

2016 Exmoor Beast riders' event manual

Riders' Event Manual

Exmoor Beast Cycle Challenge 2016

25th September

Contents

Page 2 **Introduction**

Page 3 **Timetable**

Page 4 **Contacts**

Page 5 **Navigation**

Page 6 **What to carry**

Page 7 **Registration, riding and safety**

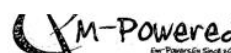
Page 9 **Rider pack**

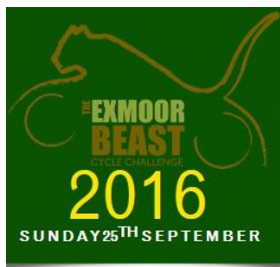
Page 10 **Your UHF timing chip**

Page 11 **During the ride**

Page 12 **Good stuff**

1





2016 Exmoor Beast riders' event manual

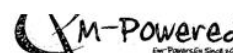
Introduction - Welcome to the Exmoor Beast Cycle Challenge. Welcome to the Exmoor Beast cycle challenge. 'The Beast' is well known for being one of the most challenging sportive bike rides in the land. There are three distance options to consider; all of them are very challenging for their distance although the 29 mile option a little less so. With about 1,000 feet of climbing to do per 10 miles of travel, that's hilly! It's not all about the hill though. There is the magnificent backdrop of the stunningly beautiful Exmoor National Park which rises high above the surrounding river vales and leafy lanes – and the lanes should be leafy with a slightly earlier slot on the calendar. Depending which route you ride there are three feedstations to keep you fuelled; at Timberscombe, Simonsbath and Brushford.

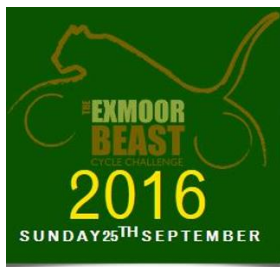
It's difficult to create a bike ride around the Exmoor National Park without including some very challenging hills calling upon all your climbing and descending skills. British Red Cross and numerous other expert support crews are at the HQ and out on the route but thankfully rarely needed. Good luck to all those who take part.

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





2016 Exmoor Beast riders' event manual

Timetable:

Event HQ is Tiverton High School, Bolham Road, Tiverton, Devon EX16 6SQ

Saturday 24th September 2016

2pm Registration opens

5pm Registration closes

Sunday 25th September 2016

6:30am Site open for parking. Toilets accessible

7am Registration opens.

Caterers serving breakfast

8am Riders can start from this time, any time up to 9:30am. (**we will exercise some flexibility where we can but be mindful of the fact our crew will begin de-arrowsing the route soon after the last riders have started!**)

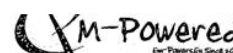
9:00am Registration closes

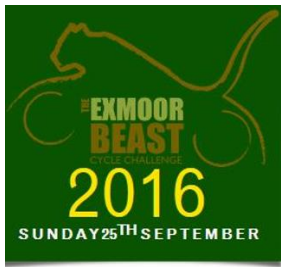
9:30am Starting closes. Riders can not officially start after this time.

11am First riders will be finishing.

1pm Long route closes from 1pm at White Cross west of Exford and long riders will be directed onto the medium route. Long route unsupported (no arrows, no feedstation)

5pm Finish line closes





2016 Exmoor Beast riders' event manual

Contact numbers:

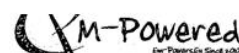
Organisers	07831 930291
Support, Mechanical	07542 698531 or 07542 698536
Emergency	999

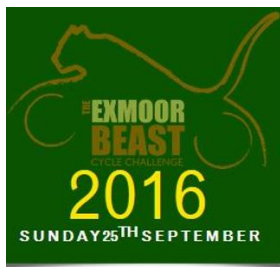
Organiser phones active Sat pm and all day Sunday, mechanics just Sunday

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. 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. We also have motorcycle support riders patrolling the route and you can wave these down to ask for assistance if required as well.





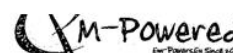
2016 Exmoor Beast riders' event manual

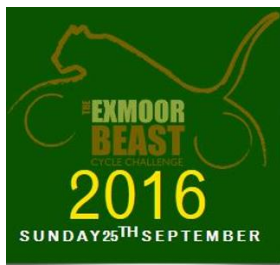
Navigation:

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.
- 7) There is additional signage to advise the approach of a Feedstation.
Feedstations are just off the route.
- 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.





