



20TH - 21ST JUNE 2018

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The Big Ride for Africa Event Information Pack Tuesday 19th – Thursday 22nd June 2018

In this pack you will find everything you need to know about The Big Ride for Africa and what to expect on the challenge. Here's a breakdown of what's included;

1. Bike transportation & insurance
2. Travel to and from the event
 - a. Getting there
 - b. Getting away
3. Recommended kit list
4. The challenge
 - a. Registration
 - b. Start times
 - c. Route and signage
 - d. Pit stop information
5. Accommodation and facilities
6. Downtime and entertainment
7. Safety, medical support & emergency procedure
8. FAQs
 - a. General cycling
 - b. Bike
 - c. Running/walking
9. Contact information

1. Bike Transportation & Insurance

Outbound

There is a complimentary bike transport service, this will be operated by a specialist cycle transfer company and will run from the following locations. **This is an opt-in service that riders must book in advance via the online booking form.**

Details of drop-off points:

DROP-OFF DATE	DROP-OFF TIMES	LOCATION
14.06.18	12:00 – 13:30	Mechelen Telenet Office, Liersesteenweg, 42800 Mechelen
14.06.18 & 15.06.18	17:00 – 19:00 & 07:30 – 08:45	Cologne Loading bay, Unitymedia Office Aachener Str. 746-750, Cologne
15.06.18	07:00 – 09:00	Shoreditch, London Powerleague pitches, Braithwaite St, London, E1 6GJ
15.06.18	07:00 – 13:00	Hammersmith, London Car park, Griffin House, 2nd Floor 151 Hammersmith Road, London, W6 8BS – Only use marked area
15.06.18	12:45 – 14:00	Amsterdam Liberty Global Office, Boeing Avenue, Amsterdam
18.06.18	08:00 – 09:15	Manchester Concorde House, Concorde Business Park, Threapwood Road Wythenshawe, Manchester, M22 0EY

Pre-loading instructions

- Turn your handlebars through **90 degrees to the right**
- **Remove pedals** and carry within your own luggage
- **Remove all additional equipment** such as tools, lights, Garmins and water bottles

Our staff will further protect and prepare your bike prior to being loaded. Tools and assistance will be available.

Locks are not required and we are unable to transport any bike boxes or bags Please refrain from bringing these items to the bike drop-off location.

You will need to present a valid ID, passport or driver's license when handing over your bike to the location coordinator, and will be asked to sign your name against a bike number. If you are unable to drop your bike personally, your nominated representative will be asked to sign on your behalf.

Bikes are insured up to £1,500. This cover is for whilst bikes are in the event-organised transportation only.

PLEASE NOTE: These times are subject to change - you will be notified by email of any updates. If you do not drop your bike off between the allocated times you will be responsible for making your own alternative bike transport arrangements.

When you arrive on site at Castlemartin Stud Farm, your bike will be pre-racked in the racking area in number order. A member of crew will be able to direct you to the correct zone.

Inbound

If you require your bike to be transported back to its original destination after the event, you must have **opted into this service in advance via the online booking form**. If you are yet to make a booking, please email thebigride@lessonsforlifefoundation.org - requests will be reviewed on a case-by-case basis.

When you finish the challenge, you must rack your bike in the correct area for transport to your desired location. It is the participant’s responsibility to ensure the bike is racked correctly and incorrect racking could result in your bike being transferred to a country or location not of your choosing.

Details of pick-up points:

PICK-UP DATE	PICK-UP TIME	LOCATION
22.06.18	16:00 – 17:00	Manchester Concorde House, Concorde Business Park, Threapwood Road, Wythenshawe, Manchester, M22 0EY
25.06.18	08:00 – 16:00	Hammersmith, London Car park, Griffin House, 2nd Floor 151 Hammersmith Road, London, W6 8BS
25.06.18	09:30 – 11:00	Shoreditch, London Powerleague pitches, Braithwaite St, London, E1 6GJ
25.06.18	12:30 – 14:00	Mechelen Telenet Office, Liersesteenweg, 42800 Mechelen
25.06.18 & 26.06.18	18:00 – 20:00 & 07:00 – 08:30	Cologne Unitymedia Office, Loading bay, Aachener Str. 746-750, Cologne
26.06.18	12:45- 14:00	Amsterdam Liberty Global Office, Boeing Avenue, Amsterdam

You may need to present a valid ID, to collect your bike at your pick-up location. If you are unable to collect your bike personally, your nominated representative will be asked to show their ID along with signed written permission naming them as the approved person to collect on your behalf.

