

Knowle and Dorridge Lions

Heart of England Bike Ride Sunday 14th July 2019

Start and Finish Packwood National Trust House, Solihull B94 6AT

Thank you for entering the 14th Heart of England Bike Ride. Please familiarise yourself with the following information.

The Routes

There are three fully sign-posted routes with strict start & finish times:

100km set off between 0800 and 0845

30km and 20km set off between 0900 and 1130

All riders must return to Packwood House 1500

Download and check your route:

- 12mile/20km <https://ridewithgps.com/routes/30336370>
- 18mile/30km <https://ridewithgps.com/routes/30336383>
- 60mile/100km <https://ridewithgps.com/routes/30388296>

Registration at Packwood House

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

Ability to ride and equipment

Make sure you are capable to ride and have:

- A bike that is suitable and roadworthy. We would strongly recommend having your bike serviced before the event to ensure it is in good working order.
- A helmet, no helmet no ride
- Suitable clothing, check the forecast the day before. We anticipate sunshine, so slap on the sunscreen before you leave home and bring it with you for top ups. If rain is forecast bring appropriate waterproof clothing.
- Mobile phone in case you need to contact event emergency control for the

20/30km: 07807 824110

100kms: 07594 166490

- Basic tool kit with inner tubes, puncture repair kit, tyre levers, pump, multi tool

Liability Insurance

Please be aware that the Lions have public liability insurance. However, like all other events, you are not insured for personal injury, damage or loss of equipment or third party damage. We recommend you take out appropriate insurance to cover yourself against these risks.

Parking

Please remember parking places will be limited. If you elected not to drive to Packwood or even if you did and fancy extending your ride, set off early, riders from further afield will appreciate it.

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 at Packwood.

Pit Stops

Endurance cycling is an intensive activity, please bring full water bottles and energy snacks to start your ride. At the Pit Stops you will be able to refill water bottles and obtain snacks.

On the 100km route Great Alne Community Hall at 30km will open at 0845 and close at 1130 and the New Inn at Norton Lindsey at 60km will open at 0945 and close at 1330

On the 30km ride the Durham Ox will open from 0930

On the 20km ride the Rowington Community Hall will open at 0930

Toilet facilities are available at all stops (except Norton Lindsey, sorry) and at Packwood House courtesy of the National Trust.

Mechanical support

Mechanical support will be provided by Red Kite Cycles at Packwood House.

Medical Support

First Aid will be available at Packwood House.

In the event of a serious injury call 999 immediately.

If your injury is not serious but you still require medical attention then please identify where you are and call your emergency number above to discuss how we may help.

100km ride - If you feel unwell on the event day or your training has not gone to plan we ask you to give serious consideration to your ability to undertake the event. We reserve the right to refuse participation on the day due to medical grounds.

The Broom Wagon

The Broom Wagon will be on the 100km route only. It will leave Great Alne after the final riders and will travel at 20km / hour. It will pass through the following locations on the route at the following times – please plan your ride to ensure you stay ahead of the Broom Wagon by either leaving earlier or riding faster!!

| Location | Kilometres | Latest Times |
|--------------------------------|------------|--------------|
| Great Alne pitstop | 30.2 | 1130 |
| Wilmcote | 38 | 1155 |
| Snitterfield | 44 | 1215 |
| New Inn Norton Lindsey pitstop | 48.1 | 1225 |
| Leek Wootton | 72 | 1340 |
| 5 ways Roundabout A 4177 | 85 | 1415 |
| Punch Bowl Pub Lapworth | 94 | 1435 |
| HQ Packwood House | 100 | 1500 |

If for any reason you drop out of the event PLEASE TEXT your emergency control number above so that we do not worry and send out a search party!!

BIKE SAFETY, COURTESY & COMMON SENSE

Enjoy your ride

Challenge yourself

- The event is NOT a race so please cycle with consideration for others
- Do NOT ride under someone else's number [in the event of an accident it can cause a real problem]
- Follow the [Highway code pp22-28](#)
- Wear a helmet
- Do not drop litter in the countryside
- Ride with care do not put other cyclists in danger
- Cycle in single file on narrow lanes – you can cycle in pairs on wider roads
- Slow down passing horses, pedestrians and give a wide berth
- Do not impede traffic flow – pull over and allow motorised traffic to pass
- Do not ride in large groups in the middle of the road
- Do not use your mobile phone whilst riding
- Be observant of all road signs
- Be insured in case of an accident

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 quality Beef Burger or Hot Dog from the Lions BBQ - all profits to our Bike Ride charities
- Pick up a free entry voucher for Packwood House & Gardens

When you get home

- Our photographer Simon Bissett will be snapping away during the day. Please visit his [website](#) and see if you can spot yourself
- Do you have any memorable photos to share?
- We would love to hear your feedback – please email us
- We would welcome 1 or 2 volunteers to join our bike ride team help us plan next Summer's ride on **Sunday 12 July 2020** (t.b.c.). Get in touch now

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

Remember This event could not take place without the support of our partner charities SoLO Life Opportunities and The UK Sepsis Trust; Red Kite Cycles who will provide mechanical support; Fast Aid will provide medical care, the National Trust and other generous sponsors

Regards

Knowle & Dorridge Lions – Bike Ride Team