

Pock Pedal

RIDER MANUAL 2012

This manual contains all the information you need for the Pock Pedal. Please take a few moments to read it, its intended to aid your enjoyment of the day.

Please note that we have moved the first feed station which has added 3 miles to the Mega & Midi distances, all routes will be fully marked on the day.



EVENT START

Located at Woldgate College, Pocklington, we have use of the main hall for pre ride, sign on, number & transponder pick up post ride refreshments will also be available here.

- Ample car parking facilities
- Toilets
- Hot showers
- Food & Drink available post ride

On arrival, please drive with caution within the college car park, follow the instructions from car park stewards.

SIGN ON

Once safely parked, make your way to the main hall, following the event signage.

There will be PRE ENTERED sign on sheets for each distance.

On the **sign on sheet** find your name, they are list alphabetically by surname **sign on**, and check that we have your emergency contact details.

Then collect your **bike number** and **cable ties**, this should be fixed to either your handlebars or cables, it must be visible from the front.



Timing, the event is timed electronically using transponders fitted via a bracket **through the quick release front wheel axle**, the transponder is your responsibility during the event please look after it. At the start and finish you **must travel over the mat** to activate it. PLEASE RETURN your transponder at the end of your ride, otherwise you will be liable to the cost of a replacement at £20.00

Food, there will be a FREE energy bar and sweets for all riders available at the sign on.

YOU ARE NOW READY TO GO.....see your start times on page 3.

HQ Start and Finish:

Woldgate College, Pocklington, York, East Riding of Yorkshire, YO42 2LL

08:00 Event HQ opens, Register, get your bike number, transponder, and energy bar

08:25 **Rider briefings** begin at start line, look out for red flags

08:30 – 09:00 Mega and Midi Riders start

08:30 – 8:45 Mega Riders start (approx 40 riders every 5 minutes)

09:00 – 9:15 Midi Riders start (approx 40 riders every 5 minutes)

09:30 Mini Ride departs

10:00 Broom wagen van leaves HQ follow the last rider on the road

17:30 Last rider finishes

18:00 HQ closes (please be back before we close)

All riders must start and finish from the start/finish line – failure to do so will mean that you are not legally part of the event and your time will not be recorded. If we don't know you have started we won't know when you are missing!

Mega

Distances: 85 miles

Altitude range 751 feet (Altitude from 33 feet to 784 feet)

Total climb 5,407 feet

Feeds stations: 2 (1 @ 37 miles & 1 @ 67 miles)

Midi

Distances: 55 miles (58 miles)

Altitude range (Altitude from 79 feet to 758 feet)

Total climbing 3,717 feet

Feeds stations: 1 @ 37 miles

Mini

Distances: 25 miles

There are no feed stations for the mini ride

As soon as you are ready please make your way to the start, which is directly in front of the Woldgate College Entrance.

Rider briefings will take place at the start line. Riders will be released in groups of approximately 40 riders every 5 minutes.

ROUTE SIGNAGE:

Both **Mega & Midi** route is signed with:
Black arrows on orange boards **UNTIL THE ROUTES SPLIT**



