please enter a road race or a time trial. We are taking this **EXTREMELY** seriously and **ANYONE** who is **SEEN TO BE RACING** or not **OBEYING THE RULES OF THE ROAD** will be **EXCLUDED** from the event plus all future events and in serious cases a full report will be sent to British Cycling.

Sadly all four of our 2017 sportives were **BLIGHTED** with incidents of **UNACCEPTABLE BEHAVIOUR** including:

- VERBAL ABUSE to event staff, marshals and the general public
- **NEAR MISSES** with cars, general public
- An overall LACK of RESPECT

The small number of riders behaving in this way SPOIL the event for all the OTHER RIDERS, the GENERAL PUBLIC and the EVENT STAFF/HELPERS who give up their time voluntarily to help. They also, particularly when dealing with complaints from the public, put the FUTURE OF THE EVENT in serious JEOPARDY.

We organise these events because we want to showcase the fantastic yet challenging riding the Peak District has to offer and we want them to be **FRIENDLY**, **ENJOYABLE** rides for **EVERYBODY** involved.

Please help us clamp down on this type of behaviour this year by **REPORTING** any **INCIDENTS** of poor **BEHAVIOUR** to any of the event marshals or officials.

#### **Start Location**

Ashover Sports Pavilion, Milken Lane, Ashover, Chesterfield Derbyshire S45 0BA click for a map

### **Parking \*\*LIMITED VENUE PARKING\*\*** Please car share where possible

Look out for our **black & yellow event signs** on the day in Ashover – there is fairly **limited parking at the event centre**, when that is full you should park on-street nearby. NB if parking on-street please **park sensibly** not blocking drives/roads etc and if you arrive early keep any **NOISE DOWN** so as not to disturb local residents.

# **Registration**

Registration will open slightly earlier than advertised i.e. approx **7:15am** - there is generally a queue at registration so please be patient, we'll get you signed in and ready to go as soon as we can!





#### **Starts**

The start is just outside registration.

Long: any time between 8:00am - 9:30am Short: any time between 8:30am - 9:30am

### **Lights**

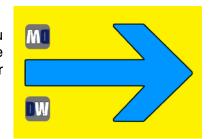
We **strongly** suggest you bring **front** & **back lights** if you have them particularly if it's cloudy/overcast. Basically the more visible you are to other road users the better.

#### **LOCK UP YOUR BIKES!!**

ALWAYS lock your bike if you leave it anywhere particularly in and around the start venue.

### **Route signage**

The **route** is marked throughout with **blue arrows on a yellow background**. If you **'run out of signs'** at any time (particularly at a junction) you've probably gone wrong so t**urn round/go back** to where you **last saw a sign and try again**! Rather than just riding on 'blindly'....



#### **Cut off time en-route**

The **cut off time** at the feed-station is **11.30am** - please refer to the <u>road book</u> for all the information. It is **COMPULSORY** to **stop** at the feed station (a) for safety & timing purposes and (b) if you don't stop then you won't officially complete the route!

#### **GPS Route Files**

Please note the route has been slightly altered from last year's event to avoid a very poorly surfaced road. You can download an up to date route file via the following links.

Long route: <a href="https://www.gpsies.com/map.do?fileld=vtqetqobebjzvurc">https://www.gpsies.com/map.do?fileld=vtqetqobebjzvurc</a>
Short route: <a href="https://www.gpsies.com/map.do?fileld=zgysbtqpmkyjhtqw">https://www.gpsies.com/map.do?fileld=zgysbtqpmkyjhtqw</a>

### **Finish**

After you finish please return to the event centre to download – **closes at 2.30pm PROMPT**. Tea, coffee, juice, cake and savoury snacks will be available at the finish.

### **FREE Sports Massage**

Sarah from SG Sports Massage will be at the event centre offering a free post-event massage (massages will take approx 10 minutes).

# **Stomping Ground Coffee**

For those needing a espresso hit before you start Stomping Ground Coffee will be selling quality coffee to feed your caffeine need.

## **Event Photographer**

Our event photographer **Chris Meads** <a href="http://chrismeadsphotography.com/">http://chrismeadsphotography.com/</a> will be out on the course to **record** your **efforts** - after the event we will email all runners and provide a website link where you can view/buy photos.

We look forward to seeing you on Sunday. Regards

#### **Dark & White Events**

www.darkandwhite.co.uk | www.darkwhitecycling.co.uk | info@darkandwhite.co.uk