PLEASE NOTE: These times are subject to change. All bikes must be collected during the detailed times as Security will not be available outside of these times.

Failing to collect your bike within the given time may result in your bike being taken to another location for storage. You will then be liable for any resulting storage and courier costs.

Private bike transport arrangements

If you are arranging your own bike transport, please ensure you rack it within the dedicated area as soon as you have registered on site in order for it to be stored securely during the event. Bikes will be racked in number order. A member of crew will be able to direct you to the correct zone. Locks are not required.

When you finish the challenge you must rack your bike in the correct area sign posted 'No Transport Required'. It is the participant's responsibility to ensure the bike is racked correctly and incorrect racking could result in your bike being transferred to a country or location not of your choosing.

All bikes must be collected from Castlemartin Stud Farm by 10:00 on Friday 22nd June.

Should you bring a bike box, a few can be stored but it is not guaranteed. **We strongly suggest bike boxes are not brought to the event.**

If you need to arrange any private bike transport, you may find a company such as Bike Express helpful. Bike Express are a specialist bike transport provider. They offer a door-to-door service requiring zero bike disassembly, allowing you to focus on your event without worry about bicycle logistics. Visit their [website](#) and contact them directly learn more.

Insurance

It is recommended that you take out suitable insurance to cover yourself and your bike before and during the ride. Your insurance policy should cover you for participation in an event of this nature and include at a minimum:

- Theft & accidental damage
- 3rd Party Liability

Please do check any existing insurance you have to ensure that you're not already covered prior to taking out a new policy. If you're unsure, please speak to your provider directly.

2. Travel to and from the event

By car Address: Castlemartin Stud Farm, Kilcullenbridge, Kilcullen, Co. Kildare, Ireland

Castlemartin is a 45 minute drive from Dublin Airport on the outskirts of the town of Kilcullen. Please note that Tolls are in force on the M50 which will need to be paid before 20:00 the day after your travel.

Parking

There is **no** designated parking at Castlemartin. Please utilise public transport and the shuttle services provided.

Shuttle service

A frequent shuttle service will be running from Dublin Airport to Castlemartin Stud Farm (basecamp) between the following times:

Tuesday 19th June: 15:00 - 23:00.

Wednesday 20th June: 06:30 - 08:30* & 16:00 - 21:00.

This is an opt-in service that participants must book in advance via the online booking form.

On arrival at Dublin Airport, please make your way to Terminal 1 arrivals where a member of The Big Ride for Africa Team will be there to meet and assist you with your journey to Castlemartin.

The shuttles will be either coaches or mini buses, depending on numbers. The services provided correspond to the numbers of participants and flight arrival times that the organizers have been made aware of.

If you arrive in advance of the shuttle service times please make your own way to site for 16:00, or you may join the first shuttle service at 15:00.

**We advise that participants riding the 160km cycle be on site the night before their event to ensure being ready for the 08:30 start time.*

Bikes booked on flights

We will be unable to transport bikes from the airport to basecamp unless we have been advised in advance.

2b. Getting away

All participants must depart Castlemartin Stud Farm by 10:00 on Friday 22nd June.

Participants with flight times earlier than 09:00 should visit the Info Desk in the basecamp where a taxi can be arranged at the participant's own expense.

Shuttle service

Return shuttle services will be running from Castlemartin to Dublin Airport between the following times:

Thursday 21st June: 19:00 - 22:00

Friday 22nd June: 05:00 - 10:00

Both of these are opt-in services that participants must book in advance via the online booking form.

3. Recommended kit list

Cycling specific list

Thanks to Accenture we will provide you with a Big Ride for Africa breathable, high quality cycling jersey for each day you are cycling. You will need to bring:

- Cycling/bib shorts
- Socks
- Cycling shoes with clip in pedals / firm-soled shoes or trainers
- Bike helmet: **Compulsory. No helmet no ride!**
- LED bike lights with spare batteries (for bad weather / dusk finishes) **Compulsory**
- Waterproof lightweight jacket
- Cycling gloves
- Cycling overshoes (a good idea if the weather looks bad, but not essential)
- Arm and leg warmers (if it looks like the weather will be bad)
- Sunglasses
- Sun cream
- 2 x water bottles
- 2 x bottle cages attached to your bike
- Mobile phone (fully charged)
- Medical / First aid kit (see below)
- Warm and comfortable, casual evening-wear for when we kick back and relax in the evenings. Please note that although the event takes place in the summer, evenings can become cool