After split **Midi** route is signed with:
Black arrows on yellow boards

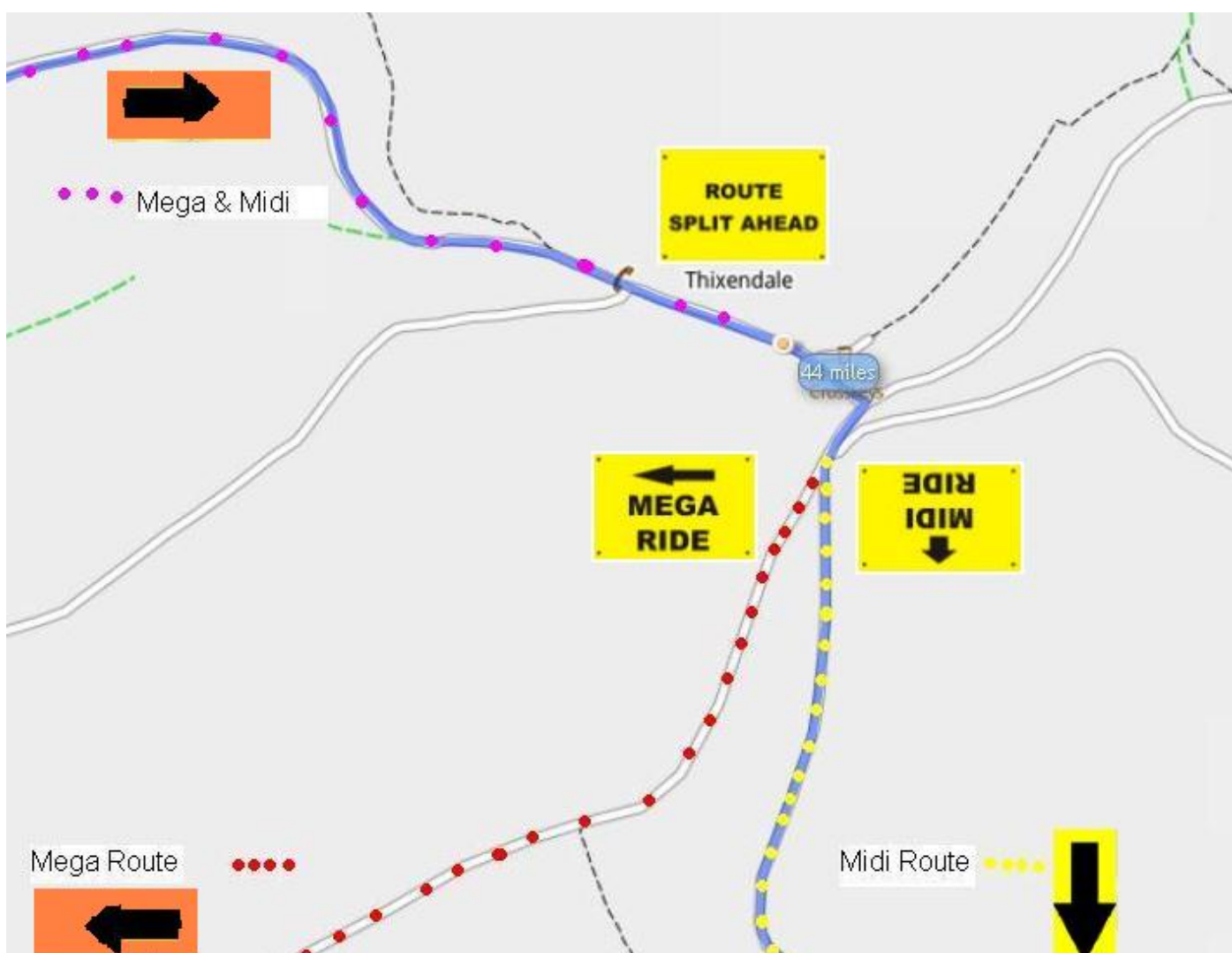


Mini route is signed with:
Black arrows on yellow boards



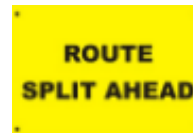
NOTE – Every precaution has been taken to ensure the course is clearly signed and is easy to follow, however please ensure you know the route. If your following someone make sure they know the way. Sometime arrows are remove, lost or stolen!

Mega & Midi route splits



Both Mega & Midi rides follow the same route for the **first 47 miles** the split occurs at the 'T' Junction through Thixendale.

As you approach the split you will see 'ROUTE SPLIT AHEAD'



Once at the split the routes are marked with these signs.



Just after the Split you will see confirmation of the ride you are on.

Feed Station markers (Please initial the sheet on the way in)

If you have entered on the day you will need to write your name & bike number on



Mega: 85 miles

Scagglethorpe (was Settringham) (mile 36) Village Hall, Scagglethorpe Village Hall, Scagglethorpe, Malton

Stamford Bridge (mile 67) Village Hall, Low Catton Road, Stamford Bridge, York, YO41 1DY

Midi: 55 miles

Scagglethorpe (was Settringham) (mile 36) Village Hall, Scagglethorpe Village Hall, Scagglethorpe, Malton

Midi Riders please take care at the cross roads crossing the A166

Mini: 25 miles There are no feed stations for the mini ride. But you will find places to stop at, Bishop Wilton, Stamford Bridge and Low Catton.

