



# 2013

## DARTMOOR CLASSIC RIDE MANUAL



Organised by the Mid-Devon Cycling Club

In Association with





**Event Date: Saturday 22<sup>nd</sup> - Sunday 23<sup>rd</sup> June 2013**

*If you are one of the 3360 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.*

**WELCOME VILLAGE:** Newton Abbot Racecourse, Newton Road, Newton Abbot, Devon, TQ12 3AF

**DIRECTIONS:**

### Approaching from Exeter or Torbay (Use A380)

1. Follow A380 to the Teignmouth (A381) Junction
2. Exit A380 onto roundabout - (Follow Racecourse Signs)
3. Take the exit signed Kingsteignton A383 (Follow Racecourse Signs) -> 0.2 miles
4. At roundabout, take the first exit (Vicarage Hill A383) -> 0.4 miles
5. At the next roundabout take the first exit (All Routes) onto Greenhill Way -> 0.4 miles
6. Take the first left after Woodmere Way (immediately before Seymour Horwell Garage)
7. Enter the racecourse and follow Marshals Directions.

### Approaching from the South Hams (Use A381)

1. Follow the A381 to Penn Inn Roundabout
2. Take the A380 towards Exeter.
3. Follow instructions as for approaching from Torbay.

### Approaching from Plymouth (Use A38)

1. Follow A38 to the Newton Abbot A383 Junction (approx 2 miles after Ashburton)
2. Take the A383 Ashburton Road to Newton Abbot -> 5.8 miles
3. At the roundabout, take first left (signed Racecourse) -> 0.1 mile
4. At Churchills Roundabout, take the second exit on to Jetty Marsh Road -> 0.3 miles
5. At the next roundabout, take the third exit (signed Racecourse) -> 0.3 miles
6. At the B&Q roundabout, take the first exit - (signed Racecourse) -> 0.4 miles
7. Turn Right into Racecourse and follow Marshal's instructions for parking.

### Approaching from Moretonhampstead (or A38 travelling south)

1. From Drum Bridges Roundabout (A38 / A382) - Take A382 signed Newton Abbot
2. Follow the A382 for 2.7 miles to Newton Abbot
3. At roundabout, take the first left onto Jetty Marsh Road
4. At the roundabout, take the third exit (signed Racecourse) -> 0.3 miles
5. At the next roundabout, take the first exit (signed Racecourse) -> 0.4 miles
6. Turn right into the racecourse and follow Marshals instructions for parking.

**PARKING:**

There is ample FREE parking at Newton Abbot Racecourse. Please follow the instructions of the Parking Marshals who will get you into the venue and parked up as quickly as possible.

**DO NOT LEAVE VEHICLES PARKED ON THE ROADS OUTSIDE OF THE RACECOURSE.**

**DROP OFF POINT:**

There is a designated drop off point at the main entrance to the Racecourse.



**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 'Welcome 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 Newton Abbot Racecourse on Saturday 22<sup>nd</sup> June from 13:00 hrs -18:00 hrs (**All Routes**) and Sunday 23<sup>rd</sup> June from 06:00 hrs to 08:00 hrs - for those entered for the **Grande route** – and 07:30 hrs to 08:45 hrs for those entered for the **Medio** or **Debutante** routes. For those 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 hall.
- 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 signed according to route names **GRANDE**, **MEDIO**, and **DEBUTANTE**.
- 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](http://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 will be used, each holding approximately 130 riders. Present yourself to the start area when you are ready to begin your ride. You will then be ushered into a start pen where you will receive your safety briefing.
- **GRANDE** riders can present themselves between 07:00hrs and 08:00 hrs
- **MEDIO** riders can present themselves between 08:00 hrs and 09:30 hrs
- **DEBUTANTE** riders can present themselves from 09:30 hrs.
- When you present yourself at the start area you will be ushered into one of the start pens where you will receive your safety briefing.
- Start groups will then be dispatched by the start Commissaire at 5 minute intervals.
- Please try to take a relaxed attitude with regard to your own choice of starting time. Clearly if all those entered for the Grande route 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.
- If planning on doing the shorter routes, **DO NOT** try to enter early, we need to start those participating in the harder challenge first to ensure they have sufficient time to complete the course.
- Once you have started the clock keeps ticking until you cross the finish line.



## **FEEDING STATIONS:**

- GRANDE: Your Feed Zone is at Princetown. You will visit this location twice 34 miles, and 73 miles.
- MEDIO: Your Feed Zone is at Princetown. You will visit this location once at 34 miles.
- DEBUTANTE: Your Feed Zone is at Moretonhampstead. You will visit this location once at 14 miles.
- The provisions available at the feeding zones 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 zone, there are hundreds more following who will also need to refill their bottles and pockets. Please don't take more than your fair share.

## **TIME CHECK POINTS:**

- GRANDE: There is a checkpoint at Princetown Feed Zone – which must be visited twice. There is also a check point at Lydford Village Hall.
  - Please note that Lydford Village Hall is not a feeding station, although water will be available.
  - Anyone who does not record intermediate times will be deemed not to have completed the course and will be classified as **Did Not Finish**.
- MEDIO: There is a checkpoint at Princetown Feed Zone.
  - Anyone who does not record intermediate times will be deemed not to have completed the course and will be classified as **Did Not Finish**.
- DEBUTANTE: There are no intermediate time check points on this route.
- All routes will include a time check point at the start and finish.
- REMEMBER - the clock keeps running from start to finish - all time at feed zones or other stops are not deducted from your overall time.
- **NOTE:** Riders attempting the Grande route who leave the first time control after 11:00hrs will be instructed to return to the finish via the Medio 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.

## **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 toilets, 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 Welcome Village, Feed Zones and Control Points.

## **FINISHING PROCEDURE:**

- At the completion of your ride, **you must cross the finish line to record your official time.**
- You will be issued a Finish Receipt by the Timing Staff. This will show your finish time and your medal standard.
- Immediately after you have finished, place your bike in the Bike Zone or return it to your vehicle.
- You will not be permitted to take your bike into the main public area of the Welcome Village.
- When you are ready, report to the Reception Hall, where you will be awarded your finisher's medal.
- Gold, Silver, and Bronze medals are awarded according to your achievement in your gender and age categories for your chosen route.
- Medal Time Standards are on the website and will be displayed at the Event Village.
- Dartmoor Classic T-Shirts and Specialized Goody-Bags will be available from the Specialized Dome.
- 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 Welcome Village. This service will be available between 12 noon and 17:00 hrs.



### MEDICAL COVER:

- If you suffer personal injury you can ring the **Emergency Contact Number** - found on the rear of your Bike Rider Number and Route Card. Or inform one of our marshals
- Paramedics will be stationed at the Welcome Village.
- Paramedic Ambulances will be present on the course.
- Basic First Aid kits will also be held by a number of the route marshals.
- In serious cases call 999 before contacting event officials.

### 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.
- If you need mechanical assistance call the Emergency Contact Number as above.

### 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.



**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.



Mid Devon Cycling Club gratefully acknowledge all the help and support they have received, from their sponsors and event partners. The club's thanks also go to the many members and other volunteers who have helped to make this event possible.

