

Pembrokeshire Charity Bike Ride 2019

Ride for Eliza

Introduction

Thank you for entering the Pembrokeshire Charity Bike Ride 2019

The event will take place on the 4th of August 2019; we hope you are looking forward to the event as much as we are.

Please read the important event information below with tips on getting to the event, HQ, and what to look out for. The Pembrokeshire Charity Bike Ride has been organised by the Haverfordwest Hornets Cycling Club. We would like to thank you for your entry and sponsorship towards this years chosen charities.

Good luck and see you at the event.

If you have any further questions please visit Haverfordwesthorns.com and complete a contact form or email pembscharitybikeride@gmail.com

Essential information

Getting There

The Pembrokeshire Charity Bike Ride will be held at the Pembrokeshire College, Haverfordwest, SA61 1SZ

Parking and HQ

There is plenty of car parking at the Pembrokeshire. Please note that neither the Pembrokeshire College or the charity take any responsibility for your belongings or vehicles.

On arrival, all riders should sign in. Please bring either a print off of your confirmation, have it visible on your phone or bring ID. You will be required to sign a disclaimer and confirm emergency contact details.

What to bring

All riders should carry the following with them on the ride: ID in case of an accident, money, mobile phone, food, drink, multi-tool, spare clothing, inner tube and a pump.

Medical Support

First Aid services will have a paramedic car on duty at the event – contact numbers are on the rider number that you will be given at registration – please call the number if you are in any need of first aid care.

Mechanical Support

Mechanical support is provided by Mikes Bikes and if needed riders should contact the number provided on the back of the rider number on the day. However riders are expected to be self-sufficient, and therefore it is highly recommended that you get your bike professionally serviced prior to the event.

Photography

The Pembrokeshire Charity Bike Ride have arranged for a photographer to be at the event, these photos will be published on the Haverfordwest Hornets Website and social media.

Do's and Don't's

The ride is non-competitive therefore NOT a race! Please ensure you act accordingly when participating

Do: Enjoy the ride

- Challenge yourself
- Follow the highway code
- Wear a helmet (this is compulsory)
- Attend to other riders care, health and safety
- Be courteous to other riders and follow road etiquette
- Dress appropriately for the weather conditions

Don't

- Drop litter
- Behave in a manner that may offend other riders/road users
- Impede traffic flow
- Ride in large groups on narrow roads
- Ride in the middle of the road
- Ride on the wrong side of the road

Registration

The first wave of Pembrokeshire Charity Bike riders will begin around 8am to 8.30am, however we would like for all riders to arrive earlier for the registration process. Registration Process will be held from 7:00am. Riders are strongly advised to warm up prior to the start. All riders must sign in, and any under-18's must be signed in by a parent/guardian.

Riders briefing

Riders briefing for all routes will begin at 8.00am in the car park.

Pre event checks

- Bike
- Helmet (essential)
- Emergency numbers
- Water
- Gels or food
- Pump, inner tube, multi-tool

During the ride

Signage

During the ride coloured signs will be presented throughout your route, please take note which colour route you are riding, this will be made clear in your riders briefing. If there is no sign to be seen, please proceed forward. There will also be marshals out on route to help you.

Marshalling

Each route will be opened by a motor cyclist who will check the location of the signage and marshals. All marshals will wear hi-viz jackets and will assist cyclists at difficult junctions, in car parks and at feed-stations

Communication

Riders will have emergency contact details on the reverse of their number.

Feed-stations

Feed-stations located at St Davids, Hayscastle and Neyland and will be stocked with some food and drink.

Safety

Please remember that the event takes place on open public roads, and hence will have other traffic in the form of cars, tractors, horses, etc. Some sections of road are quite narrow and steep, and road surfaces may be uneven in places. All riders are expected to ride within their own skill and fitness level and be responsible for their own safety, and the safety of those around them. Marshals are placed in some locations to warn riders of particular hazards – please take note of their warnings.

The finish

Sweep vehicles will follow the last group of riders around each route to provide assistance if required, close the Feed-stations and remove the signage. We do require all riders to sign back in at the finish. If you are able to finish we require a phone call the emergency number supplied with your details.

The Routes

The routes can be viewed and download at www.haverfordwesthornets.com/pembscharityride