

# Le Tour de Farcycles

## Pre-ride Briefing 2021

Dear FarCyclist,

We hope you are looking forward to **Le Tour de Farcycles** this coming Saturday 17<sup>th</sup> July ; surely the *grooviest* Sportive on the Calendar!

We will still be adhering to covid guidelines, but the weather forecast for the weekend looks excellent. This means that registration and feed stations can all be outside. It would still be sensible for you to have a mask with you, just in case you need to pop inside for anything. And it goes without saying; if you're showing any covid symptoms, then please stay at home and isolate. A full refund ( or deferment to 2022 if you prefer) will be given.

In place of the previously stated "mass start times" for each distance, we will instead be setting off in pods of maximum 30 people – five minutes apart. You will be allocated your pod at registration on a first-come/ first-serve basis.

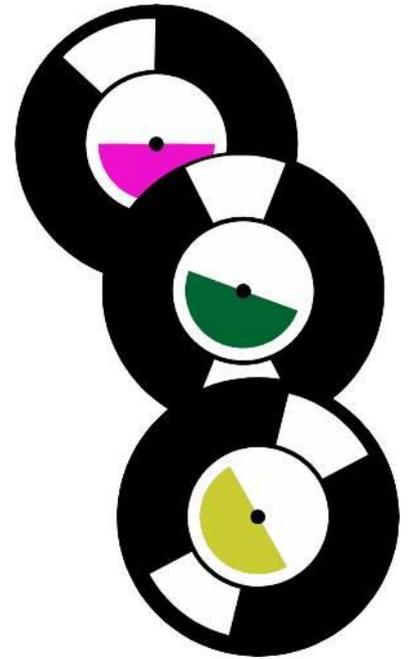
Here are a few guidelines to help you *smash those records* and get the most out of your day.

### Arrival

You will need to register at the TdF HQ on arrival.

The HQ address is: Blessed Hugh RC Church Hall, Portway, Faringdon, **SN7 7JE**.

If you're not familiar with the centre of Faringdon, then it is slightly tucked away. Entry is by the access road to the side of Southampton Street car park, as shown below:



## Parking

Parking in the centre of town is limited. We recommend that you ride to the event if possible. If you do have to drive, consider lift sharing with other participants. You will see on google maps that there *are* two car parks in the centre of town, but you're much better off parking for free up at Faringdon Community College on the Fernham Rd (postcode : **SN7 7LB** ) and then cycling down to HQ (approx. one mile).

There will be LE TOUR signs guiding you all the way.

Please do not street-park in the vicinity of the HQ as this may inconvenience local residents.

## Registration

Numbers will be issued on the day. Just come to the registration desk when you arrive to sign in and be issued with your number. You will be allocated your starting "pod" at the same time.

The registration times and start times for each route are as follows:

Ride	Registration time	Start time
<b>78RPM Vinyl Countdown (80miles)</b>	07:00 – 07:50	08:00 - leaving in pods of 30 at 5-minute intervals
<b>45RPM Hit Single (50miles)</b>	08:20 – 09:20	09:30 - leaving in pods of 30 at 5-minute intervals
<b>33.3RPM Long Play (30miles)</b>	09:20 – 10:20	10:30 - leaving in pods of 30 at 5-minute intervals

Riders on each route will leave in pods of 30. Please move out of the CAR PARK five minutes before your start time AND INTO THE PORTWAY for the pre-ride safety briefing. All riders in that pod will then roll out together until we are outside the town.

Please arrive in good time to help us (and you) avoid a last minute rush. If you are late we will start you individually as soon as we can. If you are very late we may have to ask you to switch to a shorter route.

If you have road cycling shoes with external cleats, please stay on the carpet in the hall, to avoid marking the wooden floor.

## Helmets

It is a condition of our event insurance that riders wear helmets and you will not be able to start without one. If you do happen to forget yours, please see us at the registration desk as we will have a few spares and may be able to lend you one.



## Toilets

There are toilets both at HQ in Faringdon and at the feed station in Quenington.

## Younger riders

We welcome younger riders to our event. For safety and to ensure that all riders complete the course in a reasonable time there are some age limits that apply to each ride.

- **The 78RPM Vinyl Countdown** is only open to riders aged 18 and over
- **The 45RPM Hit Single** is open to riders aged 16 and over
- **The 33.3RPM Long Play** is open to riders aged 12 and over

In addition, there are a couple of formalities that we ask you to observe to ensure the safety of younger riders.

- All riders under the age of 18 must provide a completed parental consent form (available at [www.tdfconsentform.farcycles.org.uk](http://www.tdfconsentform.farcycles.org.uk)).
- All riders under the age of 16 must be accompanied by an adult during the ride.