All feed stations will be well stocked but we cannot emphasise strongly enough that all riders should bring the essentials with them. Bring water bottles, energy bars and gels or equivalent. You will have a long day in the saddle and the feed stations may seem further than you think.

Riders should obey the Highway Code at all times. Please be aware of your fellow cyclists and let those who are faster overtake - likewise, respect the slower riders. Please extend reasonable courtesy to all other road users, riding in single file when appropriate and no more than two abreast at other times.

Participants should **not** listen to headphones or use mobile phones whilst cycling

In the absence of any warning signs, it is the individual riders responsibility to be aware of road conditions and hazards at all times.

Care and due attention should be taken on all descents. This is rural England at its best so please be aware of heavy farm vehicles and any livestock on roads.

Top Tips...

Riding a sportive isn't just about getting on and pedalling. You can make life a whole lot easier if you employ some tactics. Just as pro road riders make an art form of conserving and metering out their energies throughout a stage, you should aim to do the same when approaching a sportive or indeed any long ride.

Having the feed stations is great for back up but it's well worth tucking some food and a **gel into your pockets** should you get a bit peckish. Likewise with tools - most feed stations will have a pump and a supply of tubes so you'll still need to carry the usual spares.

Don't come out of the blocks too hard: It's difficult not to go hard and fast at the start of the ride.

You're excited about the ride ahead and if you've started the ride in a big group, you're probably getting swept along by adrenalin! However, you'll pay the price later in the ride as the lactic acid accumulates in your legs.

Mix it up and stay flexible: Many riders find that stiffness and soreness in the back, neck, wrists and backside puts paid to their efforts long before muscle fatigue. Consciously varying your position, alternating between the tops, hoods and drops can really help to stave-off aches and pains and allow yourself to ride to your full potential. **Getting out of the saddle regularly** also helps to loosen up the back and alleviates soreness and numbness. **Relax** on the bike and you'll find yourself going faster for less effort.

Eat and drink little and often: **Eat** lots of quality carbs and **drink** plenty of water or energy drink whether you feel hungry or not. **Little and often is best**, so stuff you can eat on the move. If you do make a lengthy stop at the pub or at a feed-station, go easy for the first few miles afterwards, your body will be thinking "phew, it's all over!!" and will need some persuasion to continue.

Don't forget to enjoy yourself: Look up and enjoy the National Park it's a fantastic place to ride your bike.

MECHANICAL INFORMATION:

Please ensure that your bike is in good working order pre-event and that your choice of bike is one that is both efficient and comfortable. You will need to maintain an average speed of 12mph. Please carry the essentials with you (spare inner tubes/pump/puncture repair kit). This will help towards a great ride.

MEDICAL:

For cuts and grazes we will have basic first aid kits located at feed stations. For any exhausted or injured riders there will be a broom wagon that will be operating on the route; collecting riders and bikes, if you can make it to the nearest Feed station do, otherwise we will pick you up, do not leave to route without telling someone we won't be able to find you.

Please note that any rider requiring emergency medical support should call 999 as a first response.

WHATS IN YOUR POCKETS: Some ideas of what to carry



Fuel

2 x water bottles, top them up at feed stations, you should be drinking 500ml per hour more if is warm.

Good snacks include:

Nutri Grain, one ever 45-60mins, replenish at feed stations.

Malt loaf, a few slices wrapped in foil

Banana, eat in the early stage before it turn to mush!!!!

Energy gels

EAT and DRINK LITTLE & OFTEN BEFORE YOU GET HUNGRY



Kit

- Waterproof
- Spare tube & Levers
- Pump
- Patches
- Phone with useful numbers in

Organiser – 0794 030 2065

PLEASE MAKE SURE YOU KNOW YOUR WHEREABOUTS BEFORE CALLING

Please note mobile coverage is patchy but there is a signal at both feed stations



CUT OFF TIME:

HQ will close at 5.30

PULLING OUT DURING YOUR RIDE:

If you decide to pull out of the event, please inform one of the following:

- Feed station staff
- Event Organiser
- Timing staff
- Sign on staff
- Any riders around you

Remember to return your timing chip if you retire

HOT SHOWERS & CHANGING FACILITIES:

The Woldgate College has ample changing facilities and hot showers so remember to bring everything you need to enjoy a post ride shower.

