



2019 Exmoor Beast riders' event manual

Riders' Event Manual

Exmoor Beast Cycle Challenge 2019

27th October

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Introduction - Welcome to the Exmoor Beast Cycle Challenge. 'The Beast' is well known for being a very tough cycle challenge. For 2019 we've reverted to type and relocated the HQ right on the very edge of Exmoor; just a mile or so from the Exmoor National Park itself. This means the terrain is challenging from the very first to the last pedal rotation. There is the magnificent backdrop of the stunningly beautiful Exmoor National Park which rises high above the surrounding valleys of the Barle and Exe. This contrasts with the leafy lanes and dense woodland – the leaves are now just turning to the beautiful autumn golds. We have a well stocked feedstation-hub at Brushford to keep you fuelled with a selection of food options and drinks.

After your ride why not try a massage? You will really notice the difference. Steve at SW Health and Wellbeing will be on hand to give you some great tips and advice on how to maximise the enjoyment from your cycling and minimise the risk of injury, aches and pains.

Please study this manual thoroughly so that you are able to fully understand your responsibilities as a rider and participate in a safe manner. Studying this manual will also help your day to run as smoothly as possible so that you can focus fully on the matter in hand.

On behalf of all the organising team have a safe and enjoyable ride and a very big **Good Luck!**

Geoff Saxon, Organiser



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Timetable:

Event HQ is North Molton Sports & Community Centre, Rocksfield, Old Road, North Molton, Devon, EX36 3HG

Sunday 7th April 2018

- | | |
|---------|--|
| 6:30am | Site open for parking. Toilets accessible |
| 7am | Registration opens. |
| 8am | Riders can start from this time, any time up to 9:am. (we will exercise some flexibility where we can but be mindful of the fact our crew will begin de-arowing the route soon after the last riders have started!) |
| 9:00am | Registration closes |
| 9:00am | Starting closes. Riders can not officially start after this time. |
| 11:00am | First riders might be finishing the short route. |
| 5pm | Finish line closes |



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Contact numbers:

Organisers, on-road support and medic

07831 930201

Emergency

999

Organiser phones active all day Sunday from 8am

PLEASE ENTER THE ABOVE NUMBERS INTO YOUR MOBILE PHONE NOW

Like any long bike ride on Exmoor, Exmoor Beast is a challenge and we hope riders have taken the personal responsibility to train and prepare adequately for this cycle challenge. **Our event plan and support is geared up to accommodate a minimum overall average cycling speed of 11 miles per hour. Riders are respectfully reminded not to call support if you are simply tired and feel you cannot continue.** Please take shelter in a pub or café on the route and phone a friend or relative to collect you in such circumstances; then please let the event organisers know. Otherwise this might deprive support resources needed at a more serious instance. 11 mph is quite achievable if you have undertaken sufficient cycle training in the months leading up to the event.

If you require assistance or you have called for support please keep off the public highway to the left if possible. Support crew will need to know your number, location and colour of the clothing you are wearing.



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Navigation:

The following will help you navigate the correct route safely:

- 1) We use large yellow correx signs with black arrows to direct you along the route. Be mindful of the fact that sometimes these can be tampered with or even be removed or occasionally even blown away.
- 2) At our website, exmoorbeast.org, on the [routes and downloads page](#) you can download the GPX file for the route. The GPX file can then be loaded onto your bike GPS or smartphone as a reliable and accurate way to navigate. Consult your GPS vendor if you are not sure how to load the file.
- 3) Please obey any of our clearly identifiable marshals. However, on the public highway our marshals will only indicate direction of the route. They **will not confirm** it is safe or unsafe to proceed nor will they direct traffic.
- 4) We place numerous Event Advance Notification signs on/near the route to advise general traffic entering the route.
- 5) In certain locations where it is assessed that there is a risk, we place code of practice 'Cycle Event Warning' signs. These may be on or off the route and warn general traffic that there is a cycle event taking place.
- 6) We place additional signage to advise you to slow down where we think this is appropriate. These signs say 'SLOW' and if you see one slow down in a controlled manner AT THAT POINT.
- 7) There is additional signage to advise the approach of the Feedstation-hub.
- 8) At the website, exmoorbeast.org, on the [routes and downloads](#) page you can browse our interactive maps (googlemaps) to give yourself thorough familiarity of the route. This can also be printed.

It is your responsibility to navigate the route and we always advise carrying an independent means to enable you to do this such as a good old-fashioned map.



