



**Tour of
Cambridgeshire
2018**

**Mellow
Vélo
Rider Book**

Version 2

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Section 1 – Welcome and Introduction

Golazo Cycling Ltd (GCL) welcome you to the Tour of Cambridgeshire (ToC). You are about to take part in the one of the events which is re-defining the mass participation cycle sport scene in the UK and is regarded by the UCI as amongst the best mass participation cycle events in the world and we really hope you enjoy the experience. We have gone to great lengths to create an event experience which gives the masses and many of our competitive elite level riders a real taste of what the best organised events around the world are like for amateurs and professionals alike. Our vision is to create a pro experience for everyday amateur and Master cyclists.

ToC is not just about the riders at the front of the age classifications; it is about providing exactly the same professional experience for the masses, including people who love their cycling but do not have the taste, or the appetite, for the cut and thrust of a race. The Tour of Cambridgeshire is for you too. The opportunity to experience the spectacle on fully supported closed roads is a rare treat in the UK.

The ToC Festival also offers a non-competitive Mellow Vélo Ride with two distances on offer, as well as the Tour Classic for pre-1987 bikes, Team Chrono and also the Family Fondo.

We hope to host the UCI Gran Fondo World Championships (UGFWC) within this decade thereby facilitating the opportunity for everyday riders in the most vibrant cycling nation on earth the opportunity to compete for a rainbow jersey on home soil. GCL holds the UCI license as the exclusive qualifier event for the UGFWC.

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.

Cambridgeshire County Council

Cambridgeshire County Council is proud of its involvement in the Tour de France and the continued efforts at building a legacy to promote cycling, tourism, health and well-being. The County can now say that legacy has been secured.

We see the Tour of Cambridgeshire as a unique opportunity to have the area recognised nationally and internationally. It provides a platform for the local authorities, residents and businesses to celebrate and endorse all that is good within the County.

The fact that an event of this magnitude is being driven wholly by local residents shows the ambition and determination of the people of Cambridgeshire and the County Council is honoured to facilitate it.

Peterborough City Council

Peterborough is proud to be a key part of the Tour of Cambridgeshire. Our city has more than 150 miles of cycle routes connecting the whole of Peterborough and that means there is nowhere you can't get to on a bike!

The closed road Gran Fondo event had never before been seen in the UK and it's a great honour for the city to host the start and finish. We hope that serious and leisure cyclists come together to take part in this wonderful finale to the weekend.

For those spending some time in Peterborough you will find a heritage city, an environment city, an event city and a modern exciting cosmopolitan city. Our magnificent Norman cathedral is a sight to behold with its majestic architecture. Open spaces are plentiful. Peterborough boasts Green Flag award winning parks, nature reserves and our country park, Ferry Meadows, where you can relax and take a walk around the lakes and woodland.

Peterborough's historic city centre is a vibrant regional shopping destination and Queensgate Shopping Centre sits in the heart of the city where it complements independent stores and a thriving market. For food and drink there is a diverse selection of restaurants serving cuisine for every palate, alongside some fantastic bars and pubs, open well into the evening.

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 - 19.00hrs	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
	Registration	07.00 – 12.00hrs	Registration Area
	Club Kermesse Open	09.00 – 12.00hrs	Club Kermesse
	MELLOW VELO Gate Open	12.45hrs	Mellow Vélo Gate
	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

We would like to offer you a warm and heartfelt welcome to the Tour of Cambridgeshire. To ensure your experience is at the highest level possible from start to finish, you MUST avoid a rush and last minute arrivals. Late arrivals can cause major issues and spoil the whole experience we have created. We encourage all riders

to arrive earlier, soak up the atmosphere, grab a bite to eat and have a wander through the first ever Cambridgeshire Bike Show.

There is Official Event Parking available at the Event HQ. Tiered parking charges will be in place according to the day and time of arrival at the Event HQ. All parking charges can be found at www.tourofcambridgeshire.com.

There is no overnight parking within the Official Event Parking areas.

When you have parked your vehicle, you will find directional signage to the Event HQ.