FOOD & DRINK:

There will be food & drink available at the event HQ, please note this will be in the meeting rooms upstairs at the Woldgate College once again follow the arrows.

GOT AN iPhone or Android ?



[Why not try STRAVA is a FREE download](#)

Upload your activity data from your GPS unit (Garmin, iPhone or Android). Strava will automatically log and organize your data, giving you a complete overview of your training.

HAZARDS:

Due to the nature of the course you may encounter some all or all of the following

Animals we are out in the countryside, so expect the unexpected, so parts of the course have animals wandering around like they own the place, be **careful!!!**



Some sections of road may have a generous covering of **mud**, which at best will make you dirty at worst is slippery especially when wet/damp, take care...

Farm vehicles – watch out for slow moving machinery on the course, there are lots of working farms on all routes so be aware and be cautious.

FINISH LINE:

Your time will be recorded as you cross the finish line we will try to publish these during the day, however at full list will be published on our website the following day.

POST EVENT PHOTOS:

We have employed the services of Rick Robson www.cyclesportphotos.com who will be capturing your ride. Photos will be available post event a link will be posted at <http://www.cliftoncc.org/challen/pocklington-pedal-challenge> or visit Rick's site direct.

WEATHER & CLOTHING:

One thing that we cannot guarantee is the good old British weather. Please do keep up to date with the local weather news and dress appropriately. All routes are varied in terrain and riders will become uncomfortable if they do not bring enough of the right gear. By this we mean layers; arm/leg warmers, comfortable gloves and a good water proof.

View weather information HQ <http://www.bbc.co.uk/weather/ts12>

WITHDRAWALS & REFUNDS:

Pock Pedal will take place whatever the weather. We will only re-schedule, re-route or stop the event for reasons of safety. Entry fees are non-refundable however we are happy to transfer your entry to the 2013.

2013:

Next year Pock Pedal will be on Saturday 4th May 2013 more details will be posted at on our website from April 2012.

The Event is operated within British Cycling guidelines.

