

Le Tour de FarCycles

Pre-ride Briefing 2020

Dear FarCyclist,

We hope you are looking forward to **Le Tour de FarCycles**; the *grooviest* Sportive on the Calendar!

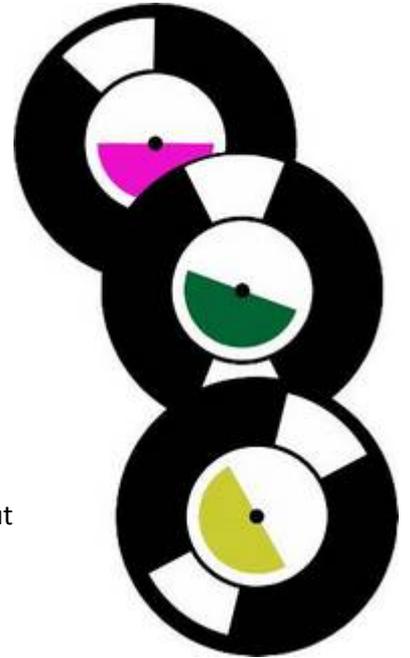
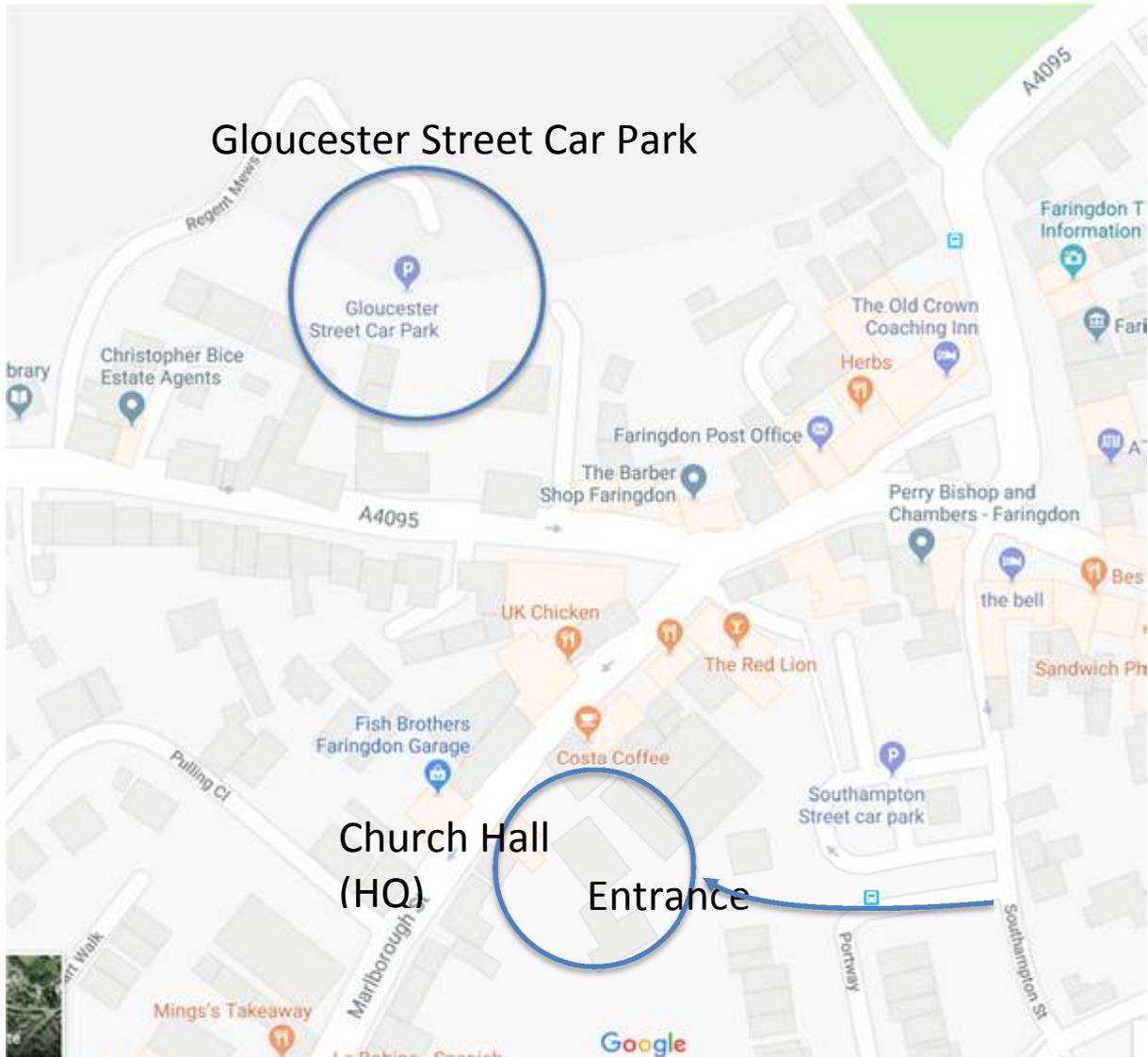
Here are a few guidelines to help you *smash those records* and get the most out of your day.

