

THE CANTERBURY BIKE RIDE

SUNDAY 24TH JULY

Canterbury Rugby Football Club On-the-Day Event Details

**Please save the on-the-day Event Control telephone number to your phone: 0752 8055110
and the First Aid/Emergency number: 07703 391698**

About the event

Thank you for signing up for the sixth Canterbury Bike Ride.

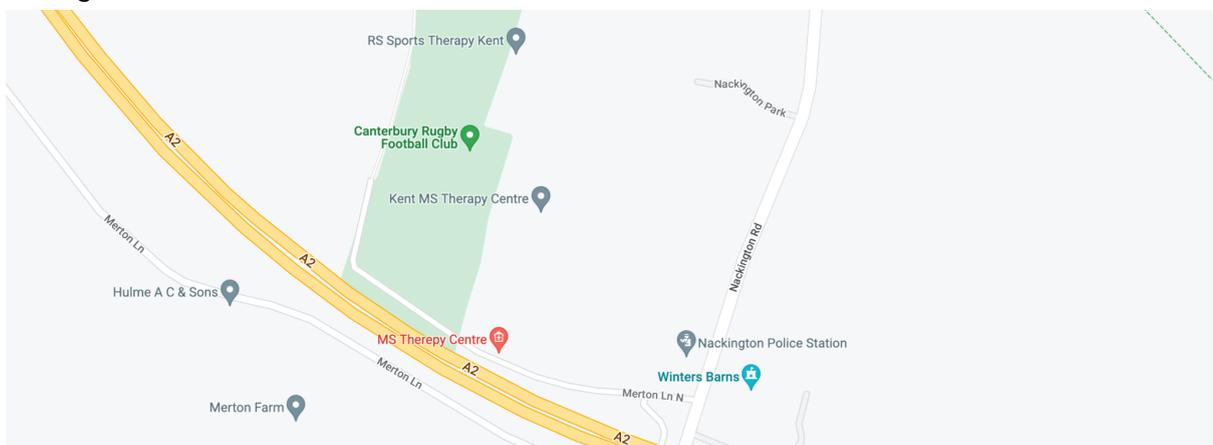
This year's event is designed by Iconic Cycling Events, the specialist cycling division of Breathing Space. The event will attract over 300 cyclists where riders will complete either 29, 62 or 82 mile routes (any changes while signing up may lead to minor distance variations).

Our partner charities for 2022 are [The Kent MS Therapy Centre](#) and [Canterbury Wheelchair Rugby](#) and we are grateful to all those organisations which have sponsored, supported, and entered as teams or individuals.

Location & Parking

Canterbury Rugby Football Club, Merton Ln N, Canterbury CT4 7DZ - [view on Google Maps](#)

Parking is available on site.



Timings

7.30 am	Check in opens
7.45-8.30 am	82 mile route riders register at check-in and will be directed to the start where groups of 15-20 will be briefed and depart. Groups will depart at 3-5 minute intervals.
8.30-9.30am:	62 mile route riders register at check-in and will be directed to the start where groups of 15-20 will be briefed and depart. Groups will depart at 3-5 minute intervals.
9.30-10.30am:	29 mile route riders register at check-in and will be directed to the start where groups of 15-20 will be briefed and depart. Groups will depart at 3-5 minute intervals.
11.30am:	Riders will start to return to the Rugby Club.
12 noon:	Relax at the Rugby Club with some post-ride hot food and a complimentary pint courtesy of Shepherd Neame.
4.00pm:	Close and depart.

Rider Maps & Emergency Details

Whilst the route is comprehensively marked, riders may want to use the simple map as an aid.

We ask that all riders carry with them in a printed format and accessible in a pocket (perhaps with your phone), their name, address, emergency contact details and any medical information.

Check-In

The rider sign on sheet will be organised in alphabetical order by surname. Please follow the signs directing you to your surname sheet. You will be given a CBR wrist band to show at feed stations.

Check-in will open at 07:30 on Sunday 24th July.

If you know someone who will be registering on the day, please note that we will be accepting both card and cash payments.

You will be asked to show your rider information sheet as proof of entry.

Facilities at Check-In

There will be teas and coffees available in the start area on Sunday morning on a pay as you go basis. Mechanics will be on hand for any last minute bike adjustments. It is your responsibility to ensure that your bike is roadworthy.

There will also be a bag drop area for those riders wanting to leave a bag during the event. There are toilet facilities at the start area.

GPX files

You will be sent GPX and TCX files for each of the routes either 10 days prior to the event or shortly after you sign up if you are a late booker. Alternatively you can download them from our Strava profile:

SHORT ROUTE <https://www.strava.com/routes/2976863025913417736>

MEDIUM ROUTE <https://www.strava.com/routes/2976863198183784756>

LONG ROUTE <https://www.strava.com/routes/2976863331385790472>

The support team will be marking the routes up to and on Saturday 23rd July and adjustments to a route may be required. The Ride Director will advise of any changes to routes at the ride briefing immediately before you set off.

Rider Safety and Etiquette

Please remember that The Canterbury Bike Ride is a sportive and as such is in no way competitive. Riders should ensure they obey the Highway Code at all times and ride in a safe and responsible manner at all times. You must wear a hard shell helmet and will not be permitted to ride without one.

There are toilet facilities at all feed stations. Please be sensitive to residents and other road users if you are caught short along the way and either bin or bring back any litter.