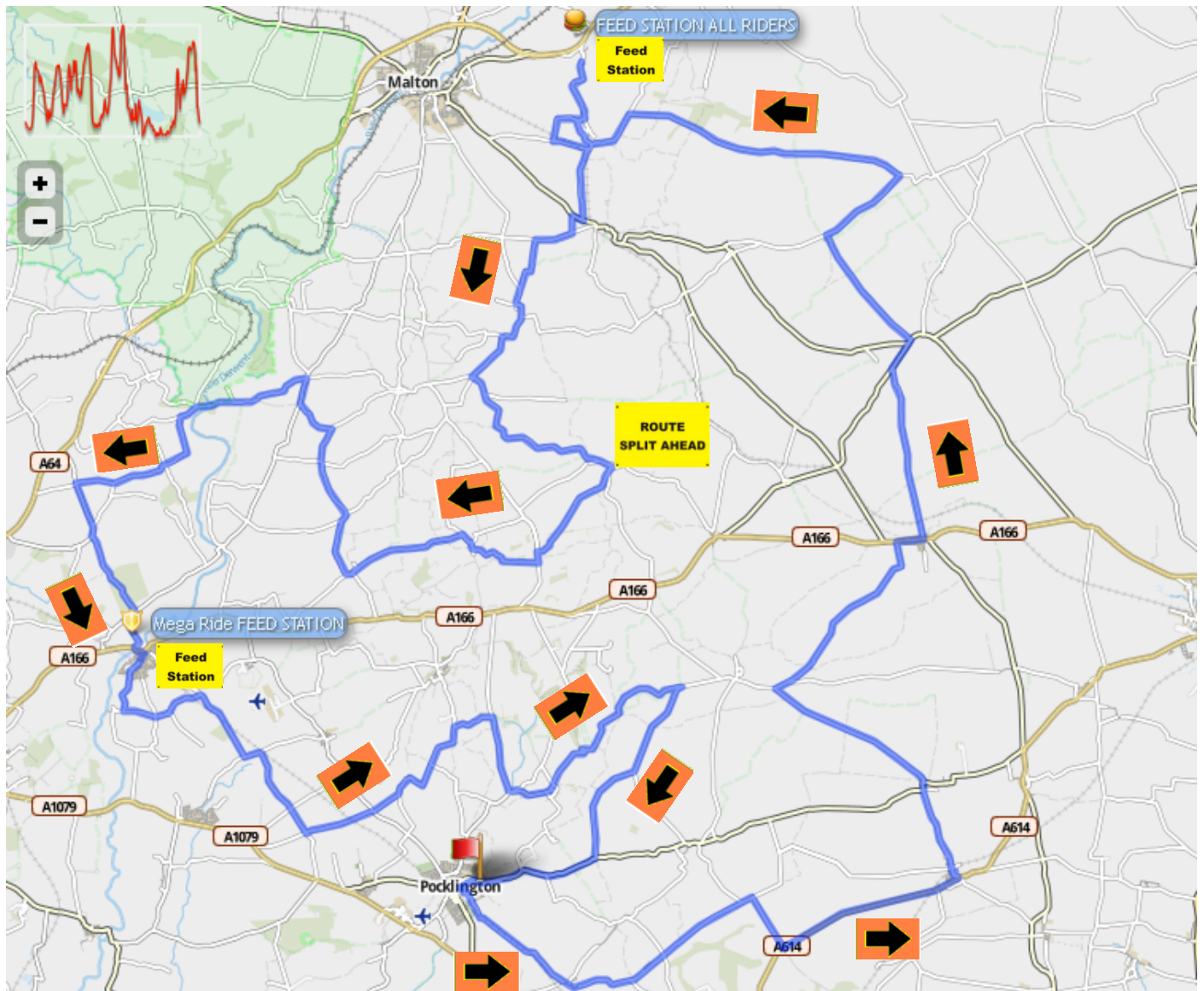
Why not Join British Cycling? If you are a regular rider then a British Cycling Ride membership, has loads of benefits, you can join online [HERE](#) please use code NEWCM

Ride Membership Benefits

For just £24 a year (that's just £2 a month) you will enjoy:

- Up to £10m [third party liability insurance](#)
- [Free legal support](#) and advice from our expert team
- [Save a minimum of 12% at the British Cycling Wiggle shop](#)
- [Save 40% on CNP Professional](#) cycling products and 25% on other CNP products
- [Save up to £23 a year on magazines](#) including Cycling Plus, Proccycling and Mountain Biking UK