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What to take on your ride

Compulsory:

Helmet. Helmet timing chip affixed to left side of helmet, the right way up (and not over any metallic, carbon-fibre or Scotchlite helmet logos or previous timing chips). Handlebar number. Any special food or medication you require. Even if marked 'nut-free' we cannot guarantee manufacturers don't use nuts in their processes. Any of the foods we supply may contain allergens

Essential:

Food – flapjack, Jaffa cakes, Soreen, fig-rolls, banana are all ideal examples. Money – cash. Drink – allow for up to a bottle per hour. Mobile phone – fully charged. Event contact numbers – in your registration pack. Multi-tool, pump and puncture outfit, 2 x inner tubes – a puncture is by far the most common mechanical fault

Advisable:

Gillet or rain cape. Gloves. Safety lights. Sun glasses. Multi-function headwear such as a Buff.



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Registration, riding and safety

Arrival

Upon entering the HQ complex you will be met by parking stewards. Please follow their instructions and directions so that we can accommodate as many vehicles as possible. **In the very unlikely event of site parking being full there is ample additional streetside parking nearby in North Molton.** Our registration point is in the large sports hall (not the cricket pavilion) but please park as directed before coming over to register.

Registration

You can register on the Sunday morning of Sunday 27th October from 7am until 9:00am. Registration means sign to declare you are here to take part, agree the terms and conditions and collect your rider pack. **You must do this in person.**

At registration you can amend your details such as mobile phone number for your finish line SMS or add/amend your notes for our commentator - people at the finish would love to hear about you and your Exmoor Beast as you approach the line.

You can purchase the official Exmoor Beast cycling jersey on Sunday before or after the ride. **We are now able to securely take card payments at the event.**



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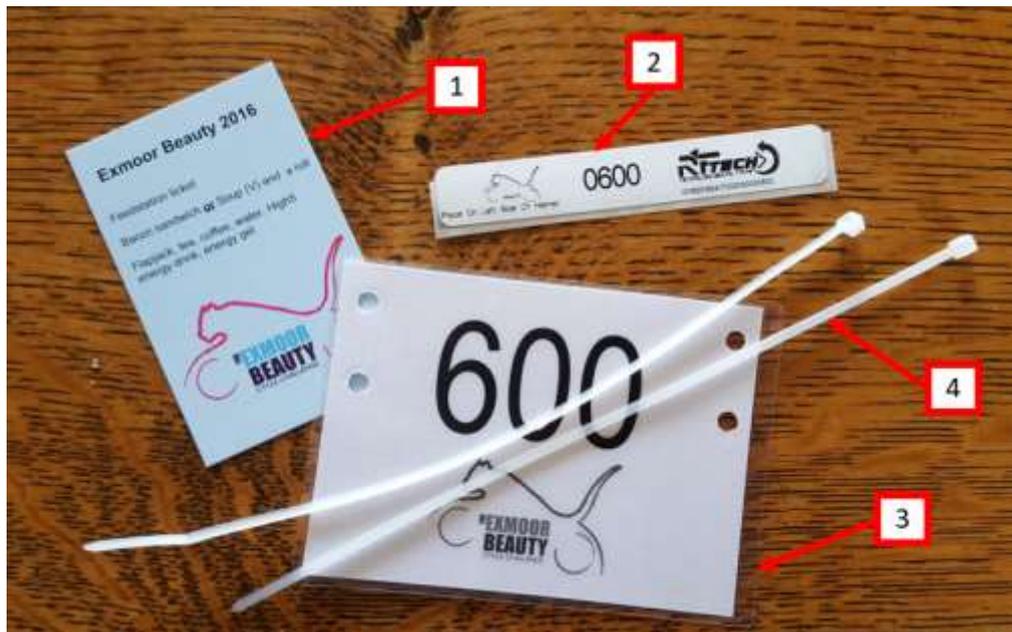
Starting

You can start at any time between 8am and 9:00am. When you are ready to start make your way to the start area, near the gantry, and a marshal will direct you into the starting zone. We will safety brief all riders in groups of 20 - 30 or so before releasing you onto the route. Remember to fit your bike number to your bike and your timing chip on the left side of your helmet beforehand though. Some of the other pre ride checks you should consider are making sure you are carrying the items specified on our 'What to take.....' page **It doesn't matter how nice the weather is in North Molton at 8am – it is often very different upon Exmoor later!!!**

Rider Pack – It is condition of participation that you use all the items in your rider pack in accordance with these instructions

At signing on we will issue your rider pack to you. The contents are as follows:

