

# RYEDALE RUMBLE



**JUNE 30<sup>th</sup> 2019**

For more info visit: [www.ryedalerumble.co.uk](http://www.ryedalerumble.co.uk)

## Welcome to 2019 Ryedale Rumble

This short manual provides you with all the information you need to prepare for the 2019 Ryedale Rumble. Please read it carefully before the event.

You will need to register before the ride to confirm that you are taking part, that you have read this event manual and that you believe that you and your bike can complete your chosen route. You are also signing that you understand this is an open road, non-competitive event and you will follow the rules of the road at all times.



Thank you very much for entering the Ryedale Rumble, we hope you thoroughly enjoy your day.

Any questions, drop us an email at [ryedalerumble@gmail.com](mailto:ryedalerumble@gmail.com)

**Sportive Director – Lizzie Coutts 07786026056**

**Sportive Secretary – Rick Eve 07919550013**

**Please store these numbers in your phone.**

# Sections

- A. Getting to the event/ parking/ changing
- B. Preparing for the day
- C. Registration on arrival
- D. Timing chips
- E. Departure/ rider briefing
- F. Rider conduct
- G. First Aid
- H. Route signs
- I. Feed stations
- J. Support vehicles/ mechanical issues during the ride
- K. At the finish
- L. Photos/ filming/ certificate
- M. Riders under 16
- N. Our Sponsors

## A. Getting to the Event

### **Overnight Accommodation**

Ryedale School are unable to offer camping however there are several local campsites and B&Bs which are listed on the Ryedale Rumble website under 'Local Accommodation'.

Within the village of Nawton there is an Indian Restaurant and nearby Helmsley has a wide selection of restaurants and cafes.

The HQ, car parking and changing facilities are located at Ryedale School, Gale Lane, Nawton, North Yorkshire YO62 7SL.

Please approach Ryedale School from the A170 mid-way between the market towns of Helmsley to the west and Kirkbymoorside to the east. On reaching the village of Nawton on the A170 look out for signs to Ryedale School at the bottom of the dip in the village. Take care on Gale Lane, the approach road to the school off the A170, as it is narrow. Look out for car parking signs off Gale Lane.



- You will be directed by Parking Marshalls to a parking place, please follow their instructions.
- Park as close as possible to adjacent cars and share a lift or ride to the event where possible.
- Water is available at the HQ for those who have ridden.
- Changing is available at the HQ and will be signposted on the day.

## B. Preparing for the Day

### What to bring on the Day

The Ryedale Rumble is well supported with professional mechanics, sweep vehicles, great route signs and hearty refreshments at the our feed stations. However, it's a good idea to bring a few items to look after yourself.

Who knows what weather the day will be bring – it's Yorkshire!?

Be prepared and dress appropriately. The routes cover varied terrain, with the route over the moors being very exposed (even in June), so bring layers and a decent waterproof jacket!

### Please arrive with the following:

- Two water bottles are suggested for all routes - you can fill up at the feed stations and the HQ.
- Enough food to keep you going for several hours of riding.
- Waterproof, light weight jacket in case of weather changes.
- Sun cream – well you never know!
- 2 inner tubes, tyre levers and a mini pump.

- Mobile phone pre-programmed with **emergency contact no. 07786 026056.**
- Basic tool kit including chain tool.
- **Helmet – must be worn by all riders.**

If you use a Garmin then don't forget it, preloaded with the route.

It is mandatory that all riders wear a safety-approved cycling helmet complying with latest EN1078, ANSI Z90/4 or SNELL standards. Any rider not wearing a helmet or choose to discard it at any point in the ride will not be covered by the event insurance and will be disqualified from the event and could be liable for damages if involved in an accident on that basis. The rider must accept this as a condition of entry. Officials of Ryedale Rumble reserve the right to refuse entry to the event to anyone with inappropriate equipment or clothing.

### **Fitness and the Bike**

Each rider, upon completing the registration form, agrees that they are physically and mentally capable of riding the distance they have chosen. If you are not confident then you can change in advance or at registration on the day. If during the ride, they decide to change their route and distance, then all consequences of this action are theirs.

Also the rider is responsible for their own bike and you need to be confident that it is safe and reliable enough to complete the distance. There is a professional mechanic available at HQ but their role is to assist with timing chips, small mechanical issues which occur on the ride and any issues which may have occurred on the way to the event. Labour will be free but you will need to pay for any parts.



We are delighted to have Ben Lawson from No Limits Cycling supporting the Ryedale Rumble this year. He will be pleased to help you with your bike preparation and service.