Pock Pedal Mega Route – follow these



START

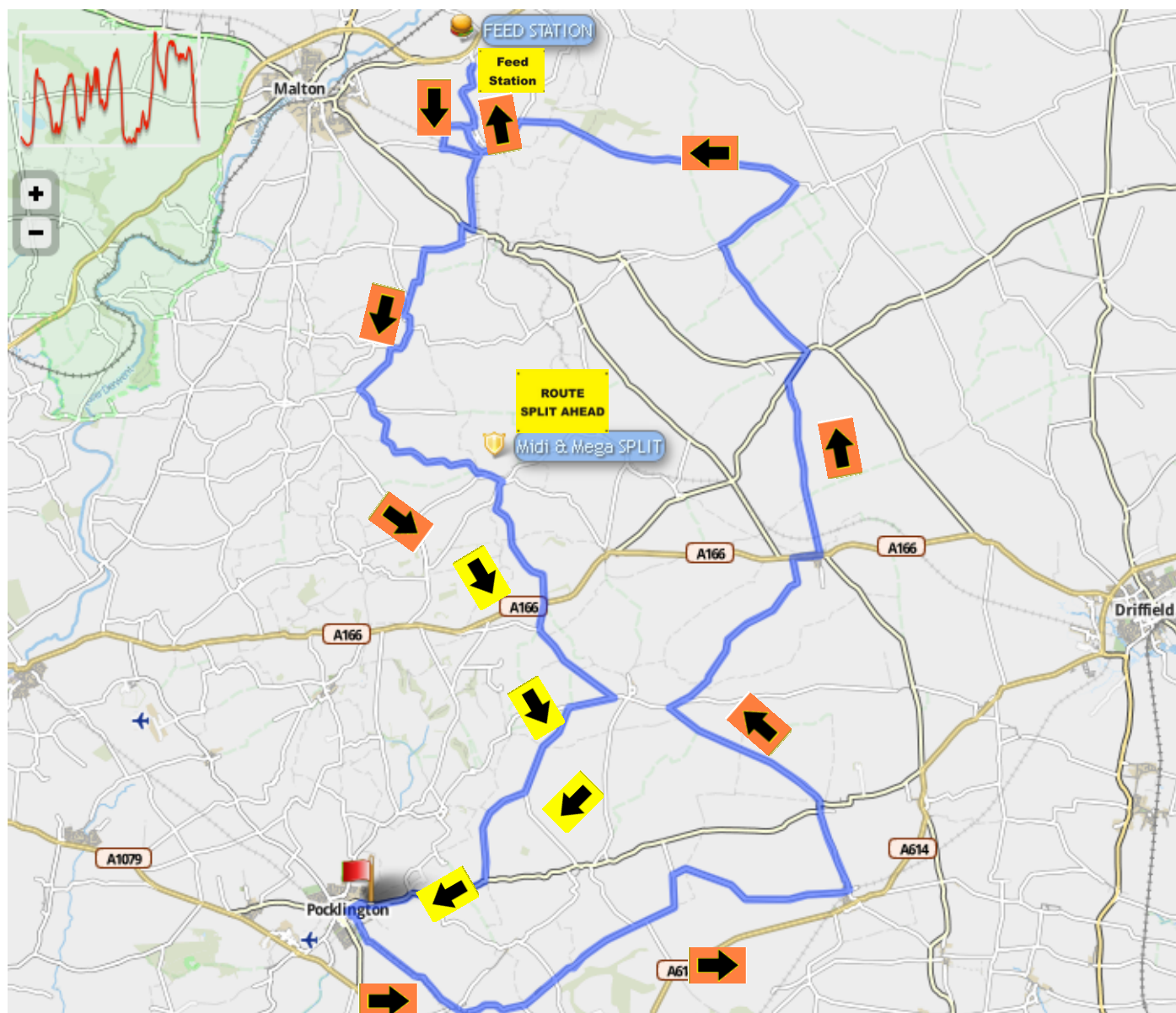
1. Pocklington Woldgate College
2. Burnby
3. Middleton on the Wolds
4. North Dalton
5. Towards Huggate - Bear right at T junction signpost Wetwang
6. Wetwang
7. Sledmere
8. Kirby Grindalythe
9. Settringham (Feed now at Scagglethorpe)
- 10. FEED Scagglethorpe (you must sign in) 36 m**
11. retrace to Settringham
12. Birdsall (you are halfway round)
13. Thixendale (cafe in village)-
- 14. Route Split RIGHT at T junction then follow Orange arrows**
15. Pass - Martin Fuller Gallery
16. Kirby Undersdale

17. Bugthorpe

18. Barthorpe
19. Leppington
20. Howsham
21. Bossall
22. Claxton
23. Sand Hutton
- 24. FEED Stamford Bridge (you must sign in)**
25. High Catton
26. Yapham
27. Givendale
28. Millington
29. Millington Pastures
30. Right at the top of climb
31. Continue on road taylor on main road until major T junction
32. at T junction turn right
33. Downhill to the finish

FINISH

Pock Pedal Midi Route – follow these  until split at 47 miles Thixendale then 



START

1. Pocklington Woldgate College
2. Burnby
3. Middleton on the Wolds
4. North Dalton
5. Towards Huggate - Bear right at T junction signpost Wetwang
6. Wetwang
7. Sledmere
8. Kirby Grindalythe
9. Settringham (Feed now at Scagglethorpe)
10. **FEED Scagglethorpe (you must sign in) 36 m**

11. retrace to Settringham

12. Birdsaill

13. Thixendale (cafe in village)-

14. **Route Split RIGHT at T junction then follow Yellow arrows**

15. Head up hill and cross **A166 CAUTION**

16. Toward Huggate (Pub in village) turn right at T junction

17. Left at Fork

18. Right at major T junction

19. Continue Downhill to

FINISH