



CYCLONE24 DEUDD DEG AWR

RIDER MANUAL

SATURDAY 23rd JUNE 2018



INTRODUCTION

We are delighted that you have chosen to take part in Cyclone24 Deuddeg Awr on Saturday 23rd June 2018. In this manual you will find all the details that you need to know about the event and the proceedings for the challenge. Please take your time to familiarise yourself with the details of the event to ensure you enjoy the experience to the max!

We want to create a great event for all involved – without creating a whole load of rules that get in the way of people's enjoyment and fun. Where we have created rules, mainly for on the track whilst riding, these are for the safety of all taking part. Guidance will be on hand throughout the challenge from our track coaches. Please follow their rules, or the advice or instruction offered, as it will help us all get the most out of the great experience on offer.

Thanks in advance for your co-operation in helping us make this event a success – and hopefully a fixture in your cycling calendar for years to come. With common sense, good humour and helpfulness all round we're sure we'll all enjoy a great event. We are all looking forward to seeing you very soon.

The Cyclone24 Team

SCHEDULE

Please find below the complete event schedule – where changes are unavoidable we will communicate these to you in as timely a manner as possible.

SATURDAY 23RD JUNE 2018

7:15am	Registration Opens
8:15am	Cyclone24 Welcome
8:20am	Safety Briefing
8:50am	First Riders to Track
9:00am	Cyclone24 Deuddeg Awr Start

Throughout	Physio Zone
Throughout	Hot Drinks Available
9:00pm	Cyclone24 Deuddeg Awr Finish
9:15pm	Finisher Medals & Trophies Awarded



ARRIVAL

Please feel free to arrive any time from 7am onwards on the morning of the challenge and make your way to the velodrome stand. You will be greeted here with our registration desk, where a member of our team will make sure your team is fully registered and issue your team with their electronic lap counter. Changing rooms, showers and toilets are available to riders on site.

PARKING

Parking is free on a first come, first served basis and can be found in Bowls Club next door to the velodrome. Spectators can park in Tesco's for up to three hours for free.

TRACK RULES

- No more than 1 rider from each team on the track at any one time
- No rider to ride consecutively for longer than 1 hour
- All riders to follow rules and protocols
- No Fixed Wheel Bikes for this challenge
- Helmets and gloves to be worn at all times on track
- MP3/Ipods are not permitted whilst on track
- Shoulders must be covered at all times
- All bikes must be clean, in good working order and safe for use

TRANSITIONS

The transition zone (track exit and entry) will be an important area, which at times may be busy. In order to ensure that this remains safe for all riders, both on and off track, we have some critical rules in place:

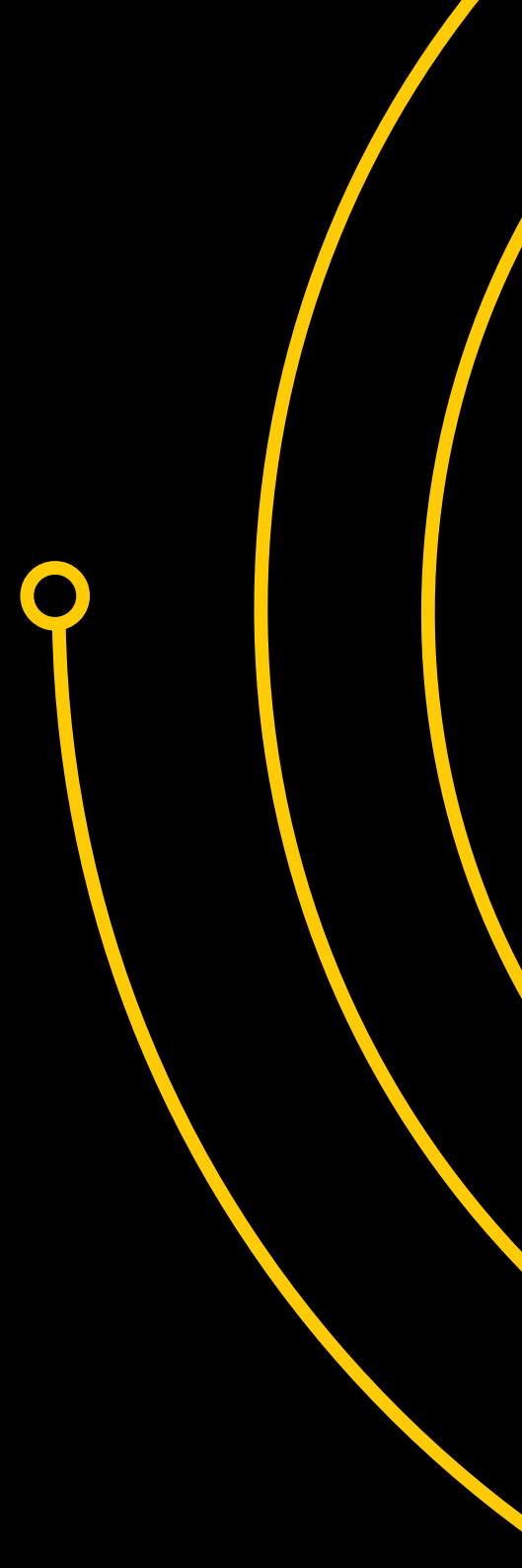
- When changing rider, please be aware of other riders already on the track and always look over your shoulder to see who is around you
- Do not attempt to remove/affix the lap counter whilst moving.
- A demonstration of the transition will be shown as part of the safety briefing.

