



**Tour of
Cambridgeshire
2018**

**Family
Fondo
Rider Book**

Version 2

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Section 1 – Welcome and Introduction

Golazo Cycling Ltd (GCL) welcome you to the Family Fondo at the Tour of Cambridgeshire (ToC). You are about to take part in the one of the most fun and exciting family events of the year. The Family Fondo is a perfect event for the whole family, for parents, grandparents, teens and toddlers.

Our aim is to get more kids cycling, as well as provide the chance to get the whole family out enjoying a fun event together.

The ToC Festival doesn't just house the exciting Family Fondo but also the World Championship qualifier events in the Gran Fondo and Chrono, a non-competitive Mellow Vélo Ride, as well as the Tour Classic for pre-1987 bikes and Team Chrono. The Festival truly is a spectacle, with lots to do and see.

It's time to dust off those bikes, get the shorts and trainers ready and keep your fingers crossed for some amazing June weather. We hope you're all as excited as we are.

We do hope you all enjoy a safe positive experience riding the Tour of Cambridgeshire and that you tell your friends about it.

Finally, we would like to offer thanks to all of those organisations who have partnered with us to create something unique on the British landscape and who have backed us to deliver the Tour of Cambridgeshire. We do hope we do them all proud.

Section 2 - ToC Schedule

Date	Event	Time	Location
Friday 1st June	ToC Opens	16.00hrs	Event HQ
	Registration	16.00 – 20.00hrs	Registration Area
	Cambridgeshire Bike Show	16.00 – 20.00hrs	Arena
	Camping Arrivals	12.00hrs	Camping
	ToC Closes	20.00hrs	Event HQ
Saturday 2nd June	ToC Opens	08.00hrs	Event HQ
	Registration	08.00 - 10.00hrs	Registration
	Cambridgeshire Bike Show	08.00 – 19.00hrs	Arena
	Club Kermesse Open	09.00 – 17.00	Club Kermesse
	Camping Arrivals	09.00hrs	Camping
	Chrono Warm Up Area	09.00 – 17.30hrs	Arena
	Chrono Start	10.00hrs	Arena
	Family Fondo Start	10.30hrs	Family Fondo Route
	Team Chrono Start	15.30hrs	Arena
	Podium Ceremonies	18.30hrs	Arena
	ToC Closes	19.30hrs	Event HQ
Sunday 3rd June	ToC Open	07.00hrs	Event HQ
	Cambridgeshire Bike Show	07.00 – 19.00hrs	Arena
	Camping Arrivals	07.00hrs	Camping
	Club Kermesse Open	09.00 – 12.00hrs	Club Kermesse
	RACE Start	12.00hrs	Start Area
	SPORTIVE Start	12.20hrs approx.	Start Area
	TOUR CLASSIC Start	13.00hrs approx.	Start Area
MELLOW VELO Start	13.05hrs approx.	Start Area	

	Podium Ceremonies	17.30hrs	Arena
	ToC Closes	20.30hrs	Event HQ

Section 3 – Arrival and Parking

On arrival to the Event HQ at the East of England Arena, follow signs for the Tour of Cambridgeshire. You'll be greeted by our Car-Park stewards, who will point you in the right direction.

Official Event Parking is available at the Event HQ; see Parking information at www.tourofcambridgeshire.com. There is no overnight parking available within the Official Event Parking areas.

Once you have parked up, and unloaded all the little ones and big ones, follow the directional signage to the entrance of the Event HQ and the Registration Area.

We recommend that you arrive nice and early to ensure you have plenty of time to get Registered and get your bikes ready, before making your way to the Family Fondo Start Line.

Section 4 – Registration

In the Registration Area, you'll find lots of Tour Makers, who will help you in collecting your Family Rider Pack. Within the Rider Packs, you'll find a jersey number for each of your family, as well as pins for you to attach it. All you need with you is a printed copy of your Entry Confirmation Form.

Section 5 – Event Solutions

We have made every effort to produce an amazing event. We're very open to all feedback and comments you may have to allow us to resolve any issues that may arise regarding your registration and help to improve our events year on year.

The Event Solutions desk is located near the Registration area and the team will be able to help you with any questions or queries, as well as address any issues that may arise throughout the event.