Cycle Repair Kit

As the route is circular you shouldn't need a day sack but please ensure you carry the following with you:

- Mini bike pump
- 2 new inner tubes (check they fit your bike)

- A puncture repair kit including tyre levers
- Multi tool (with correct allen keys for your bike)
- Chain repair links (contact your local bike shop if you're unsure about chain repair)
- Bike/chain lubricant

Run/walk specific list

Thanks to Accenture we will provide you with a Big Ride for Africa breathable, high quality running shirt for your run. You need to bring:

- Shorts / leggings
- Trainers / walking boots (comfortable and worn in)
- Pair of socks
- Sunglasses
- Waterproof jacket (recommend lightweight)
- Mobile phone (fully charged)
- Sun cream
- Walking poles – walkers only
- Small rucksack

Recommended Personal First Aid Kit

- Your normal choice of painkillers
- Fabric plasters
- Blister fabric, e.g. RockTape/ Compeed
- Any personal medication (prescription or non-prescription)

Post Event Gear

- Flip flops / trainers
- Pair of casual trousers
- T-Shirts
- Warm jacket
- Warm hat
- Socks
- Underwear
- Sleepwear
- Wash bag with toiletries
- Insect repellent

Packing advice

- Each tent will come ready with a thermarest sleeping mat, a brand new high quality sleeping bag and a pillow in a pillow case
- Those who have booked Glamping will arrive to a bell tent with a mattress (size as requested), and a duvet and pillow with cover and case
- You will need to carry with you on your bike; your cycling gear, cycle repair kit and your recommended personal first aid kit (as listed above). You will not be able to access your kit bag until the end of your ride, therefore it is best to ride prepared for all weathers and eventualities
- **Keep a check on the weather** in the days running up to the event as this may affect packing

- Ensure that you **clearly label** all of your personal items
- It's **your responsibility** to insure your personal belongings to a level of cover that's appropriate for their value and location
- If you find you have lost anything once you have left the event please email thebigride@lessonsforlifefoundation.org as soon as possible. Any kit which is not claimed **two weeks** after the event will be given to charity

4a. Registration

Registration location: Castlemartin Stud Farm

Dates & times:

TUESDAY 19 th JUNE	WEDNESDAY 20 th JUNE	THURSDAY 21 st JUNE
16:00 – 21:00	06:00 – 10:00 16:00 – 21:00	06:00 – 11:00

Please bring your **confirmation email** or **photo ID** with you in order to collect your registration pack.

1. Upon arrival at Castlemartin Stud Farm, if you have your bike please use the temporary racking area as directed by our marshals
2. You will be directed to the registration desk by foot to check-in and collect your:
 - Registration pack
 - Time tracker
 - Cycling jersey(s) and/or technical t-shirt
3. If cycling, attach your bike number card to your bike and rack it in the correct racking zone
4. Head to tent concierge to be allocated your tent

Your registration pack will contain the following items:

- Welcome letter
- Valuables label (incl. a cable tie to attach it to a small valuables-only bag)
- Accreditation wristband (to be worn at all times during the event)
- Bike number card (incl. cable ties to attach it to your bike) – cyclists only
- Seat post number – cyclists only
- Helmet sticker – cyclists only
- Bib number & safety pins - runners only

4b. Start times

You may start at your leisure anytime within the relevant start window shown below. Please be at the start line, ready to go, at least 15 minute prior to your desired start time to collect your bike and listen to the route briefing. Please allow more time if you need to drop valuables, adjust your bike, fill up water bottles and so on.

Wednesday 20th June

08:30 – 09:00 160km cyclists start window

09:00 – 09:30 100km cyclists start window

10:00 – 10:30 50km cyclists start window

Thursday 21st June

08:00 – 08:30 160km cyclists start window

08:00 – 08:30 100km cyclists start window

09:30 – 10:00 50km cyclists start window

10:45 Runners & Walkers group warm up

11:00 Runners & Walkers start

If you are arriving on site on the morning of your event, please arrive **at least one hour** prior to your allocated start time in order to:

1. Register (if not done previously)
2. Collect your jersey(s)/t-shirt (if not done previously)
3. Drop off any valuables for secure storage
4. Make a final check of your kit
5. Have breakfast
6. Fill your water bottles
7. Go to the toilet
8. Make your way to the start area
9. Join the start pens for the start line briefing

For safety reasons, participants are briefed and then released onto the route in groups of 30-40 so please be patient during this process. Additionally, there will be some speeches prior to groups setting off.

