



# 2011

## DARTMOOR CLASSIC RIDER'S MANUAL



Organised by the Mid-Devon Cycling Club

In Association with





**Venue Date: Saturday 25<sup>th</sup> - Sunday 26<sup>th</sup> June 2011**

***If you are one of the 2500 riders who have secured a place in this year's Dartmoor Classic, the Mid-Devon Cycling Club / Colin Lewis Cycles thank you for your support and hope you are rewarded with a thoroughly enjoyable experience. We may not be the U.K's biggest sportive but we always aim to be the best. Before you travel to the event, please take the time to carefully read through this document.***

**DEPART VILLAGE (HQ):** Abbrook Park Sports and Social Club, Strap Lane, Kingsteignton, Devon TQ12 3PS  
(Grid Reference SX 86567 74459)

**DIRECTIONS:**

**From Exeter:** Leave the A38 at exit sign: - Ch. Knighton B3344 and at top of slip road turn RIGHT.

**From Plymouth:** Leave A38 at exit sign: - Chudleigh B3344 and at top of slip road turn LEFT.

Then, continue straight ahead, signed Finlake ¼ on the B3344 (B3193) to go past Finlake Holiday Park and past Chudleigh Knighton. Continue ahead on the B3193 to the traffic lights then turn left into Strap Lane.

The route from the A38 to the HQ will be clearly signposted. The grid reference for the A38 exit is SX 85847 78555. The journey from the A38 to the HQ is approx 3 ½ miles.

**Do not** use the A380 to reach Kingsteignton as the right turns will impede traffic flow.

**PARKING:**

Signed off the B3193. Please park considerately and follow direction signs and the marshals' instructions.

**There is to be no parking on any Sibelco UK working sites or any of the roads in the nearby residential areas. Please respect the tranquillity of our neighbours and keep noise to the absolute minimum, particularly on Sunday morning.** There is no parking at the event HQ and Depart Village.

**Saturday registration is strongly encouraged and recommended !!!**

***This is where your participation in the event really begins and you can fully enjoy the complete Dartmoor Classic Experience. By registering on Saturday afternoon you will avoid the queuing and last minute pressure which is expected early the next day. It also provides a relaxed opportunity to soak in the unique atmosphere of the 'Depart Village', with its trade stands, displays, live music, catering and many other attractions. Register on Saturday to be eligible for entry into a free five star draw for some valuable cycling related prizes, and make it easy on yourself. Two riders registering in the first hour will receive prizes and two riders registering in each following hour will also win prizes.***

**REGISTRATION:**

At Abbrook Park Sports and Social Club on Saturday 25<sup>th</sup> June from 14:00hrs-18:00hrs and Sunday 26<sup>th</sup> June from 06:00hrs to 08:00hrs - for those entered for the 100 mile route – and 07:30hrs to 08:45hrs for those entered for the 100 Km. route. For all those who are able to do so, Saturday registration is strongly recommended. This will remove the pressure of waiting to sign-on just before the start, reduce queuing early on Sunday morning and significantly ease the registration team's task. On Sunday, please ensure you sign-on in good time; no later than 08:00hrs (100 mile) and no later than 08:45hrs (100Km).

- You will need to know your rider number and bring some form of identification with you to sign-on. Your number can be found on the Dartmoor Classic website. Lists of names and numbers will also be displayed at the registration tent.
- You must sign-on in person. **Requests, by third parties, to sign on your behalf will not be accepted.**



- Please report to the correct desks, which will be nominally signed as 100 miles and 100 kilometres. **Please note that the actual route distances are approximately 106 miles and 65 miles.**
- At registration you will be asked to sign against your name on the official signing on sheet, you will then be given your rider pack containing a Route Card, Ride Number, Cable Ties and Timing Chip.
- Once registered, check your Timing Chip displays the correct details.
- All entrants when signing on agree to abide by the regulations and participate in the ride at their own risk.
- Please take time to fill in your emergency contact details on the back of the Route Card.
- Your Rider Number should be secured to the front of your machine so that it is clearly visible. Do not wrap it around the head-tube. **You must have your number displayed in order to start and kept in view throughout the ride.** Also, the numbers will be used to identify the riders snapped by the official photographer, whose details are on the event's website and at [www.spotivephoto.com](http://www.spotivephoto.com)
- Your 'Self Adhesive Timing Chip' should be fixed to the **LEFT-HAND** side of your helmet.

