

THE CANTERBURY BIKE RIDE

SUNDAY 21ST JULY 2024

Canterbury Rugby Football Club

On-the-Day Event Details

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

About the event

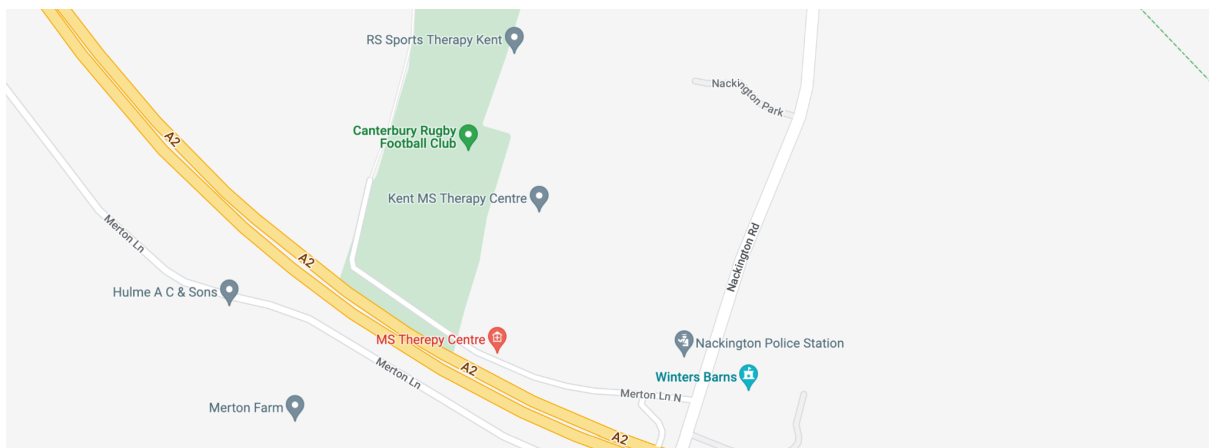
Thank you for signing up for the seventh Canterbury Bike Ride.

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 21, 55 or 76 mile routes (any changes while signing up may lead to minor distance variations).

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

How do I get there?

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



By Car: Parking is available for free at The Canterbury Rugby Club

By Train: Canterbury Rugby Club is a c.10 minute cycle from Canterbury East Station and a c. 15 minute cycle from Canterbury West Station.

To drive or take a taxi from Canterbury East Station is c. 9 minutes and from Canterbury West c. 12 minutes.

Timings

6.30 am	Car park opens.
7.00 am	Hot drinks and food available from the rugby club.
7.15 am	Check in opens for the long route (76 miles)
7.30 am-8.30am	Long route (76 miles) riders will be directed to the start <i>Groups of 15-20 will be briefed and depart. Groups will depart at 3-5 minute intervals.</i>
8.15 am	Check in opens for the medium route (55 miles)
8.30-9.30am	Medium route (56 miles) riders will be directed to the start.
9.15 am	Check in opens for the short route (21 miles).
9.30-10.15am	Short route (21 miles) riders will be directed to the start
11.30am:	Riders will start to return to the Rugby Club.
12 noon:	The bar opens. Relax at the Rugby Club with some post-ride hot food and a complimentary pint of beer from Shepherd Neame.
4.00pm:	Close and depart.

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 Friday 19th 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.

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 07:15 on Sunday 21st 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 email confirmation as proof of entry.

Facilities at Check-In

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 The Canterbury Bike Ride.

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 before 6pm on Saturday 20th July if you would like to join a female only start pod.

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.

Toilets

There are toilet facilities at Canterbury Rugby Club, as well as the feed stops: Wye Hub and Betteshanger Park. 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 alone as a 16-18 year-old.

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.



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

76 mile route. There are two stops on the long route. The Wye Hub (20) and Betteshanger Park (59)

55 mile route. There is one stop on the medium route at The Wye Hub (38).

21 mile route. There are no stops on the short 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.hubwye.com



www.betteshanger-park.co.uk

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

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	76 miles	07:30 - 08:30	8 hours – based on an 8:00 am start	9.5 miles per hour	11 miles per hour
Medium	55 miles	08:30 - 09:30	7 hours – based on a 9:00 am start	8 miles per hour	9.2 miles per hour
Short	21 miles	09:30 - 10:30	6 hours – based on a 10:00 am start	3.5 miles per hour	4.2 miles per hour

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. - 07528055110**). 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.**

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 villages from 4pm and riders should be aware of this.

Charities:

Our charity partners are - [Canterbury Hellfire Wheelchair Rugby](#) and [Kent MS Therapy Centre](#). You can help support either charity by adding a donation to your booking at the basket or by fundraising through a JustGiving page.

Canterbury Bike Ride partners:

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