Riding with Children

Please ensure that you have returned a parental consent form to us at info@icoincyclingevents.co.uk if you are riding with an Under-16 or riding alone as a 16-18 year-old. [You can download a form here.](#)

Route Signage

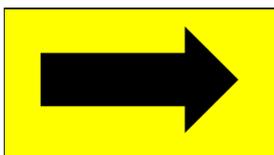
The route will be marked throughout with white arrows on red backgrounds, before, on and after all significant junctions. Caution signs are placed where cyclists should be extra vigilant.

Particular points on the route e.g. Feed stations and route splits will have signs with black writing on a yellow background. The route from the car park to the start will be marked with black arrows on a yellow background. An example of each of these signs is below.

Signs on route



Signs from Car Park to Start



Riders must also print off a route map which is a separate attachment in this email and contains medical details on the reverse. In the event of you becoming aware that signage has disappeared or been changed, we ask that you inform Event Control at the earliest opportunity.

Feed Stations

82 mile route. There are 2 stops on the long route. Balfour Winery (33) and Biddenden Vineyards (48)

62 mile route. There is one feed stop on the medium route at Biddenden Vineyards (28).

29 mile route. There are no stops on the short (25 mile) route.

The feed stop will be stocked with a range of sweet and savoury high energy food products, as well as water. However, we would emphasise that riders should bring sufficient supplies with them for their ride and if you have specific hydration or energy products or dietary needs then please carry these with you.

Feed station partners:



www.fyffes.com



www.nurhu.com

Rider Support

We will have support vehicles out on the course but riders are expected to be self-sufficient.

We recommend carrying two spare inner tubes, a pump and any necessary tools with you. You should also carry some cash, a form of ID, a mobile phone and your usual brand of energy products.

By signing our terms and conditions and entering the ride, all riders must have:

- Personal identification with medical info and blood group (See reverse of rider map – separate attachment on email)
- Emergency contact (Name and phone)
- Helmet
- Mobile phone
- Money/bank card
- Water bottle (full) x 2 if hot weather forecast
- Puncture repair kit plus, pump and tyre levers
- Snacks and energy products
- Sun cream
- Waterproof jacket

Broom Wagon

We will start to clear the courses mid-afternoon and would expect to have all riders home by 16:00. A dedicated vehicle will drive the routes as the courses close, potentially able to pick up riders who have to withdraw from the event at that stage. If the broom wagon finds you out on the course while clearing you will have the option of taking a lift, subject to capacity in the vehicle, or carrying on without route markers. If you abandon before the finish or anticipate arriving after 17:00 please ensure you call Event Control to notify them.

Medals

All riders will receive a finisher's medal.

Post Event Food and Drink

Post-event hot food will be provided at the rugby club and each rider will get a complimentary pint of beer from Shepherd Neame. The bar will be open and additional alcoholic and non-alcohol drinks will be available to purchase.

First Aid Cover

There will be first aid trained staff at the event, at all the feed stops, and on our support vehicles that will be out along the route who can offer assistance for minor/non-emergency issues (contactable via event control; Emergency tel no. - 07703 391698). Please note, for serious incidents and some back injuries, we are unable to transport any casualties and the emergency services will be called.

Riders should always use their common sense and contact the emergency services directly where necessary. Please do inform the race organisers (using the event control number shown on the rider information sheet) of any major incident.

Emergencies and communications

Details of what to do in case of an emergency will be covered in the brief at the ride start and are summarised on the rider map. Please be aware that areas on the routes may be out of mobile phone signal. Riders are asked to look out for each other and report any accidents or mechanical problems to Event Control, the support vehicles or the event team at the feed stations.

Insurance:

Iconic Cycling Events carries a public liability insurance policy, limited to £10,000,000 for legal liabilities arising from claims made against an event organiser, official or participant that involves either bodily injury or property damage to a third party. **We recommend all riders to have their own personal cover.**

Charities:

We have riders taking part in the event, raising money for a large number of charities this year including our supported charities which are [The Kent MS Therapy Centre](#) and [Canterbury Wheelchair Rugby](#). Full details of these can be found on our website.

Covid-19 Protocols and Measures:

Based on our experience of delivering events in 2021/2022, the team at The Canterbury Bike Ride would like to make you aware of a number of protocols and measures in-place to protect riders and staff at the event.

We have a dedicated COVID officer to ensure all guidelines and regulations are followed. **If you have any of the main symptoms of COVID (a high temperature, a new, continuous cough and a loss or change to your sense of smell or taste) or feel unwell, please stay at home.**

There will be hand sanitizer located around the site (e.g. water filling stations and toilets) and you must use this when using the facilities. Please also ensure you have your own.

**We look forward to seeing you in Canterbury and hope that
you have a great day!**

Canterbury Bike Ride partners:

We would like to say a huge thank you to all our sponsors and friends of the Canterbury Bike Ride:



Iconic Cycling Events insurance partners:



Bikmo cycle insurance offers cyclists peace-of-mind protection against theft and accidental damage of your bike(s) and kit. Bikmo is offering all Canterbury Bike Ride participants an exclusive 10% discount* on a Bikmo policy. To redeem the discount use the code "ICONIC10" whilst obtaining your quote, or [click this link to get your discounted quote](#).

Bikmo also offers an incredible 25% lower premium for electric bikes plus a multi-bike saving up to 50%* should you need to insure more than one bike in your household.

T's & C's apply

*Minimum premium applies

Bikmo Limited is authorised and regulated by the Financial Conduct Authority ref: 745230.



Being a cyclist improves your spatial awareness as you drive a car and makes you a better driver. Carinsurance4cyclists rewards you with a discount on your car insurance.

Find out how much you can save [by clicking here](#). If your renewal is not due please register the renewal date and we will get back in touch with you nearer the time.