- 1) **Support slip** – keep a note of the number to call in the event of a problem. Our feedstations carry energy food - both 'real' and 'sport' food along with isotonic and access to drinking water. Please ensure you set off from the start with some food in your pockets and keep topped up. Our feedstations are intended to supplement your own feed strategy for an endurance ride and not be the only source of nutrition.
- 2) **Your timing chip**. Peel off backing and stick to left side of your helmet
- 3) **Handlebar number**. Affix so that it is visible and you are identifiable from the front
- 4) **2 cable ties** for affixing your handlebar number



Actual picture is from another event but items are similar

Your UHF timing chip

For a very modest-looking paper sticker, your UHF timing chip is a clever piece of electronics with built in antenna. For your timing chip to work and it is essential that:

- 1) It is affixed to the left side of your helmet**
- 2) All other chips are removed**
- 3) It is not stuck over a metallic reflector, Scotchlite flash/helmet logo or carbon fibre.**

It won't work if you stick it on a bottle, your bike, your skin/clothing or put it in your pocket. No personal information is held on the timing chip but it is personal to you.





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During the ride - caution

The route is hilly!!! There are steep hills and cattle grids on the route. **If you are in any doubt at all about how to negotiate a cattle grid on a cycle WE STRONGLY RECOMMEND YOU DISMOUNT AND USE THE SIDE ACCESS** to the right or left rather than attempt to ride over the grid. The consequences of falling off on a cattle grid can be very serious.

Other challenges on the routes include sharp descents with increasing blind bends. Some descents get steeper at the bottom with a 'HALT' to a T-junction. There may be slippery mud, loose gravel or water-filled pot-holes on the route.

PLEASE RIDE WITH COURTESY AND RESPECT FOR OTHERS:

- 1) The routes use open public roads and you must ride lawfully and in accordance with the Highway Code at all times. It is **not** a race and you must not try to ride as if you are in one.
- 2) There are traffic lights on the routes. Please stop at red lights.
- 3) Don't drop litter. There are bins at Feedstation and HQ
- 4) Don't shout or use bad language in conversation as you ride.
- 5) Never ride more than 2 abreast and single out where appropriate to let other road users pass (see Highway Code)
- 6) Slow down for horses and pass carefully (see Highway Code)
- 7) Warn other riders around you of hazards they may not be able to see – potholes, cars behind, cars in front etc.
- 8) Don't brake or change direction without consideration and warning to the riders or other traffic around you
- 9) Please support fellow cyclists if you see they have a problem



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Good stuff

Finish times:

Rider times and status will be live at myraceresults.co.uk from Saturday 26th October. That means all the names of pre-entered participants will be listed – with a status of 'not-started' - obviously. Rider times run on the day – that means the moment a rider starts it will say so and specify the time you started. The same is true for the finish – the moment a rider returns the finish time is there to see at myraceresults. Let your friends and family know so they can observe your status from home or via a smartphone.

Finish line:

It could be the last thing on your mind but please don't wander off to your car immediately after you finish. Come inside, say hello and tell us about your ride. We will have a little something for you too.

Enjoy the day!



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Appendix II – Navigational detail at Feedstation hub

Short route – Riders visit once and approach Brushford from the north on the B3222 and turn west into Brushford New Road to approach the feedstation on the left. To continue the ride turn left out of the feedstation hub.