Ben has a shop in Malton so drop in to see him at 2 Mount Road, Malton YO17 7ND. [www.nolimitscycling.com](http://www.nolimitscycling.com)

## **C. Registration**

Riders must have entered before the closing date, **there are no entries on the day.**

Parking and access to the registration and start/finish area may be on grass. Whilst the school will have cut the grass, it could be damp and it is not ideal to start a long cycle ride with wet feet. You may wish to wear overshoes or have spare shoes to keep your feet dry.

The event HQ will open at 6:00am on Sunday for registration. Registration will remain open until 9.00am by which time you must have signed on and set off.

The registration hall will be clearly signposted at HQ.

Our registration desks are arranged alphabetically, please sign on the sheet and take your timing chip which needs to be attached to your handlebars.

You are signing to say you have read all of this event manual, will wear a helmet, that the rules of the road and rider conduct will be followed at all times and that you consider yourself fit enough for the distance you intend to ride, and your bike is suitable.



Do not start the ride if you are not happy with any of the above.

You will be issued with a timing chip and number. This must be attached to your bike for the duration of the ride. Further details are in the following section.

## D. Timing Chips

Chip timing for the Ryedale Rumble is provided by Sports Timing Solutions.

[www.sportstimingsolutions.co.uk](http://www.sportstimingsolutions.co.uk)

Your number with embedded chip will be issued to you at registration – it is disposable – you do not need to return it after the event.

It is essential your lightweight number/ chip is attached to the handlebar correctly with the cable we provide. If you lose it, you will not get a time. Your chip gives you entry to the feed stations and will ensure that you are given full medical, mechanical and other support throughout the event.

You will get a text message upon completing the course with your time. This will also be displayed on a TV screen at the back of the timing vehicle.

## E. Departure/ rider briefing

You may depart from 7.00am until 9.00am.

We strongly recommend that if you are undertaking the Extreme route you aim to leave at close to 7.00am.

After 9.00am we will close the registration and start to remove the route signs.

The expected start times will be as follows:

Extreme - 167.9 km riders at 07:00 - 8.00

Challenge – 114.9 km riders from approx. 07:30 - 8.30

Inspire - 67 km riders from approx. 8.30 - 9:00

We are happy to allow riders to change between the routes, but please make sure you let us know when you sign on.

If you wish to upgrade from a shorter to a longer, you will need to pay the difference. Please note that we can only take cash or cheques.

There will be some flexibility with these times depending on the number of entrants and flow of riders to the start/finish area.

Riders will be held in front of the Start/ Finish Gantry to receive their rider briefing before setting off.

In the briefing we'll highlight any issues that may have occurred on the route, sections to take extra care, weather warnings etc. It is important to pay attention and make sure you hear it.

The briefing will last only a minute or two, we will then allow you to depart in manageable groups at intervals of approximately 5-10 minutes.

If you have not heard the briefing do not set off.

## F. Rider conduct

This is a challenge event aimed at riders of all abilities, it is not a race.

Please read this short but important message.

As an increasing number of us take to the roads, public awareness of sportives continues to grow. Sadly, not everyone is excited about the explosion in interest in cycling as we are. We hope that the Ryedale Rumble, re-launched last year, will not result in any complaints about rider conduct that will contribute towards negative feelings about sportives and put them at risk.

As such we ask you all to please ride with every consideration to other road users, including cars and horses. Be as courteous to others as you can and follow the rules of the road 100% of the time.

You are requested to ride in single file where appropriate and no more than 2 (two) abreast at any time. Please be aware of your fellow cyclists, other road users, and any other traffic. Please always indicate your intention to stop or change direction. All cyclists must adhere to and obey the Highway Code, local bylaws and laws of England, Scotland, Wales and N. Ireland where applicable and extend all reasonable courtesy to other road and off-road users.

The routes will take you along country roads, back roads and some slightly faster roads – please be aware of all traffic, including heavy farm vehicles and horses.

Please do not drop gel wrappers on the route - put them in your pocket and place in bins at the feed stations or at the finish.

Ride well and safely.

## G.First Aid

Our medical support for the Ryedale Rumble is provided by GCS Medical.



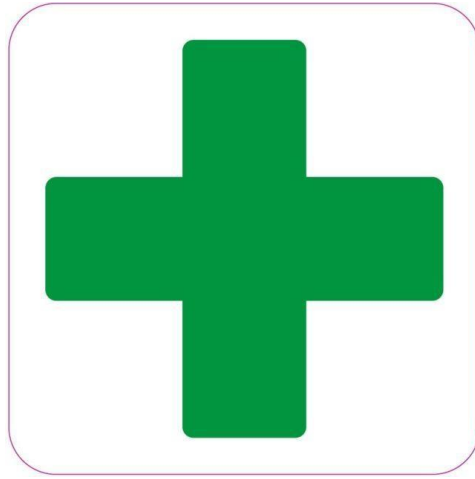
A qualified first aider will be on site at HQ for the duration of the event. They are there to deal with any incidents in the immediate area and with riders returning with issues.

