

# Bike Chester

**Sunday 4th August 2024**

Chester Rugby Union Football Club

## On-the-Day Event Details

The on-the-day Event Control telephone no. is 0752 8055110.

### About the event

Thank you for signing up for Bike Chester

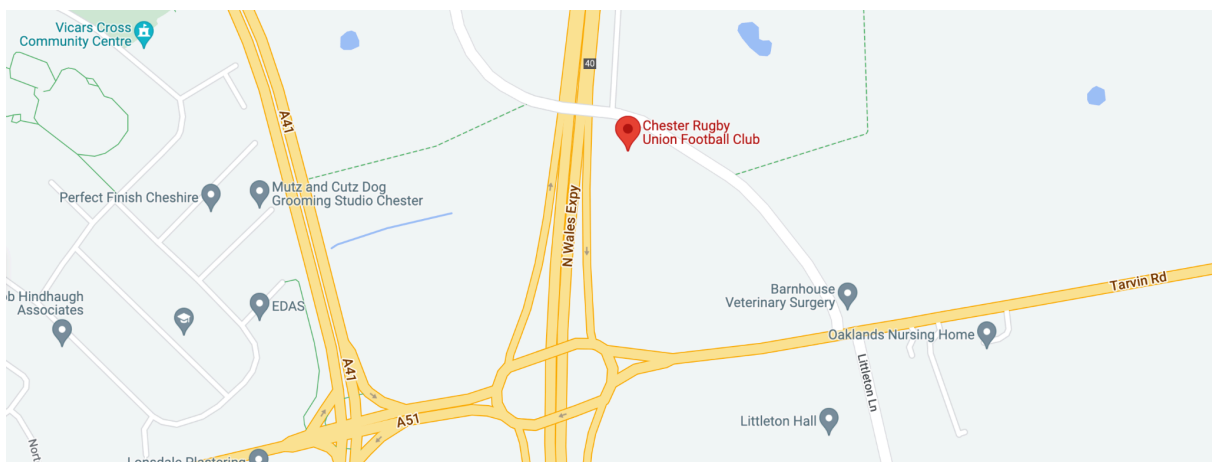
The event is designed by Iconic Cycling Events, the specialist cycling division of Breathing Space. The event will attract over 500 cyclists where riders will complete either short (30), medium (51) or long (87) mile routes from Chester Rugby Club

We are grateful to all those organisations which have sponsored, supported, and entered as teams or individuals.

### How do I get there?

Chester RUFC, Hare Lane Littleton, Hare Ln, Littleton, Chester CH3 7DB - [view on Google Maps](#)

Parking is available on site.



**By Car:** Parking is available for free at Chester Rugby Club

**By Train:** Chester Rugby Club is 2.2 miles and a c.13 minute cycle from Chester Station

## Timings - Sunday 4th August 2024

7:00am	Car park and check in opens.  Hot drinks and breakfast items available from the rugby club (vegetarian and vegan options are available).
7.30-8.30am	Long route (87 miles) riders depart.  <b><i>Groups of 15-20 will be briefed and depart. Groups will depart at 3-5 minute intervals.</i></b>
8.30-9.30am	Medium route (51 miles) riders depart
9.30-10.30am	Short route (30 miles) riders depart
11.30am	Riders will start to return to the rugby club
12:00pm	Returning riders receive post-ride hot food - a jacket potato with a choice of filling.  The rugby club bar opens selling a wide range of beers, ales and other beverages.

## Routes

View the routes on [Strava](#), [Ride With GPS](#), or download the [GPX file](#).

**SHORT ROUTE:** [click for Strava](#) | [click for RWGPS](#) | [GPX file](#)

**MEDIUM ROUTE:** [click for Strava](#) | [click for RWGPS](#) | [GPX file](#)

**LONG ROUTE:** [click for Strava](#) | [click for RWGPS](#) | [GPX file](#)

The support team will be marking the routes up to and on Saturday 3rd August and adjustments to a route may be required. The Ride Director will advise of any changes to routes at the rider briefing immediately before you set off.

## Emergency Details

***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.

Check-in will open at 07:00 on Sunday 4th August.

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 email confirmation as proof of entry.***

## Facilities at Check-In

Teas, coffees and food will be available to purchase on Sunday morning.

There are toilet facilities at the start/finish and at the feed stations. Period products will be available in all female toilets and from female members of Iconic Cycling Events Staff/volunteers.

There are changing facilities at the start and finish and a bag drop at the start.

Please get in touch if there are any other facilities or assistance that you would find useful and would aid your participation and enjoyment of Bike Chester.

## Women only start pods

At the start, riders set off in pods of about 20 after a briefing. There will be a women only pod for each of the ride distances for anyone who would prefer this. The pods will set off at the following times.

Long Route – 07:45 am

Medium Route – 08:45 am

Short Route – 09:45 am

Please email Natalie Creswick at [nc@iconiccyclingevents.co.uk](mailto:nc@iconiccyclingevents.co.uk) before 6pm on Saturday 3rd August if you would like to join a female only start pod.

## Rider Safety and Etiquette

Please remember that Bike Chester 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.**

## Toilets

There are toilet facilities at Chester Rugby Club, as well as at the feed stop at Wrenbury Village Hall.

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 if you are riding with an Under-16 or riding as a 16/17 year-old without a parent or guardian who is aged over 18.

## 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. An example of each of these signs is below.



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

**87 mile route.** Riders have two opportunities to stop at Wrenbury Village Hall (32 miles and 68 miles).

**51 mile route.** There is one feed stop: Wrenbury Village Hall at 32 miles

**30 mile route.** There are no stops on the short route.

The feed stop will be stocked with a range of healthy and 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.

## 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.

## What kit do I need?

- A roadworthy bike
- A helmet

There is mechanical support on the rides, but we recommend that everyone is self-sufficient and carries:

- Tyre levers
- Mini-pump
- 2 Spare inner tubes
- Multi-tool
- Puncture repair kit

The feed stop will be stocked with a range of sweet and savoury high energy food products, as well as water, but we also recommend carrying:

- Full water bottle(s)
- Snacks

## What clothing do I need?

You can cycle in anything you feel comfortable in, but we recommend:

- A waterproof jacket
- A pair of padded cycling shorts. This will make the riding much more comfortable. You can wear baggy shorts, leggings or trousers over the top if you don't want to just wear lycra.

## Cut off times

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 dedicated vehicle 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.

Route	Length	Start Slot	Time available	Min. av. speed required	Min. av speed required including a 60 min break
Long	87 miles	07:30 - 08:30	8 hours – based on an 8:00 am start	10.9 miles per hour	12.4 miles per hour
Medium	51 miles	08:30 - 09:30	7 hours – based on a 9:00 am start	7.3 miles per hour	8.5 miles per hour
Short	30 miles	09:30 - 10:30	6 hours – based on a 10:00am start	5 miles per hour	6 miles per hour

## Medals:

All riders will receive a finisher's medal.

## Post Event Food and Drink:

Riders will receive a complimentary post-ride meal at the Rugby Club and drinks will be available to purchase from the Rugby Club Bar. Cash or card payments accepted.

## 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. - 07528 055110**). 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 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. 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.**

### **Clear Away:**

Very occasionally, for a range of reasons, riders are delayed in returning to the event village (starting late, long lunch, getting lost, mechanical problems). Whilst we want to ensure all riders have a memorable and enjoyable day, we will start to dismantle the event village from 4pm and riders should be aware of this.

## Bike Chester partners:

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

### Event hosts:



### Event sponsors:

**RSK**

**ANWYL**  
*thoughtful homes*

**THE BIKE** FACTORY

**The Wyldewoods**

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