Section 4 – Registration

The purpose of Registration is to collect your Rider Pack. Please bring a printed copy of your Entry Confirmation with you, along with a piece of photo identity and your rider number.

Rider numbers will be published on the website - www.tourofcambridgeshire.com – two weeks prior to the event. You will find these under the Rider Info section. Make a note of your number before you arrive to speed up your registration process. If you do forget your Rider number, then the Event Solutions team can help but please be patient – we will help you as soon as possible.

Section 5 – Event Solutions

We have made every effort to produce a technically excellent event with the Tour of Cambridgeshire. We are very open to any feedback that you may have, to allow us to resolve any issues that may arise during your experience and to ensure we improve our events year on year.

Come and see one of the team at the Event Solutions Desk, which is located within the Registration area.

Section 6 – Rider Briefing

Medical

There will be Medical cover available on the route, at the Event HQ and in Gran Fondo Pit Stops.

All riders MUST complete the Medical Data Sheet on the back of the rider number, even if you are unaware of any medical conditions you may have. As well as this, please register any medical information on the ToC Medical Register, which can be found at www.tourofcambridgeshire.com.

If you require medical treatment at any point throughout the event, make yourself known to a Marshall, Steward or any of the convoy team out on the road where possible. If you're unable to do this, call the Medical contact number, which can be found on the reverse of your rider number.

Technical & Mechanical Support

Team cars or any other non-official vehicles are prohibited from being on the closed roads.

There will be no technical or mechanical support on the Mellow Vélo route. We recommend that all riders ride fully equipped where possible.

Whilst support is not available on the routes, if riders are unable to resolve their technical issues, riders will be repatriated back to the Event HQ.

Minimum Age

Rider participation age in the Tour of Cambridgeshire is age as per 31st December in the year of the event. The Minimum age of a Rider is 11 years, as per below:

- 19 years and over – they are classified as an adult.
- 16 years and over – they are classified in the **Under 19** age classification. In the Under 19 classification a Parental Consent Form is not required.
- 11 years and over – they are classified as a **Minor**. A signed Parental Consent Form is required to take part in the event and a Parent or Guardian **MUST** ride with the event with the Minor.

Number Position

Each Rider Pack will contain a jersey number, pins, helmet number sticker, bike and bag number stickers and briefing document, stating where you need to place each item.

Positioning of the jersey number, helmet number and bike number will be explained within the Rider Pack.

Bike Specification

Riders may use any type of bike, including road bike, mountain bike, city bike, hybrid bike, cross bike. 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 road worthy. Golazo Cycling Ltd take no responsibility or liability for an un-roadworthy bike.

Start

The Mello Vélo will start at approximately 13.05hrs. Official Start times will be published on-line on the Tour of Cambridgeshire website at least two weeks ahead of the Event.

The start is produced on the Event HQ Site.

Start Gates and Pens

Start gates and pens open 30 minutes prior to Mellow Vélo start time. Riders shall enter all Gates / Pens on a first come first served basis. Any riders found entering in front of other riders shall be sent to the back of the start pen.

Please **DO NOT** wait or queue outside the gate and pen areas as this will cause disruption to set up and also the start times.

Once in the start gates, due to the number of participants, only a limited exit and re-entrance will be possible. Please be courteous to other riders who may have to make an exit and return to their bikes.

Limited toilets are provided around the start area. Please use the facilities in the Event HQ or the various toilet blocks situated near the start areas before entering the start gates. In any event do not urinate (or worse!) anywhere other than in the facilities provided. Any riding caught doing so will be disqualified.

CAUTION – The most likely time for rider incidents to occur is during the Start. It is essential that during the start phase of the event all riders respect one another and ride safely in a group. It is strongly recommend that at all times slower riders ride on the left hand side of the road and faster riders on the right and that overtaking by faster riders is done on the right.

Route Hazards

There are very few hazards on the Mellow Vélo route. Hazards will be identified with either cautionary signage or a static Marshall in Hi Viz clothing, a flag and a whistle. The typical Hazards on the routes are:

- Narrow Lanes
- Sharp turns or corners
- Road furniture typically central reservations, roundabouts or bollards.