4c. Route & signage

Route signs

The **entire route** will be signed with large red and white arrows so you shouldn't need to worry about getting lost. Every junction will be signed **before the turn, at the turn** and will have a **confirmation arrow** after the turn.

If you go more than a few miles without seeing one and you are worried that you are off course then you should **ring event control**; this number will be stated on your bike number and/or bib

number.

Caution signs

From time to time you will also see 'Caution signs'. These denote a hazard of some description such as a steep descent, uneven road surface or hazardous junction. Whenever you see a Caution sign, please adopt defensive cycling practices. These include:

- Decreasing your speed
- Dropping to single file
- Looking up

Please pay particular attention for up to 200m beyond the Caution sign for an upcoming hazard.

Downloadable route files

The latest route files are available for download on the [website](#).

The final routes planned aim to balance participant safety, the best scenery possible and a feasible amount of climbing each day.

The final distances for each route are as follows:

Day 1

ROUTE	OFFICIAL DISTANCE (KM)
50km Cycle	57 km
100km Cycle	106 km
160km Cycle	144 km

Day 2

ROUTE	OFFICIAL DISTANCE (KM)
50km Cycle	55 km
100km Cycle	118 km
160km Cycle	164 km
21km Run/walk	21 km
42km Run/walk	42 km

Please note; the routes are subject to change up until the day due to road works, blockages and diversions and so please follow the clear signs provided rather than your GPS.

While on the route

- Follow ALL event arrows
- Follow the highway code when crossing roads
- Please stop at pit stops and don't get waylaid in local cafes or pubs
- Inform **EVENT CONTROL** if you leave the event for any reason

Chaperones and broom wagon – cycle routes

Whilst riding you will see cyclists with an armband and jerseys marked **Chaperone**. These are

experienced cyclists who'll provide key **support and motivation** and ensure everyone stays **safe**.

There will be a **broom wagon vehicle** that will follow the route at the back of the rider field, travelling at an **average speed of 9mph** to pick up any riders that are injured or medically unable to continue.

The **broom wagon** will leave the start after the last cyclist. It will pick people up **if they fall behind** the required pace to complete the challenge by the route closing time which is 12 hours after the start time or at dusk – whichever arrives soonest.

Marshals and back marker – run/walk route

There will be marshals manning the pit stops and key junctions who are there to provide key **support and motivation** and ensure everyone stays **safe**. Walkers will also be accompanied by a group leader.

Mechanical support – cycle routes

There will be mechanical support available out on the road and at the pit stops.

The mechanical teams will have a **wide range of supplies** to ensure everyone has the best chance of finishing the route. If you have a problem with your bike they will aim to **fix it for free**, but any components needed to fix the bike will be at a charge. Please bring cash and a bank card with you to cover this should you need parts replaced on your bike during the event.

We also strongly advise getting an experienced mechanic to **check over your bike before the event** to ensure all your brakes, cables and wheels are in good shape. You can do this at your local bike shop.

If you have a problem out on the road then you can call the emergency number on your bike number and the mechanical support team will come and find you as soon as possible.

PLEASE NOTE: you must be able to fix your own punctures and will be expected to do so during the event with your own equipment.

Time trackers

Each participant will be provided with a small tracking device (they are the weight of an energy gel and the size of a box of matches) to be worn on their person throughout their challenge. The trackers have the following purpose:

- To help the event delivery team monitor the location and flow of participants through the event
- To monitor and record participant times through the start, pit stops, KOM and finish – please remember that these event are not races

The tracker will also update your location in real time to a live website for colleagues, friends and family to view.

Please make sure your tracker has a clear view of the sky and is not obstructed by anything metal (e.g. foil gel wrappers). Please do not put the device in your saddlebag or rucksack as this may obstruct the signal and result in no data being captured.

PLEASE NOTE: Trackers must be returned at the end of your challenge – please hand this

in to the crew at the finish line on Thursday 21st June. A charge will be levied for lost trackers.

