

Thanks again for entering the 13th Heart of England Bike Ride.

In order to ensure your enjoyment and safety on the day, please take time to familiarise yourself with this email check list

This week:

- Please pass this email on to anyone else entered from your email
- It's time for the final push to make your Ride worthwhile. Be sure to ask all your colleagues, friends & relatives to make a [donation/sponsor](#) your efforts for our worthy charities - Breast Cancer Haven in Solihull, Headway (Birmingham & Solihull) & local Lions causes.
- Don't leave it until Sunday check over your bike today
- Download & check your route –
 - 12mile <https://ridewithgps.com/routes/26924639>
 - 18mile <https://ridewithgps.com/routes/26924666>
 - 50mile <https://ridewithgps.com/routes/27661847>
 - or download map from our website
- Check out the [Highway code pp22-28](#) – always worth a refresher

Before you leave home:

- Bring your cycle helmet and wear it
- The weather forecast is 25C so be sure to use sunscreen and bring it with you
- Fill you water bottles and pack them
- Make a final decision on which route you are going to ride. Change between the 12 & 18 mile route we don't mind, or you can even change down from the 50 mile but you need to let us need to know. Wish you had entered for 50 miles, please ask if any places left and arrive before 8:45
- Please remember parking places will be limited and so if you elected not to drive to Packwood, or even if you did & fancy extending your day, set off early – other riders from further away will appreciate it
- Note the strict timetable:
 - Adult only entrants for the 50 mile ride must set off between 8:00 & 8:45
 - All ages may enter the 12 & 18 mile rides and set off between 9:00 & 11:30
 - All riders must return to Packwood House by 15:00

Registration at Packwood House:

- Please bring your e-receipt as that contains your registration number. You will be given your plastic rider number and 2 cable ties to enable you to tie it to your handlebars.

- The Red Kite Mechanic will be on hand at Packwood House, but all riders should carry a tool kit & tube, as they don't offer a breakdown service.
- FastAid will be on hand providing medical support
- Toilets are available courtesy of the National Trust

Late entry on the day

- If you know anyone who may be interested in joining you on the day there are a limited number of places still available. Please forward this email to them. They should download and complete the Registration Form from www.knowleanddorridgelions.com/bikeride. They should queue at the separate late entry desk

On your ride

- The routes split in Lowsonford. For the 12 mile take a left at the foot of the steep hill, for the 18 continue straight on over the canal bridge, and for the 50 mile turn right before the canal bridge and follow smaller arrows until the routes join up again for the last 9 miles
- The Red Kite Mechanic will be on hand at Packwood House, but all riders should carry a tool kit & tube, as they don't offer a breakdown service.
- Please be vigilant to avoid pot holes
- Follow the [Highway code pp22-28](#)
- Wear a helmet & hi-vis top
- If you need an ambulance don't hesitate to call 999 & call our Emergency contact no. 07790 013 029 to let us know
- If you withdraw for any reason please call us 07790 013 029. There will be a 'broom' van on the 50 mile route, call us if you need it

Refreshment stops:

Help yourself to whatever we have available: Vifit drink & bar, and water

- 50 mile ride at Great Alne Memorial Hall and New Inn Norton Lindsey,
- 12 mile ride at Rowington Community Hall
- 18 mile near the Durham Ox (almost rebuilt)

After your ride:

When you get back to Packwood House

- Be sure to check back in
- Collect a Certificate of Achievement

- Be sure to enjoy a Lyons butchers quality Beef Burger or Hot Dog - all profits to our Bike Ride charities
- Pick up a free entry voucher for Packwood House & Gardens

When you get home:

- Do you have any memorable photos to share?
- We would love to hear your feedback – please [email](#) us
- We would welcome some volunteers to help us organise next Summer's ride. Get in touch now

We hope you have an epic ride and a great day - see you very soon!

Regards

Knowle & Dorridge Lions