



2012

DARTMOOR CLASSIC RIDE MANUAL



Organised by the Mid-Devon Cycling Club

In Association with





Event Date: Saturday 23rd - Sunday 24th June 2011

If you are one of the 2800 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.

EVENT VILLAGE: 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 signed Ch. Knighton B3344 and at top of slip road turn RIGHT.

From Plymouth: Leave A38 at exit signed 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 Event Village will be clearly signposted.
- The grid reference for the A38 exit is SX 85847 78555.
- The journey from the A38 to the Event Village is approx 3 ½ miles.

WARNING: if approaching from the Plymouth direction, please do not leave the A38 before the junction specified above. Drivers attempting to reach Kingsteignton via Rixey Park, after the first wave of riders have left the Depart Village, will experience significant delays, caused by large groups of oncoming riders at the very narrow New Bridge, and will also impede the event's smooth passage.

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 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 23rd June from 13:00 hrs -18:00 hrs (**Both Routes**) and Sunday 24th June from 06:00 hrs to 08:00 hrs - for those entered for the **100 mile route** – and 07:30 hrs to 08:45 hrs 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. If you have to register on Sunday, please ensure you sign-on in good time.



- 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 104 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, Rider Numbers (Bike & Body), 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 bike 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.** Your numbers will be used for identification by the official photographers: www.spotivephoto.com
- Your **Personalised Body Numbers** must be attached to the rear of your cycle jersey using the pins provided. They must be worn across your lower back (kidney area) so as to be visible from the rear.
- Your 'Self Adhesive Timing Chip' must be fixed to the **LEFT-HAND** side of your helmet. If you fail to do so your ride might not be timed.

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 08:00 hrs.
- 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 08:00 hrs.
- 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 Lydford Village Hall timing control point. Please note that Lydford Village Hall 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 104 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 numbers 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 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. Please don't take more than your fair share.

PUBLIC CONVENIENCES:

Please refrain from answering calls of nature close to the public highway or anywhere it would offend others. There are a number of public conveniences, on or close to the route. These are located at Bovey Tracey, Princetown, Tavistock, Lydford, Brentor, Postbridge and Moretonhampstead. We have also provided toilet facilities for you at the Event Village, Car Parks, and Feed Zone / Control Points.

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 Zone and park your bike.
- You will not be permitted to take your bike into the main public area of the Event Village.
- On exiting the Bike Zone, enter your Rider Number into the Key Pads provided and obtain a Finish Receipt. This will show your finish time and your medal standard.
- When you are ready, report to the Reception Marquee, where you will be awarded your unique Dartmoor Classic Finishers Trophy, given a Specialized Goody-Bag and, for those who completed their chosen route within the designated time standard for their age category, you will be presented with a medal of the appropriate colour.
- You will need your Finish Receipt with you when you attend the Reception Marquee.
- Medal Time Standards are on the website (under Merchandise link) and will be displayed at the Event Village.
- Riders Finish Times will be published on the website within 48 hrs of event conclusion.
- 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 safely off Dartmoor.
- A shuttle recovery bus will operate from Princetown to take retiring riders and their bikes back to the Event Village. This service will be available between 12 noon and 17:00 hrs.

MEDICAL COVER:

- If you are unfortunate to suffer personal injury you can ring the **Emergency Contact Number** on the rear of your Bike Rider Number. Or inform a marshal or feed station staff, who will then call for assistance.
- Paramedics will be stationed at the Event Village.
- Two Paramedic Ambulance will be present on the course.
- Basic First Aid kits will also be held by a number of the route marshals.

MECHANICAL SUPPORT:

- Ensure you carry spare inner tubes (or tubular tyres) and a basic repair kit. Mechanical assistance is available for emergencies only
- Marshals will 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 cannot cover all eventualities.

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.
- 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 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.



- The route is signposted and marshalled at key points but **the onus of staying on-course rests with each individual rider.**
- Do not use a mobile phone while riding. Stop in a safe place if you need to make or receive a call.
- Cycling inappropriately is potentially dangerous. By following 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:

Age Category Medal Standards have been introduced to the Dartmoor Classic for the first time this year. So, if you are working towards a specific medal standard, to avoid disappointment, please make sure you are aware of the new times for your age category.

104 miles			
Men	Gold (17 mph)	Silver (15 mph)	Bronze (13 mph)
Juniors	06:34	07:23	08:33
Seniors	06:23	07:12	08:22
Vet 40	06:34	07:23	08:33
Vet 50	06:45	07:34	08:44
Vet 60 +	06:56	07:45	08:55

104 miles			
Ladies	Gold (16.5 mph)	Silver (14.5 mph)	Bronze (12.5 mph)
Juniors	06:45	07:37	08:46
Seniors	06:34	07:26	08:35
Vet 40	06:45	07:37	08:46
Vet 50	06:56	07:48	08:57
Vet 60 +	07:07	07:59	09:08

65 miles			
Men	Gold (16 mph)	Silver (13 mph)	Bronze (11 mph)
Juniors	04:18	05:15	06:09
Seniors	04:11	05:08	06:02
Vet 40	04:18	05:15	06:09
Vet 50	04:25	05:22	06:16
Vet 60 +	04:32	05:29	06:23

65 miles			
Ladies	Gold (15.5 mph)	Silver (12.5 mph)	Bronze (10.5 mph)
Juniors	04:26	05:27	06:26
Seniors	04:19	05:20	06:19
Vet 40	04:26	05:27	06:26
Vet 50	04:33	05:34	06:33
Vet 60 +	04:40	05:41	06:40

UNDERSTANDING THE TIMES:

Medal times are calculated against the 'Senior' (18 to 39) Age Category Average Ride Time (as shown). PLUS 8 minutes for each feed zone (2 for the 104 miles and 1 for the 65 miles).

Age bonuses are then applied incrementally for each category at a rate of 11 minutes for the 104 miles and 7 minutes for the 65 miles (approximately 1 minute per 10 miles).

As with all categories there has to be upper and lower limits. We have tried to be fair. No doubt some of you will feel cheated - sorry - (If your 39 and your son is 17 - you dip out. Next year the roles will be reversed though!)



ACCOMMODATION:

For information visit:

www.Dartmoor.co.uk or 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.

Any anti-social behaviour brought to the attention of the organisers – such as dropping litter, urinating in public, failing to obey traffic requirements etc. - will lead to the rider responsible for such action being withdrawn from the event's result and they will forfeit their right to any recognition of their participation.

			
			
			
			
			
			