FOOD & CATERING

On-site catering will be available from The Thirsty Elephant Coffee Co, here you can purchase hot drinks, refreshments and snacks and from The Tea Shop where you can purchase breakfast and hot and cold food. You are also able to bring your own food for throughout the challenge.

SPECTATORS

Family, friends and supporters are more than welcome to come and watch you during the challenge. We politely ask that spectators head to the stands to watch and refrain from blocking the transition zone/track entrance. Toilets for riders and spectators are available on site.



SPORTS MESSAGE & TREATMENT

Sports Massages and Treatments will be available within the physio room. Team members will be available throughout the challenge to keep those legs in good shape!

SOCIAL MEDIA

We'll be very active during the challenge posting images, progress and quotes from riders and supporters. To help spread the news of progress please follow us on our Twitter @Cyclone24UK and use the hashtags #DeuddegAwr #CarmsVelo

SAFETY

Safety is something that we all need to play our part in, please ride with consideration for other riders around you at all times, especially when passing or being passed by other riders. As the hours tick by, tiredness will play an increasing part. We are all reliant on everyone to ensure an incident free event.

Rider safety around the course is critically important for all participants, we have therefore developed some specific regulations to address this:

- Only one rider per team is allowed on the track at a time during the challenge.
- Please be respectful of the other riders on the track at all times giving other riders space.
- Riders should not ride erratically at any time, unnecessary and unpredictable changes may lead to accidents.
- When passing other riders, the passing rider should take an outside line to pass the slower rider i.e. no undertaking is allowed
- All cyclists should cycle in an anti-clockwise direction.
- There should be no 'fixed wheel' bikes on the track

BIKE CHECK

Prior to the challenge please check your bike to make sure the following are in good working order:

- Clean the bike thoroughly, lube the chain and oil the derailleurs
- Brakes working correctly with sufficient pad remaining
- Tyres are inflated to correct pressure
- All gears are fully working and able to choose all the gears on the bike
- Handlebars, stem, brake levers, headset and seat post are correctly adjusted and bolts secured to the correct torque
- Saddle is tight and at the correct height and position
- Wheels are in good condition and spin freely
- Computer speed, power and cadence sensors, bottle cages and pumps are all fitted correctly

TOOL LIST

- Puncture repair kit
- Inner Tubes
- Pump
- Tyre Levers
- Multi Tool or Allen Keys

KIT LIST

The following is a recommended guide of items you will need and should consider bringing to make your 12 hours as comfortable as possible, remember you are riding across various times of the day and the weather could be changeable.

- Suitable cycling shorts
- Cycling or sports top (shoulders must be covered)
- Cycling gloves
- Helmet
- Base Layer
- Arm Warmers
- Gilet
- Rain Jacket
- Overshoes
- Cycling shoes (check your cleats are in good condition)
- Sunglasses
- Spare clothing for off track
- Sun Cream
- Chamois Butter
- Money & Mobile Phone
- Small First Aid Kit
- Personal toiletries

NUTRITION LIST

- Bidons/Water Bottles
- Electrolyte/Carbohydrate tablets
- Energy Bars/Gels
- Mid & Post challenge snacks



GOOD LUCK

We very much look forward to seeing you on the
23rd June.

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