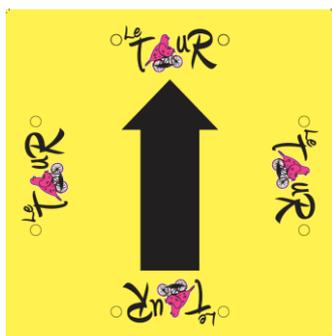
## **Le Tour De Farcycles Raises Money for Local Sustainable Transport Projects**

Farcycles is a cycling group with a difference. **All event proceeds go to building sustainable, healthy and inclusive transport facilities in our region.** By entering our sportive you'll be helping to support our projects, which last year included:

- Building a cycle training park
- Training more than 200 children, young people and adults to ride
- Commissioning infrastructure projects such as cycle repair stations
- Developing safer cycle routes (with town & district councils) in Faringdon

## Event signs

The route is fully signposted. GPX files are available on <http://letour.farcycles.org.uk> if you wish to download these as backup. A GPS device is not essential however, as you will be able to complete the course by simply following the signs. Example signs will be shown at the pre-ride safety briefing and are also shown below.



## Quenington Feed Station

Quenington Village Hall serves as the central feed station for all three rides. The Vinyl Countdown (a figure-of-eight) hits Quenington twice. There are also toilets at Quenington.

<b>78RPM Vinyl Countdown (80miles)</b>	<b>TWO STOPS</b>	<b>At 26 and 57 miles</b>
<b>45RPM Hit Single (50miles)</b>	<b>ONE STOP</b>	<b>At 26 miles</b>
<b>33.3RPM Long Play (30miles)</b>	<b>ONE STOP</b>	<b>At 18 miles</b>

You can of course choose to keep cycling rather than stop for the delicious refreshments, and the 78rpm sign at 24 miles gives you two options:



First aid kits and track pumps will be available at Quenington.

We aim, as far as possible, to avoid disposable plastics. For this reason, we won't be using plastic cups at the feed stations, so please bring a water bottle on your bike to drink from at the feed station.

## Marshalls

Marshalls are stationed at key points along the route. They are there to warn you of potential hazards. They are not authorised to stop traffic. Remember that the person ultimately responsible for your safety is you.

## Rider etiquette

Help us run a safe and enjoyable event by following these guidelines:

- This is a non-competitive event and is not a race. Please ride accordingly and obey the Highway Code.
- Show consideration to your fellow riders.
  - Communicate with those around you.
  - Avoid close passes when overtaking slower riders. Be aware that other riders may not be as confident on a bike as you.
  - Try to avoid sudden manoeuvres and abrupt braking (except in emergencies).
- On narrow roads, split into smaller groups and ride single-file to allow cars to pass.
- Do not drop litter, especially wrappers from gels and energy bars or banana skins.

- Please pay particular attention to potholes and flag them to riders behind you.  
(Unfortunately some of our local roads can be particularly bad in this respect.)

## In Case of Emergency

In the event of a serious accident dial 999 or 112 immediately and request help from the emergency services, following any instructions you are given. When you have finished speaking to the emergency services, call the LE TOUR PHONE below to let us know what has happened.

LE TOUR PHONE: **07465-223800** (why not plug this into your phone now?)

If you are unable to complete the course or have a mechanical problem which you cannot fix, or there are other minor incidents that you need help with, please let us know by contacting the LE TOUR PHONE.

We do expect you to be able to fix punctures yourself. If you are not confident about this, try to arrange to ride with a friend who can help you. We will have a selection of inner tubes, water bottles, etc. available to buy at Quenington if you do find you've forgotten something.

There will also be mechanical assistance available at Quenington. And If you have any last minute questions, please call the LE TOUR PHONE .

## Faringdon Follyfest

Faringdon's Pink Pigeon isn't just a cyclist – but also loves Music, and Arts, and Entertainment! Yes - **Le Tour De Farcycles** really is the **grooviest** event on the Sportive calendar!

**Le Tour De Farcycles** normally takes place bang in the middle of Faringdon's Annual Music & Art Festival: **FOLLYFEST**. See [www.faringdonfollyfest.co.uk](http://www.faringdonfollyfest.co.uk) .

The Feast of Festivities not only takes over the Market Place, but also many different venues close to the Town Centre.

Unfortunately – THIS year FOLLYFEST has had to be cancelled. But – that doesn't stop us looking forward to FOLLYFEST 2022 !

## And just to finish...

We all know that cyclists need feeding well and we pride ourselves on offering delicious home-made food both at the Quenington feed station and when you finish. Lunch for all riders will be provided afterwards at the HQ to refuel those tired legs, providing an opportunity to relax and mingle with your fellow cyclists. All finishers will also receive a medal and Le Tour Tee-shirt. We would like to thank Bewley Homes and their "Bewley Backs Bikes" campaign for sponsoring the teeshirts!



*"Bewley Backs Bikes"*



Finally, we really look forward to seeing you on the day and hope you all enjoy a very special day of cycling in the beautiful Cotswold countryside.

The Farcycles - [farcycles.org.uk](http://farcycles.org.uk) - [cycle@farcycles.org.uk](mailto:cycle@farcycles.org.uk)