We will also have two rapid response vehicles en route at all times fully equipped to 999 specifications.

Outside of the immediate area 999 should be used for any emergency. Please try to have a location – by mileage or a landmark.

The Event Emergency number will reach event control at the HQ who will respond appropriately however for serious emergencies please dial 999 immediately.

If you require first aid at the Start/ Finish, then report to the registration desk and a member of staff will assist you.



Emergency Contact Number

07786 026056

Tear off and put in your pocket/ store in your phone

## H. Route signs

Ryedale Rumble will deploy a huge number of signs.

The routes will be clearly and comprehensively marked, with direction arrows at each turning and road junction. We will make sure that you are in no doubt as to where you should be heading so, if there is a long time between turnings, there will be confirmation arrows to give you some reassurance that you haven't missed a turn. However, in the unlikely event that you take a wrong turn at any point or if signs have been dislodged, go back to the last sign you saw. Alternatively, you can call the event control number for help – please try to have a mileage position to help us locate you!

We check signs on the morning and during the event.

### **Route Splits**

Where the routes split they will be clearly marked. You should note that routes split and re-join at certain points, so don't be concerned if you see riders coming from a different direction.

### **Changes to previous Ryedale Rumble routes:**

For those of you returning to take part in the Ryedale Rumble Sportive please note there are some minor changes to the route from last year.

### **Marshals**

There are no marshals on the route, just feeding stations. It is ultimately the rider's responsibility to ensure that it is safe to continue.



## Hazards

The routes have been chosen to be as safe as possible for all participants. However, parts of the course present higher levels of risk to riders, particularly on certain junctions and steep hills. Additional warning signs are in place to inform riders of these hazards, and extra care should be taken.

Other hills and junctions should be approached with the appropriate level of caution.

Some of the roads are quite potholed while others, unexpectedly on remote moorland roads, are pristine. Expect a variety of surfaces.

## I. Feed stations



Rest and enjoy a snack at the feed stations, the atmosphere is always great, and the Ryedale Rumble is renowned for its yummy food. They will have sandwiches, cakes etc, water, energy drink, gels, bananas and other basic energy foods to keep you topped up.

All feed stations have a 5K and '1K to Feed Station' sign as you approach.

## Inspire

There will be feed stations at Thirlby and Helmsley where there will also be access to toilets. The stops will be well sign posted

## Challenge

There are three feed stations – Thirlby, Helmsley and Hutton le Hole.

## Extreme

There are four feed stations – Thirlby, Helmsley and Glaisdale and Hutton le Hole.

## J. Support vehicles/ mechanicals

At least three sweep vehicles will depart after the last rider. They will be taking down the route signs (needed to be removed on the day of the event) and will pick up any rider who cannot make it back to HQ by 7.00pm.

If you need collecting call the emergency contact number and wait in a visible position.

The sweep will try to bring you back to the HQ within the time you would have finished the ride. They are looking after a large area and number of riders so may not take you immediately back to the HQ.

The service car will depart at 9.00am with mechanic Ben Lawson from No Limits Cycling onboard. He will deal with minor mechanical issues and help you to fit parts which you have with you, i.e. spare inner tubes.

Ben is not able to offer replacement parts on the day.

## K. At the Finish

Riders will return to the HQ and ride under the gantry, where we will welcome you back and you'll receive your finish time and Ryedale Rumble mug!

Any feedback you have on the day will be very welcome – our team of volunteers would love to hear your views.

Your rider time may differ from the time on your GPS device, as it will include all time stopped on route, including time at the feed stations.

Official rider times will be available at [www.sportstimingsolutions.co.uk](http://www.sportstimingsolutions.co.uk)

You can take as long as you like to complete your chosen route, but please note the closing times for feed stations which will be displayed at HQ and the feed stations. The timing equipment will be shut off at 7pm, and the event HQ at Ryedale School taken down. If you finish after this time, you will not get an official time.

If you are not able to make it back by 7.00pm please contact us either via the emergency number or to one of the event volunteers out on the course.



If you are not accounted for by 7.00pm we will take this seriously and contact emergency services who will start looking for you.

Please do not be that rider to decides to go home and not tell us. We don't want the Police knocking on doors of riders who are sat at home.

## L. Photos/ filming/ certificates

We are planning to have at least two professional photographers on the course.

We are not able to guarantee riders will or will not be included in image galleries or promotional materials.

Sports Timings Solutions will provide every finisher with a personalised certificate.