2016 Exmoor Beast riders' event manual

What to take on your ride

Compulsory:

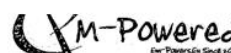
Helmet. Helmet timing chip affixed to left side of helmet, the right way up and not over any helmet logos or previous timing chips. Handlebar number. Any special food or medication you require. Even if marked 'nut-free' we cannot guarantee manufacturers don't use nuts in their processes.

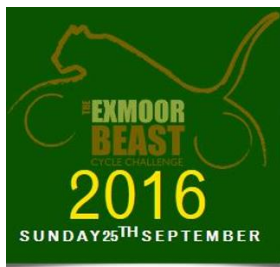
Essential:

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, inner tubes – a puncture is the most common mechanical fault

Advisable:

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





2016 Exmoor Beast riders' event manual

Registration, riding and safety

Arrival

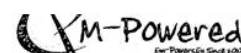
Upon entering the HQ complex you will be met by parking stewards. Please follow their instructions and directions so that we can accommodate all vehicles. As you enter you will pass the sports hall on the left about 100 metres in from the main road entrance. At this point you will also see the start/finish gantry. Our registration point is in the sports hall but please park as directed before coming over to register. On Sunday morning there are also additional event toilets adjacent to the sports hall. Refreshments and breakfast will be available first thing from our catering operators. Tea, coffee, porridge, muesli, bacon bap etc.

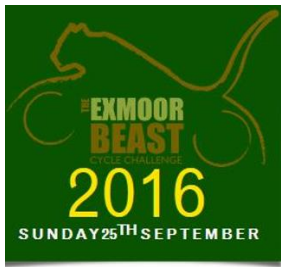
Registration

You can register at the event HQ on the afternoon of Saturday 24th September 2016 from 2pm until 5pm. You can also register on the Sunday morning of Sunday 25th September 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.

Remember if you haven't already done so you can purchase official Exmoor Beast items before (or after) your ride near registration. We have the award winning Exmoor Beast cycling jersey, a jersey and jacket deal, Beast Buff and Beast knapsack. **We are now able to securely take card payments at the event.**



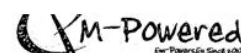


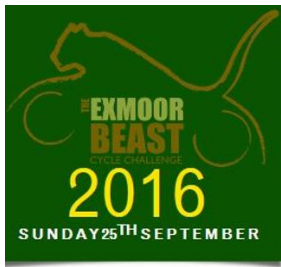
2016 Exmoor Beast riders' event manual

We recommend Saturday registration if possible. That way you can go straight to the start area in the morning if you wish as we expect a queue to register on Sunday.

Starting

You can start at any time between 8am and 9:30am. When you are ready to start make your way to the start area, signified by the gantry, and a marshal will direct you into the starting grid. We will safety brief all riders in groups of about 30 to 40 before releasing you onto the route. Remember to fit your bike number and timing chip on the left side of your helmet. Some of the other pre ride checks you should consider are making sure you are carrying food, drink, mobile phone, our contact numbers, tools, puncture repair outfit, spare/additional clothing such as a rain cape. Safety lights are also recommended. **It doesn't matter how nice the weather is in Tiverton at 8am – it could be very different upon Exmoor later!!!**