Arrival

You will need to register at the HQ on arrival.

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

Entry is by the access road to the side of Southampton Street carpark, as shown below:





Parking is limited. We recommend you ride to the event if possible. If you have to drive, consider lift sharing with other participants and use the Gloucester Street Car Park (shown prev page), where you can park all day for £2.80. It is a 2 minute walk or one minute cycle ride from there to the HQ.

If you choose to park in Southampton Street Car Park (next to the HQ) please note that the maximum stay is limited to 3 hours.

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 registration desk when you arrive to sign in and be issued with your number.

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

Ride	Registration time	Start time
78RPM Vinyl Countdown (80miles)	07:20 – 07:50	08:00
45RPM Hit Single (50miles)	08:40 – 09:20	09:30
33.3RPM Long Play (30miles)	09:40 – 10:20	10:30

Riders on each route will start together at the end of the registration period. We will assemble in the courtyard outside the HQ 10 minutes before the start time for the pre-ride safety briefing. All riders 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.

Pre-ride safety briefing

There will be a safety briefing for all riders before the start. This is mandatory and will include any information on conditions and potential hazards on the day.

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.

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).
- 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:

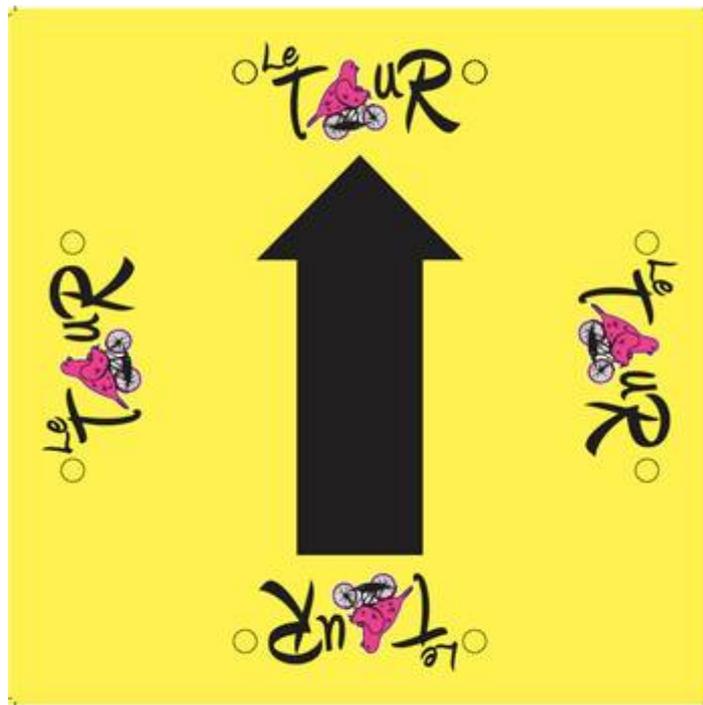
- Building a cycle training park
- Training more than 200 children, young people and adults to ride
- Commissioning infrastructure projects such as cycle repair stations
- Developing safer cycle routes (with town & district councils) in Faringdon

Event signs

The route is fully signposted. GPX files are available on our website as a back-up.

<https://farcycles.weebly.com/info-for-riders.html>

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.



Faringdon Follyfest

Faringdon's Pink Pigeon isn't just a cyclist – but also loves Music, and Arts, and Entertainment!

Le Tour De Farcycles takes place bang in the middle of Faringdon's Annual Music & Art Festival: **FOLLYFEST**.

See 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.

When you come to Faringdon, why not make a full day of it – and perhaps even stretch your visit into the evening? Why not bring family and friends?

Yes - **Le Tour De Farcycles** really is the **grooviest** event on the Sportive calendar!



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.

78RPM Vinyl Countdown (80miles)	TWO STOPS	At 24 and 55 miles
45RPM Hit Single (50miles)	ONE STOP	At 24 miles
33.3RPM Long Play (30miles)	ONE STOP	At 18 miles

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 some 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.)

You can find some helpful additional information on safe riding on the British Cycling website:

<https://www.britishcycling.org.uk/knowledge/skills/article/izn20151117-Sportives--Ridesmart--How-to--guide-to-sportive-etiquette---Ridesmart-0>

<https://www.britishcycling.org.uk/knowledge/skills/sportives-ridesmart/article/izn20151117-Sportives--Ridesmart--Related-How-to-ride-in-a-group---Ridesmart-0>

<https://www.britishcycling.org.uk/knowledge/article/izn20150106-Horses-on-the-road-0>

Event procedures

If you are unable to complete the course or have a mechanical problem which you cannot fix, please let us know by contacting one of these numbers.

Mike (at HQ in Faringdon) : 07465 223800

Kevin (at Quenington) : 07815 052993

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.

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 one of the numbers above to let us know what has happened.

For minor incidents, please call one of the numbers above.

If you have any last minute questions, please call Anne on 07585 506880 .

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.

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

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