

## Cycling Weekly – South Downs Spring Sportive Sunday 18th May 2014



### VENUE

Plumpton Racecourse, Plumpton  
East Sussex BN7 3AL

### VENUE OPENS

7:15am

### REGISTRATION OPENS

7:30am (Closes: 9:10am)

Thank you for entering the South Downs Spring Sportive  
Please find below the pre event information sheets.

We ask that you read this information thoroughly as it contains details that will ensure the event runs smoothly and you have a great ride!

If you have entered for other riders aside from yourself, please ensure they receive a copy of this information sheet prior to the event.

### Registration

#### Bring your helmet to registration

Please remember to bring your helmet to registration so a member of staff can stick your timing chip to it.

The event centre will open at 7:15am to allow riders to park and prepare. Please do not arrive before this time.

Registration will open at 7:30am and closes at 9:10am. On arrival report to registration to collect your registration pack, timing chip and bike number.

### Getting Ready

#### Essential Items To Bring

You should be carrying basic tools, inner tubes and a pump to fix punctures or mechanical problems you may experience.

A basic first aid kit is also recommended. Spare inner tubes and some basic spares are on sale on the day.

Shimano will also be offering mechanical support if needed prior to the start and two neutral support vehicles roaming the course.

This support should not be relied on to fix existing problems with your bike, but to help resolve any problems that have occurred on the way to the event.

#### Food & Drink

Make sure that you have enough food and drink for the ride. Additional drinks, snacks and SiS energy products are on sale on the day.

Free SiS energy drinks and snacks are available at the feed stations on the route, but you should carry enough food to last you the ride.

Click [here](#) for more information from SiS on fuelling your ride.

#### No Helmet = No Ride

It is mandatory that all riders wear a safety approved cycling helmet complying with latest ANSI Z90/4 or SNELL standards. Any rider not wearing a helmet will be disqualified from the event.

**Cycleplan** are offering you 25% off a specialist cycling insurance policy that covers you, your bike and accessories. Click [here](#) for more details and to get you exclusive offer code.



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#### Route Start Times

When ready join the group of riders waiting to start. The start marshals will start riders in groups at 2 minute intervals. Listen to any instructions and route information the start marshals gives. Once you are instructed to, you can start the ride.

#### 🕒 EPIC START TIME: 8:00AM - 8:45AM

🏹 Distance: 85 Miles 📊 Elevation Gain: 5193 ft 🏃 Difficulty Rating: 3.5/5 📍 GPX File 📶 [Garmin:](#)  
[connect.garmin.com/activity/409672778](https://connect.garmin.com/activity/409672778)



#### 🕒 STANDARD START TIME: 8:15AM - 9:15AM

🏹 Distance: 61 Miles 📊 Elevation Gain: 3162 ft 🏃 Difficulty Rating: 3/5 📍 GPX File 📶 [Garmin:](#)  
[connect.garmin.com/activity/409674047](https://connect.garmin.com/activity/409674047)



#### 🕒 SHORT START TIME: 8:30AM - 9:15AM

🏹 Distance: 33 Miles 📊 Elevation Gain: 1532 ft 🏃 Difficulty Rating: 2.5/5 📍 GPX File 📶 [Garmin:](#)  
[connect.garmin.com/activity/409674600](https://connect.garmin.com/activity/409674600)



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### Course Signage

Once you set off from the event centre the route will be marked with the use of arrow signs and marker ribbons. Arrows signs will be at all junctions on the route. So quite simply you follow these signs as you come to a junction.



#### Follow the red signs

The route is marked using red signs with white arrows. The route signs will direct you around the course and will be found at junctions and turnings.



#### Course Split

Course split points will be used to highlight where the route splits for the shorter distances. A red and white 'course split ahead' sign will warn riders that the route will split.



#### Epic Course Arrows

The red signs with white arrows with the route name i.e 'Epic' marked on them will direct riders at the next junction, to the direction they should take to complete their chosen route. It is important you take extra care when you see these signs to ensure you follow your chosen route.



#### Standard Course Arrows

The red signs with white arrows with the route name i.e 'Standard' marked on them will direct riders at the next junction, to the direction they should take to complete their chosen route. It is important you take extra care when you see these signs to ensure you follow your chosen route.



#### Short Course Arrows

The red signs with white arrows with the route name i.e 'Short' marked on them will direct riders at the next junction, to the direction they should take to complete their chosen route. It is important you take extra care when you see these signs to ensure you follow your chosen route.



#### Slow Down Signs

Slow Down signs are used to advise riders to reduce their speed as a potential hazard is ahead of them. When you see these signs you should reduce your speed and ride with extra caution.



#### Caution signs

Yellow Triangular Caution signs will be used where appropriate to mark potential hazards such as, turnings off fast stretches of road, a fast decent and a crossing with a busier road. When you see these signs you should reduce your speed and ride with extra caution. Although the route is clearly marked, you should study your map before starting to familiarise yourself with your route. You should refer to your map frequently during your ride to confirm your location.