### **STARTING PROCEDURE:**

- Starting pens (3) will each hold approximately a hundred riders and will be filled randomly and alternately as riders present themselves as ready to start.
- In order not to disturb those living nearby, there will be no public address announcements prior to or during the start.
- At 07:00hrs the first wave of riders who have entered for the 100 mile event will be despatched.
- Following at 5 minute intervals, the rest of those entered for the 100 mile event will be despatched and it is expected that the last of these waves will leave at about 08:00hrs.
- Shortly after all those in the 100 mile event have departed, the riders who have entered the 100 km. event should start to line up, with the first wave expected to leave shortly after 08:00hrs.
- Again, waves of approximately a hundred riders will be despatched at 5 minute intervals with the final wave expected to depart before 09:00hrs.
- It is not possible to be more precise with times, other than the 07:00hrs start, due to the actual numbers in each wave and the final number who honour their commitment to ride.
- Please try to take a relaxed attitude with regard to your own choice of starting time. Clearly if all those entered for the 100 mile event attempted to be in the first waves, most would face a fairly lengthy delay before they could actually find a place in the starting pens. The same would apply if all those in the 100 km. event expected to be able to start as soon as the last of the 100 mile entrants had left.
- Once you have started the clock keeps ticking until you cross the finish line.
- Those entered for the 100 km. event will be discouraged from trying to join the waves containing those who are attempting the 100 mile route. The colours of the numbers for both events are different so that stewards and route marshals can identify who is riding which distance.

### **FEEDING STATION / CONTROL POINTS:**

- There is an intermediate timing point at the Princetown feeding station – which must be revisited by those covering the longer route – as well as at the Brentor timing control point. Please note that Brentor is not a feeding station, although water will be available. Anyone who does not record intermediate times – one on the shorter route and three on the longer route - will be deemed not to have completed the course and will be classified as **Did Not Finish**.
- **NOTE:** Riders attempting the 106 mile route who leave the first time control after 11:00hrs will be instructed to return to the finish via the 65 mile route. This is in order that the event may finish in a timely manner – hence the need for those attempting the longer route to start no later than 08:00hrs. Those who choose to ignore the instruction, intending to continue following the longer route, will be requested to remove their number and will be deemed to have withdrawn themselves from the event. Event back-up services may not then be available to such riders and some route arrows may already have been removed. Timing services, at the finish, will cease at 18:00 hrs
- The provisions available at the feeding station are intended to replenish the food and drink with which you should start the event and you should take only that which you require to complete the next section of your ride. Remember, if you are in the early groups of riders to arrive at the feeding stations, there are hundreds more following who will also need to refill their bottles and pockets, so please don't take more than your fair share.
- Public Conveniences, on or close to the route, are located at Bovey Tracey, Princetown, Tavistock, Lydford, Brentor, Postbridge and Moretonhampstead.



## **FINISHING PROCEDURE:**

- At the completion of your ride, **you must cross the finish line to record your official time.** Immediately you have finished, enter the bike compound and park your bike. Then, when you are ready, report to the registration tent, where you will be told your time, be awarded your trophy, given a goody-bag and, for those who beat one of the time standards, presented with a medal of the appropriate colour.
- Finishing times will also appear on the website within a few days.
- If you are unable to complete the ride for any reason, please advise a course marshal or the finish stewards, so that we know you are not stuck out on the moors somewhere. A shuttle recovery bus will operate from Princetown back to the HQ starting shortly after 12 noon and running till 17:00 hrs.