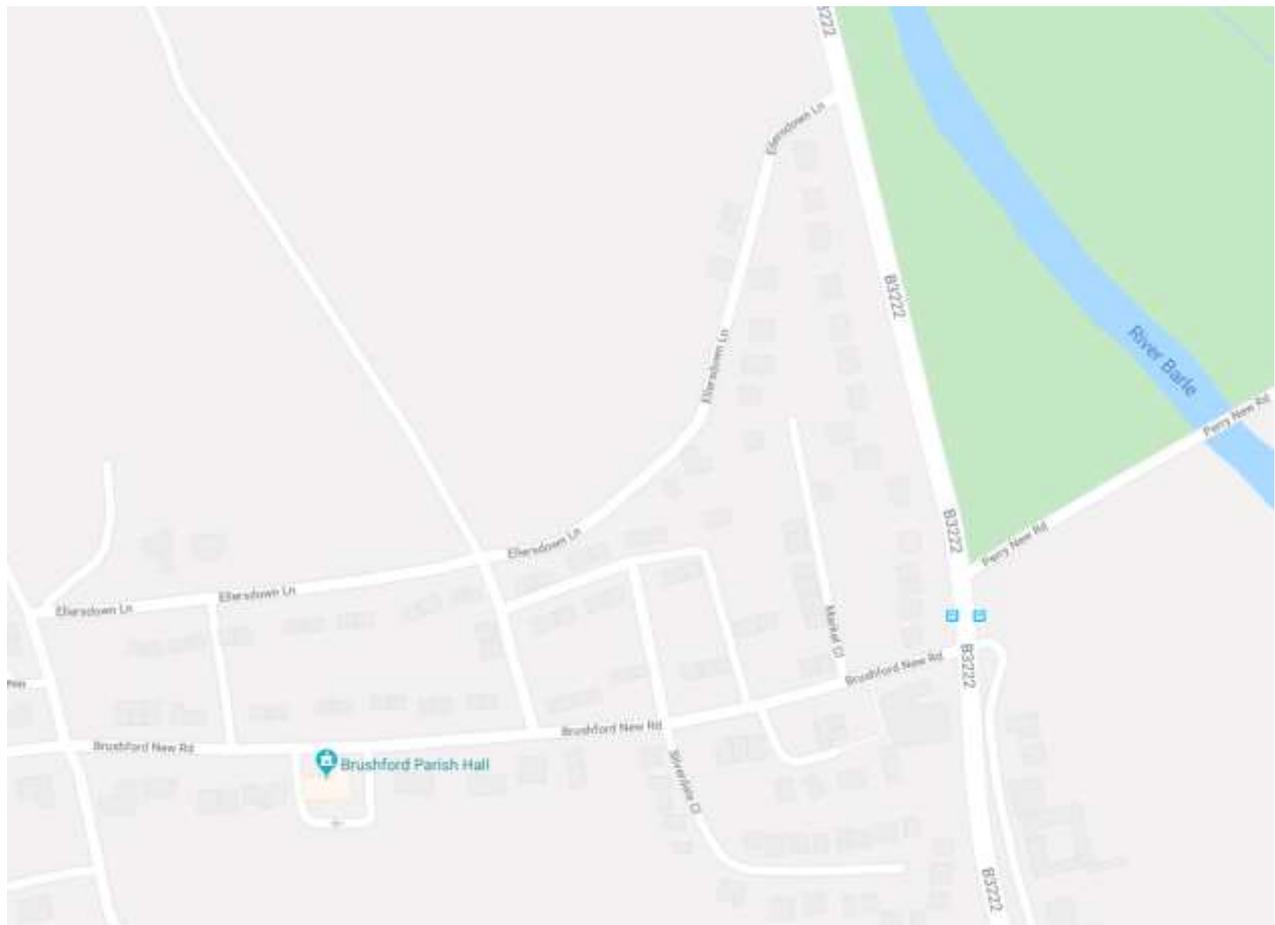
Long route - Riders visit twice. First visit approach Brushford from the north on the B3222 and turn west into Brushford New Road to approach the feedstation on the left – exactly the same as short route riders. After your first visit turn right back the way you came and pick up onto the long route arrows.

On your second visit you approach from the east, the last few hundred yards being the same as your first visit. When you leave the feedstation turn left to head west and pick up the section shared with the short route.

PRINT THE MAP ON THE NEXT PAGE AND KEEP IT IN YOUR POCKET IF YOU ARE IN ANY DOUBT The feedstation is marked as Brushford Parsh Hall.



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Appendix II – Rider Brief (fixed element)

- 1) The roads in first 3 miles and the last 3 miles of both routes are particularly badly neglected and potholed. Please ride with extreme care along these stretches.
- 2) There are several cattle grids on the routes. These are signposted in advance with highways signage. If you are unfamiliar or have any doubts as to how to ride safely across then we strongly advise you to dismount and use the side access for animals and horse drawn vehicle.
- 3) Be careful and alert at all times but please be **especially careful, slow and alert** negotiating the following points: Descending into Withypool. Turning left at the A396 at 1 mile east of Brushford if on the long route. Descending into Wheddon Cross and then turning right into the A396 if on the long route. Cycling through Dunster if on the long route. Adjoining the A39 after Dunster if on the long route. Turning right onto the A396 after Winsford if on the long route.
- 4) Our route directional arrows are yellow A2 sized boards with a black arrow.
- 5) Depending on the latest conditions we sparingly use red A2 sized boards with the word 'SLOW' in white just ahead of certain locations to warn participants of a hazard. We strongly advise riders to be **EXTREMELY careful, alert and to slow-down** at the point of first sight of such a board.
- 6) If you see any hazard or impending danger please try to warn riders near you with voice and/or hand gestures if safe to do so.
- 7) If you come across an accident, incident or situation requiring help please call emergency services as first priority where appropriate to do so. As a second priority please advise the organisers' emergency support number specified in your registration pack.
- 8) Be respectful to all other road users, pedestrians and local communities.