Section 6 – Rider Briefing

Start Line & Route

The Family Fondo takes place on a dedicated route within the Event HQ. The route takes in lots of different terrain, (grass, tarmac, gravel etc.) and is marked out using flags, fencing and lots of signage so you can't go wrong. Each circuit is 2 miles in distance, which you can ride round up to 6 times, reaching that maximum distance of 12 miles!

After you've Registered, grabbed all of your kit and bikes, you'll need to make your way to the Start Line. The event has a dedicated start gantry, where you'll line up and start together. Everyone will set off promptly at 10.30hrs.

Finish

You and the family can choose how many laps you'd like to complete. When you've reached your final lap and crossed the finish, make your way over to our Tour Makers, who will present all of the children with their finishers medal.

Bikes & Equipment

You can ride any type of bike, including road bike, mountain bike, hybrid bike or balance bike. You're more than welcome to have the little ones riding with you in an approved bike seat too. We just ask that if you're looking to ride a tandem or recumbent bike, please contact us at enquiries before arriving at the event.

It is the rider's responsibility to ensure their bike is in working order. Golazo Cycling Ltd take no responsibility or liability for an un-roadworthy bike.

If your little ones haven't got a bike or their bike isn't quite the right size anymore, Frog Bikes will be on hand with bikes available to use in the Family Fondo. Visit the Frog team in the Event HQ for help.

Medical

There will be Medical cover available within the Event HQ. There is a Medical Questionnaire on the back of each rider number, which we encourage you to complete.

If Medical treatment is required, make yourself known to a Marshall, who will call the medical team.

Riders with medical conditions can register their medical information on the ToC Medical Register, which can be found at www.tourofcambridgeshire.com. The more we know in advance, the faster a medical issue can be dealt with and managed.

Technical & Mechanical Support

There will be no technical or mechanical support on the Family Fondo route. Whilst the support is not available on the routes, if riders cannot resolve their technical issues we will help you get back to the Event HQ.

Minimum Age

We don't have a minimum age, or an upper age, for the Family Fondo. All riders under the age of 16 must have a signed Parental Consent Form, and any children under the age of 11 years must be riding with an adult. For the avoidance of doubt, an adult is classed as anyone over the age of 18 years at the time of the event.

Toilet Facilities

There are many toilets blocks that can be found around the Event HQ. We recommend that you visit the facilities before setting off to the start area as there are limited toilets around this area and on the route. In any event do not urinate (or worse!) anywhere other than in the facilities provided.

Safety

- Riders must wear a regulation safety helmet for the Family Fondo and riders do take part at their own risk and have signed a disclaimer to that effect.
- Beware of any vehicles that may be on the route, such as the ToC Team or Medical Team.
- Beware of any members of the public who may be walking in and around the Event HQ.

Photography

All photography is provided by a highly regarded team from Sportograf, Germany. There will be photographers dotted around the Family Fondo route, capturing images of all our Family Fondo riders.

Bag Drop

A bag drop will be available for riders and will be operated for a nominal fee.

Section 8 – Critical House Keeping

Golazo Cycling Ltd applies a strong environmental policy to our events; we strive to leave all local communities as we found them and litter free. If we don't respect this position we will not be welcomed back in future years.

PLEASE BE CONSIDERATE when using the event facilities, specifically in relation to:

1. Waste / litter MUST BE placed in the waste bins made available at the Event HQ.
2. Damage to the grounds either within the buildings or in the car park area.

- Organisers reserve the right to apply a fine for causing damage above and beyond reasonable wear and tear. The particular concern here is in the event of wet ground and the need to use some of the grass parking areas. In the event that wet grounds cause vehicles to become stuck, please inform the car-park operators who will organise removal, limiting damage to the grounds.

Section 9 – Rider Insurance

ToC does not provide any rider insurance. It is recommended by the organisers that riders in ToC take out accident and third-party liability insurance to protect themselves and equipment.

ONEPRO Insurance are Partners of the ToC. They provide, what we believe, to be the best insurance cover on the market.

ONEPRO Insurance have put together an insurance package that covers you for the Tour of Cambridgeshire Festival, which includes personal accident, public liability, your kit, bikes, accessories and parts, plus much more. They also offer a competitive price for your annual insurance renewal.

Visit the Shop at www.tourofcambridgeshire.com for more information and to take out your Event Insurance.

Disclaimer

The information contained herein is presented in good faith at the time of writing but in the normal course of events the Rider Book is subject to change from time to time. The version of the Rider Book posted on the event website is deemed to be the final version under which the event is run.