## M. Riders under 16

Riders under the age of 16 can ride in the Ryedale Rumble when accompanied by an adult. The entry fee remains the same.

Simply enter the adult then email [ryedalerumble@gmail.com](mailto:ryedalerumble@gmail.com) with the details. We ask you email the consent form which can be found at <http://ryedalerumble.co.uk/parental-consent-form/>

Or bring it on the day.

## Top Tips for a Sportive

Taken from a feature written by Eddie Allen, [www.britishcycling.org.uk](http://www.britishcycling.org.uk)

*“Riding a sportive isn't just about getting on and pedalling. You can make life a whole lot easier if you employ some tactics. Just as pro road riders make an art form of conserving and metering out their energies throughout a stage, you should aim to do the same when approaching a sportive or indeed any long ride.*

*Prepare for the ride: Sounds obvious but you'd be amazed at how many riders turn up to an event at the very last second, running around trying to get themselves ready or who set off with no food, tools or waterproof in the hope that they'll make it round thanks to the food stations. Big mistake! A Sportive should be undertaken with the same preparation as you'd do for a normal cycle ride. Having the feed stations is great for back up but it's well worth tucking some food and a gel into your pockets*

*should you get a bit peckish. Likewise with tools - most feed stations will have a pump and a supply of patches at most so you'll still need to carry the usual spares. Check the weather forecast beforehand and dress accordingly. A lot of Sportives take place in pretty hilly regions and a warm day in the Lake District valleys can quite easily turn to a shivering gale atop the highest passes.*

*Don't come out of the blocks too hard: It's difficult not to go hard and fast at the start of the ride.*

*You're excited about the ride ahead and if you've started the ride in a big group, you're probably getting swept along on a bow wave of adrenalin! However, you'll pay the price later in the ride as the lactic acid accumulates in your legs.*

*A nice easy gear and a good spin will warm up the muscles and help prevent aches and pains later on.*

*Shivering in the car park or the signing on queue isn't the best way to warm up for a long ride, so you need to incorporate some warm-up into the ride itself. Remember that even pro-stage races have a neutralised section at the start of every stage to allow everyone to run their legs in nicely. Also savvy sportive course designers tend to keep the opening few miles of their rides relatively easy.*

*Ride in a group: If you and your mates are tackling a sportive, consider putting personal ego battles aside and agree to ride as a group. There are loads of benefits. The camaraderie of group riding is hard to beat and can get you through tough times on the road. I've done a few long solo rides and trust me, they can take you to dark places!*

*You can better judge your pace when riding in a group. Ride solo and you end up battering yourself, no matter whether you're going uphill or riding on the flat. In a group, you've got other people to moderate your pace when you're in danger of blowing up or give you that added incentive to keep going when you're slacking.*

*Riding in a group will also save you a huge amount of energy. If you get organised and take turns at the front, you can really reap the rewards - it's possible to save over a quarter of your energy by slipstreaming other riders.*

*If you're attempting a sportive on your own rather than with a group of friends, don't despair. You'll find that groups form on the road and with them a kind of natural selection - inadvertently you'll find yourself in a group travelling at a pace that you're comfortable with. Don't try and hang onto a group that is clearly faster than you are - you'll only wear yourself out.*

*Plan ahead and meter your effort: If your route has got some big climbs (and most do), don't blow your doors off on the flat sections or the first big climb. Conserve your energies wherever you can and keep your powder dry for when you really need the firepower.*

*Mix it up and stay flexible: Many riders find that stiffness and soreness in the back, neck, wrists and derriere puts paid to their efforts long before muscle fatigue. Consciously varying your position, alternating between the tops, hoods and drops can really help to stave-off aches and pains and allow yourself to ride to your full potential. Getting out of the saddle regularly also helps to loosen up the back and alleviates soreness and numbness. Relax on the bike and you'll find yourself going faster for less effort. This is something that really only comes with practice.*

*Eat and drink little and often: Eat lots of quality carbs and drink plenty of water or energy drink whether you feel hungry or not. Little and often is best, so stuff you can eat on the move is king. If you do make a lengthy stop at the pub or at a feed-station, go easy for the first few miles afterwards, your body will be thinking "phew, it's all over!!" and will need some persuasion to continue. The act of digestion will also redirect blood flow from your muscles to your stomach. Indeed many riders will try to make stops as short as possible, keep the muscles warm and not allow the body to go into recovery mode."*

## **And finally ...**

The Ryedale Rumble has been organised by the Friends of Ryedale School with the aim of raising money for our outstanding school. Please visit our charity stand at the HQ, buy raffle tickets and/ or cake to help support the important work we do.

**Thank you**

**Friends of Ryedale School**

**[www.ryedaleschool.org](http://www.ryedaleschool.org)**