If you accidentally stray from the route you should back track to the last point where you knew you were on the route.

On occasions the general public will tamper with signs, it is therefore each riders own responsibility to follow the route themselves and to ride appropriately on the public roads. Riders are welcome to change to shorter routes, as they are completing the event, simply follow the signs for one of the shorter routes at the course split points and inform us of your route change at the finish.



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## Route Map

Download a map of the South Downs Spring Sportive [here](#)

## Considerate Cycling Video

Please take a few minutes to watch this video that explains how to be a safe and considerate cyclist.

Watch our considerate cycling video.

## Feed Stations fuelled by SiS

There will be feed / drink stations on Course. These are indicated on your event day map.

This is an opportunity to top up your water bottles with an SiS energy drink and take on board some food.

This should supplement the food / drink you have taken on the ride and you should not solely rely on this as your only form of nutrition.

Please take only your quota of free food at the feed stations as we have to cater for all the riders.

Track pumps, inner tubes and multi-tools will be available to use at these stations to assist you with mechanical problems.

For safety, riders must slow down in the approach and exit to any feed station.

## Timing awards

Although Sportives are non-competitive, riders often like to set themselves targets to aim for. The table below shows the time and average speed required to achieve either the Gold, Silver or Bronze standard at this event. Rider times, will be displayed in alphabetical order on our website [www.ukcyclingevents.co.uk](http://www.ukcyclingevents.co.uk) the day after the event. An email with a link to the rider times will also be sent to all riders when ready.

Route	Award	Distance	Avg Speed (M)	Time	RiTMO	Avg Speed (W)	Time	RiTMO
Epic	Gold	85	> 15.5 mph	< 5hr 29min	RiTMO >13.6	> 14.5 mph	< 5hr 51min	RiTMO >15.2
Epic	Silver	85	> 14 mph	< 6hr 04min	RiTMO >16.1	> 13 mph	< 6hr 32min	RiTMO >17.6
Epic	Bronze	85	< 14 mph	> 6hr 04min	RiTMO <16.1	< 13 mph	> 6hr 32min	RiTMO <17.6
Standard	Gold	61	> 15.5 mph	< 3hr 56min	RiTMO >16.8	> 14.5 mph	< 4hr 12min	RiTMO >18.5
Standard	Silver	61	> 14 mph	< 4hr 21min	RiTMO >19.3	> 13 mph	< 4hr 41min	RiTMO >20.8
Standard	Bronze	61	< 14 mph	> 4hr 21min	RiTMO <19.3	< 13 mph	> 4hr 41min	RiTMO <20.8
Short	Gold	33	> 15.5 mph	< 2hr 07min	RiTMO >19.5	> 14.5 mph	< 2hr 16min	RiTMO >21.3
Short	Silver	33	> 14 mph	< 2hr 21min	RiTMO >22.2	> 13mph	< 2hr 32 min	RiTMO >23.7
Short	Bronze	33	< 14 mph	> 2hr 21min	RiTMO <22.2	< 13 mph	> 2hr 32min	RiTMO <23.7

## RiTMO

Log your training rides at [www.cyclingweekly.cc](http://www.cyclingweekly.cc) to get your RiTMO Rating to find out if you are on course to ride a gold, silver or bronze standard sportive. RiTMO is a universal rating system for road cyclists. It's a complex formula that factors in route variables like height gain, distance and gradient, then awards a score based on your speed.

## Route Clearing

Approx. 30 minutes after the last rider starts, our team will set out to clear the route. They will be removing all route signs and markings at this point. Our team will stay behind the last riders and assist any riders who may be having problems. They will aim to have all route markings removed and all riders finished by approx. 4.00pm. Riders taking too long to complete the route may be directed back via a shorter route if it is deemed necessary by our experienced team.

## Emergencies

You will find contact numbers on your map and on the back of your rider number:

**07545 137133**

**07792 516035**

**07854 081972**

Please add these numbers to your mobile phone before you ride.

These numbers are for use in emergencies only. Please do not call these numbers for non emergency situations. Riders concerned about completing in the time available are urged to start as early as possible.

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### At the Finish

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At the finish line, make sure you cross the finish line so your time is recorded. There is no need to give your start number / timing chips back, as these are disposable. Please make sure you collect your finishers medal & t-shirt as you cross the finish line.

### Bike Cleaning

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Bike wash facilities will be available at the finish. Please feel free to give your bike a well deserved clean using the free Muc Off cleaning products.

### Event Photography

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[www.sportivephoto.com](http://www.sportivephoto.com) will be taking photos of riders during the event. Visit their website after the event to view and purchase your photos. UKCE will send out an e-mail when the photos become available.



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