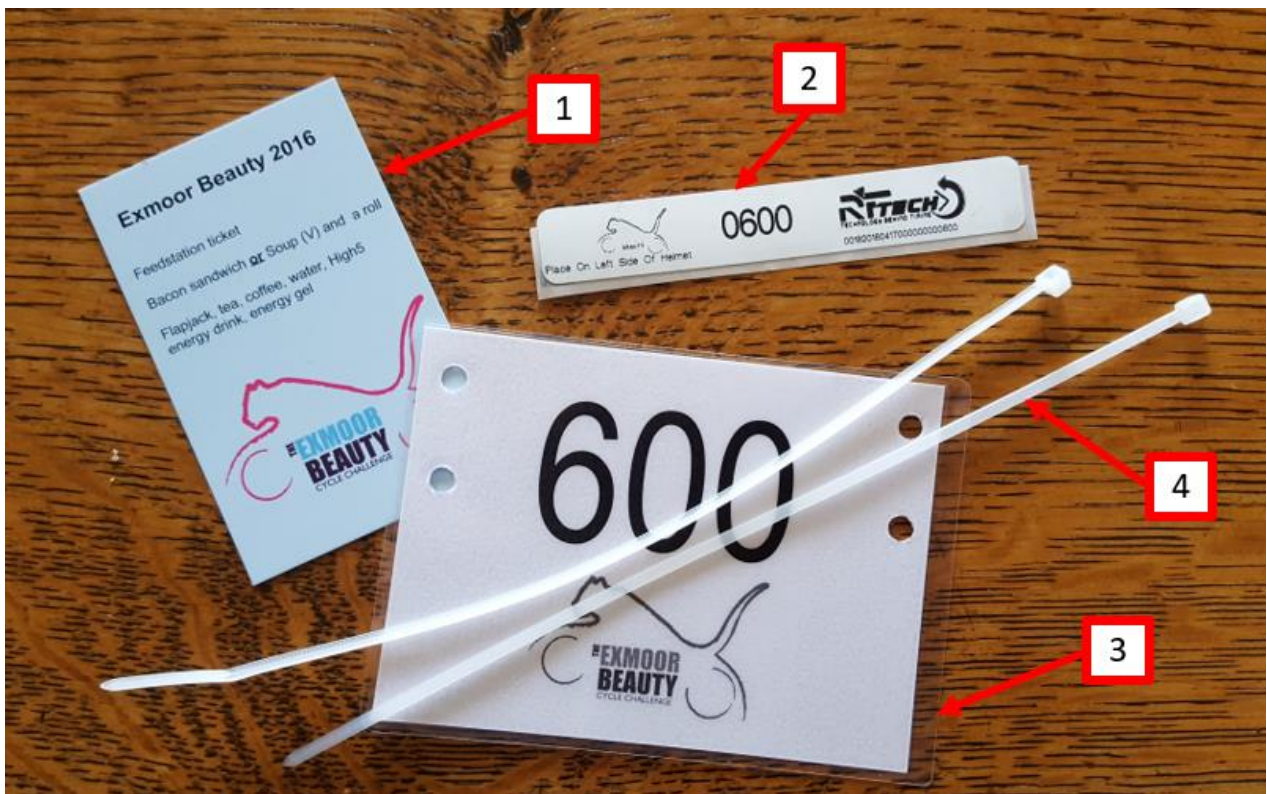


2016 Exmoor Beast riders' event manual

Rider Pack

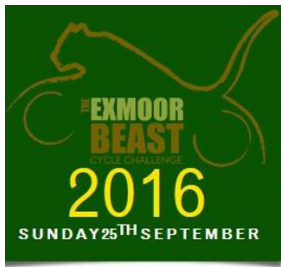
At signing on we will issue your rider pack to you. The contents are as follows:

- 1) Feedstation ticket – present this at feedstations in exchange for food, drink and use of the facilities. 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.
- 2) **Your** timing chip. Peel off backing and stick to left side of your helmet
- 3) Handlebar number. Affix so that it is visible from the front
- 4) 2 cable ties for affixing your handlebar number



Actual picture is from another event but items are similar





2016 Exmoor Beast riders' event manual

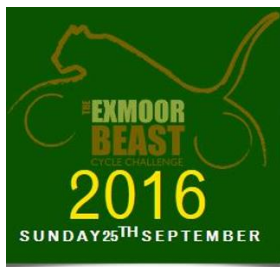
Your UHF timing chip

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 helmet logo

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.





2016 Exmoor Beast riders' event manual

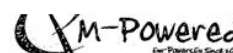
During the ride

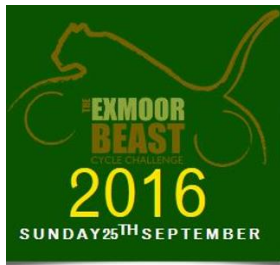
The routes are hilly!!! If you are not sure how to cycle across a cattle grid **WE RECOMMEND RIDERS DISMOUNT AND USE THE SIDE ACCESS** to the right or left rather than attempt to ride over the grid. Sometimes these can be difficult to ride across and the consequences of falling off on a cattle grid can 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. We notice Somerset County has undertaken a lot of gravel surface dressing recently so be aware that there is loose gravel on several stretches of the routes.

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
- 6) Slow down for horses
- 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





2016 Exmoor Beast riders' event manual

Good stuff

Finish times:

Rider times and status will be live at myraceresults.co.uk from Saturday. That means all the names of pre-entered participants will be listed – with a status of 'not-started' - obviously. Rider times are running live – 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.

Photography:

The guys from sportivephoto will be around the route capturing high quality digital images for download.

Finish line:

It could be the last thing on your mind but please don't wander off to your car immediately after you finish. We have a small selection of goodies at the finish for your enjoyment. Please follow our finish line marshals' directions – rack your bike and go into the hall, support our event partners and take a look at what's going on.