If you get lost

If you believe you are lost please follow this procedure:

- Stop and try to work out where you are by reference points
- Try to make your way back to your last known point
- If you are still lost call EVENT CONTROL on the emergency contact numbers

4d. Pit stop information

Pit stop summary

The Big Ride for Africa 2018 will feature ‘Grab & Go’ style pit stops. These are designed for quick rest and refueling, providing all the sustenance you need to complete the challenge without encouraging lengthy breaks or the need for heavy infrastructure. The party is at Basecamp, and we want to get you back there as swiftly as possible.

There will be between one and three pit stop locations depending on your event where you will be able to re-fuel and to seek medical or mechanical assistance (cycle only).

The pit stops will be situated at the following approximate mileages and will include a variety of different sweet and savoury snacks, water and High5 sports nutrition:

Day 1

Cycle 50km	Distance (km)	Refreshments include
Pit stop 1	38 km	water, bananas, cereal bars, crisps and sweets, High5 (Gel, Energy Source sachet, Zero tab)

Cycle 100km	Distance (km)	Refreshments include
Pit stop 1	38 km	water, bananas, cereal bars, crisps and sweets, High5 (Gel, Energy Source sachet, Zero tab)
Pit stop 2	70 km	water, tea and coffee, bananas, cereal bars, crisps and sweets, sandwiches and hot stew, High5 (Gel, Energy Source sachet, Zero tab)

Cycle 160km	Distance (km)	Refreshments include
Pit stop 1	38 km	water, bananas, cereal bars, crisps and sweets, High5 (Gel, Energy Source sachet, Zero tab)
Pit stop 2	70 km	water, tea and coffee, bananas, cereal bars, crisps and sweets, sandwiches and hot stew, High5 (Gel, Energy Source sachet, Zero tab)
Pit stop 3	110 km	water, bananas, cereal bars, crisps and

		sweets, High5 (Gel, Energy Source sachet, Zero tab)
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Day 2

Cycle 50km	Distance (km)	Refreshments include
Pit stop 1	24 km	water, bananas, cereal bars, crisps and sweets, High5 (Gel, Energy Source sachet, Zero tab)

Cycle 100km	Distance (km)	Refreshments include
Pit stop 1	24 km	water, bananas, cereal bars, crisps and sweets, High5 (Gel, Energy Source sachet, Zero tab)
Pit stop 2	62 km	water, tea and coffee, bananas, cereal bars, crisps and sweets, sandwiches and lasagne, High5 (Gel, Energy Source sachet, Zero tab)

Cycle 160km	Distance (km)	Refreshments include
Pit stop 1	24 km	water, bananas, cereal bars, crisps and sweets, High5 (Gel, Energy Source sachet, Zero tab)
Pit stop 2	62 km	water, tea and coffee, bananas, cereal bars, crisps and sweets, sandwiches and lasagne, High5 (Gel, Energy Source sachet, Zero tab)
Pit stop 3	108 km	water, bananas, cereal bars, crisps and sweets, High5 (Gel, Energy Source sachet, Zero tab)

Run/walk 21km	Distance (km)	Refreshments include
Pit stop 1	5 km	water, High5 (Gel, Energy Source sachet, Zero tab)
Pit stop 2	10 km	water, oranges, bananas, cereal bars, crisps and sweets (sandwiches – walkers collect at the start) High5 (Gel, Energy Source sachet, Zero tab)
Pit stop 3	15 km	water, High5 (Gel, Energy Source sachet, Zero tab)

Run/walk 42km	Distance (km)	Refreshments include
Pit stop 1	5 km	water, High5 (Gel, Energy Source sachet, Zero tab)
Pit stop 2	10 km	water, oranges, bananas, cereal bars, crisps and sweets High5 (Gel, Energy Source sachet, Zero tab)
Pit stop 3	15 km	water, High5 (Gel, Energy Source sachet, Zero tab)

Pit stop 4	21km	water, High5 (Gel, Energy Source sachet, Zero tab)
Pit stop 5	26km	water, High5 (Gel, Energy Source sachet, Zero tab)
Pit stop 6	31km	water, oranges, bananas, cereal bars, crisps and sweets High5 (Gel, Energy Source sachet, Zero tab)
Pit stop 7	36km	water, High5 (Gel, Energy Source sachet, Zero tab)

*** Runner will be provided with sandwiches on their return to the basecamp.*

Pit stop locations will not be published for health and safety reasons, due to space and access of these remote locations and respect of the land owners/local residents.