## **GENERAL CONDITIONS:**

- **THIS EVENT IS NOT A RACE.** Make sure you pace yourself so you can complete your ride.
- **Hard shell cycle helmets – complete with your individual timing chip - are compulsory** in this U.C.I. (cycling's world governing body) event and must be worn throughout by all participants.
- You must be a competent cyclist and confident in your ability to complete the course
- Ensure you wear the correct clothing for the conditions. It can get cold on the moors, especially if it rains, so take something suitable with you to slip on over your normal cycling top. Equally, if it is a hot sunny day, you may need to apply sunscreen both before and during the ride.
- Ensure your bike is in good mechanical order and, if in any doubt, take it to a reputable bike shop to be checked over.
- Ensure you follow the Highway Code. Ride on the left with your head up. If riding in a group never ride more than 2 abreast and, on narrow lanes, in single file.
- If you encounter someone in trouble, offer help and/or tell a marshal.
- It is advisable to carry a rear light, as weather conditions can change for the worse, very suddenly and without warning.
- Ensure you carry enough food and drink for your ride, as you may need to refuel in-between the feed stations.
- Ensure you carry spare inner tubes or tubular tyres and basic repair items. Mechanical assistance is for emergencies only
- If you are unfortunate to experience a serious mechanical problem or suffer personal injury you can ring the **Emergency Contact Number. Tel: 075 051 38560** for assistance or inform a marshal or feed station staff, who will then call for assistance.
- Paramedic ambulance teams will be stationed at Princetown and at the 'Depart Village' H.Q. Also, First Aid kits will be held by a number of the route marshals. These marshals will also hold a few spare inner-tubes and basic tools for riders to carry out their own repairs. Whilst we will try and get riders back on the road if they suffer a mechanical problem we can not cover all eventualities.
- The route is signposted and marshalled at key points but **the onus of staying on-course rests with each individual rider.**
- You must not use a mobile phone while riding. You must stop in a safe place if you need to make or receive a call.
- Cycling inappropriately is a potentially dangerous activity. But, if you follow these basic rules, risks can be minimised.
- In the unlikely event of cancellation, due to unforeseen circumstances, entry fees are not refundable. The Mid Devon Cycling Club / Colin Lewis Cycles thank you for participating and hope that you have an enjoyable and rewarding day and that you achieve the goal you set yourself.

## **MEDAL TARGET TIMES:**

### **100 Miles. Men:-**

Less than 6 hrs 35 min = **Gold**  
6 hrs 35 min to 7 hrs 05 min = **Silver**  
Over 7 hrs 05 min to 8 hrs 20 min = **Bronze**

### **100 Miles. Women:-**

Less than 6 hrs 55 min = **Gold**  
6 hrs 55 min to 7 hrs 30 min = **Silver**  
Over 7 hrs 30 min to 8 hrs 45 min = **Bronze**

### **100 km.. Men:-**

Less than 4 hrs 30 min = **Gold**  
4 hrs 30 min to 5 hrs = **Silver**  
Over 5 hrs to 6 hrs = **Bronze**

### **100 km. Women:-**

Less than 4 hrs 45 min = **Gold**  
4 hrs 45 min to 5 hrs 15 min = **Silver**  
Over 5 hrs 15 min to 6 hrs 20 min = **Bronze**



**ACCOMMODATION:**

For information visit:

[www.Dartmoor.co.uk](http://www.Dartmoor.co.uk) or [www.VisitSouthDevon.co.uk](http://www.VisitSouthDevon.co.uk)

Mid Devon Cycling Club / Colin Lewis Cycles gratefully acknowledge all the help and support they have received, from their members, families, friends, *Specialized* and event partners, and for the cooperation and assistance of the Devon and Cornwall Constabulary, the Dartmoor National Park Authority, The Dartmoor Partnership and Sibelco UK. The club's thanks also go to Abbrook Park Sports and Social Club and all the many volunteers who have helped to make this event possible.



**DISPOSE OF YOUR LITTER RESPONSIBLY. PLACE IT IN THE BINS PROVIDED OR TAKE IT HOME WITH YOU. PLEASE DON'T DROP FOOD WRAPPERS OR GEL SACHETS ON THE GROUND OR THROW THEM IN THE ROAD.**