Safety

- It is obligatory that riders wear a regulation safety helmet for the Mellow Vélo. Riders take part at their own risk and have signed a disclaimer to that effect.
- Bikes used in the Mellow Vélo are to be of the type typically acceptable for sportives. Tri-bars are prohibited as well as Spinergy type wheels.
- Ride on the left-hand side of the road whenever possible, with common courtesy and good road presence. Events like the Tour of Cambridgeshire shall not survive in the UK if they become known as being dangerous. It is up to the riders to ensure the safety of others.
- Beware of any public vehicles (cars, lorries, motorbikes or farm vehicles) under Motorbike escort which are on the route.
- Be aware that a determined breach of the road closure order by a member of the public is a possible hazard which, despite the best efforts of the organisers, is impossible to prevent. Any driver responsible for such a breach will face criminal prosecution. Please be attentive and if necessary take evasive action.
- Be aware that in the event of minor cuts and bruising, a Medical Post is located at each Pit Stop. If you cannot continue in the Mellow Vélo, then wait for the Broom Wagon and make your circumstances known to Event Solutions when you are repatriated to Event HQ.

Routes

The Mellow Vélo gives you the option to ride either 79-mile or 56-mile routes. If taking the 79-mile route, you must follow the **Gran Fondo** route. For the shorter distance of 56-miles, you must follow the **Medio Fondo** route.

The Medio Fondo route opens at approximately 14:30hrs, after the RACE has passed through this section of the route.

There is a cut-off point at 39.4-miles; this is where the Gran Fondo route will close at 16:00hrs. If you do not make this cut-off point by this time, you will be deviated onto the Medio Fondo route.

Minimum Speed

A Pace Vehicle will travel around the Gran Fondo route, passing under the start gantry at 13.15hrs, marking the back of the event. The closed-roads will be reopened behind the Pace Vehicle.

The Pace Vehicle will drive at a speed of 13mph around the route.

Any rider passed by the Pace Vehicle will be invited to stop their participation in the event and be repatriated back to the Event HQ, along with their bike. Bikes will all be taken to Club Kermesse, at the Event HQ.

If riders choose not to be repatriated back to the Event HQ, they will be riding on open rides and must abide by the Highway Code. Rider numbers will be removed to show that rider is outside of the event and the road closures.

Pit Stops

There are three Pit Stops on the Gran Fondo route. The locations of these Pit Stops are at points **23.9-miles**, **41.5-miles** and **64.6-miles**.

There are two Pit Stops on the Medio Fondo route. The locations of these Pit Stops are at points **23.9-miles** and **41.4-miles**.

The Pits Stops are available for all riders to stop, refresh, refuel and also use toilet facilities where necessary. You'll also find medical support at each stop should you require any medical assistance.

All ToC Pit Stops are filled with water and energy products, as well as sweet and savoury options.

All ToC Pit Stops are situated on the right hand side of the road and clearly signed on your approach.

Stopping at the Pit Stop:

- Be aware of other riders around you
- Indicate before making your way to the right hand side of the road
- Slow down and get off your bike before entering the Pit Stop
- Be aware that riders may be exiting the Pit Stop on your approach
- You'll be greeted by ToC Tour Makers, who will make your stop as quick and efficient as possible

Not stopping at the Pit Stop:

- Be aware that riders may be stopping at the Pit Stop and making their way to the right hand side of the road
- If you do not wish to stop, stay to the left hand side of the road

Finish

A Flamme Rouge is positioned 1km from the finish. Once you have crossed the finish line, please move on through the Event HQ to make way for other riders who are finishing.

ToC finisher's medals will be presented to all riders as they cross the finish line.

Photography

All photography is provided by a highly regarded team from Sportograf, Germany. They will have photographers located around the route. They will also have a fleet of motorcycle mounted photographers to ride within the events and capture images of riders in the event. Be aware of the photographers and film crew and do not impede on the motorcycles.

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 and Pit Stops. The organisers are providing wrapped products and bottled water; the packaging from these products MUST be disposed of in the appropriate receptacles. Failure to do so will drive up entry costs for subsequent years.

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.