Cut off times

The route opening times have been pre-determined and take into consideration the hours of daylight, the safety of riders and crew throughout their total time out on the route. It will be at the discretion of the Route Director, as to whether they allow participants to stay out on the route beyond these times due to any unforeseen circumstances or special situations. Cut off times are largely dictated by daylight hours and the good news is that we have plenty of those.

To adhere to the opening and closing times of pit stops you will need to have an average speed of approximately 15km per hour if completing the 160km route and 10km per hour if completing the 100km or 50km routes.

Therefore, the latest departures from pit stops are as follows:

PS1: 14:00

PS2: 16:30 (13:30 if completing the 160km route)

PS3: 18:30

If you are on the run/walk you will be required to maintain an average pace of no less than 4km per hour.

5. Accommodation and facilities

Accommodation

All accommodation for the 2018 event will be at the event basecamp at Castlemartin Stud Farm, Kilcullen.

The basecamp will be open from 16:00 on Tuesday 19th June until 10:00 on Friday 22nd June 2018. All accommodation, food and drink is included once you have been confirmed for the event.

Accommodation will be housed in a premium bespoke campsite with all facilities located on site.

Should you decide not to join us at basecamp, alternative accommodation and all logistics of getting to and from basecamp will be your responsibility and all costs will be your own.

Camping

Each participant will be allocated their own two-man tent, a thermarest sleeping mat, a brand new high quality sleeping bag and a pillow in a pillow case.

Bell tents are also available on request for an additional charge. **This is an opt-in service that must be booked in advance via the online booking form** as there is limited availability. Tents include a mattress (size as requested), and a duvet and pillow with cover and case.

Luggage storage

Overnight participants - Participant luggage should be left inside tents during the day – the basecamp is manned at all times. Smaller valuables secured inside a suitable bag or similar, such as laptops and wallets can be stored in a locked room when you are out of the route during the day – please attach your numbered valuables label and hand it in at the store room before you start your event each day.

One day participants – a small rucksack can be left on site when you are out of the route during the day – please attach your numbered valuables label and hand it in at the store room before you start your event.

Toilets and changing facilities

There will be male and female toilet and shower facilities at the basecamp.

On the route, toilets are available at the **pit stops**. Please note that there are no changing facilities at the start line and therefore we recommend you come **to the start line ready in your kit**.

Showers

You will be issued with two fresh towels per day at the basecamp for the showers that will be available. To avoid queues during peak periods, we ask that showers are kept to 10 minutes per person.

Drying area

A drying area, a marquee with a heater and washing lines and pegs will be provided.

Please ensure that all of your kit is clearly labeled with your name and race number and that you collect your items before leaving the event.

Medals

Medals will be handed out at the finish line.

Sports Massage

A 10 minute sports massage will be available for you at the finish line each day. Depending on how busy they are when you cross the finish line, you may need to book in for this service.

Food throughout the day

Breakfast: 06:00 – 09:00

We will be providing you with lots of food along the way, but it is recommended that you are up / on site in good time to eat your breakfast which will be served at the basecamp. You'll be burning a lot of calories and the worst thing to do is run out of gas from not eating before setting off.

Each morning we will provide hot and cold breakfast options, a tea and fresh coffee station and an area for you to fill your water bottles with sports nutrition.

Lunch: en-route

At each pit stop you will be offered a range of savory and sweet food which is outlined in more detail in **section 4d**. The lunch offering is provided on the route for the majority* of participants so **please ensure you call in at the relevant pit stop to collect this**.

**Runners on the 21km/42km route will be provided with lunch on their return to the basecamp. Walkers will need to pick up their sandwiches before they leave for the day.*

Finish line: throughout afternoon

On completion of your challenge, there will be cold drinks and a small selection of savory snacks available in the courtyard.

Dinner: 18:00 – 21:00 Tuesday 19th
19:00 – 21:00 Wednesday 20th June and Thursday 21st June

In the evening you'll get a hot meal with dessert and tea or coffee. This will be served as a rolling buffet at the basecamp.

Drinks throughout the day

Urns of tea and coffee and water will be available at all times from the catering marquee.

Water and High5 sports nutrition will be available at all pit stops, with tea and coffee served at designated points – see section 4d.

Beer and wine will be available at dinner each evening.

Cold beer and soft drinks will be served from the chill out marquee bar at the finish line. With thanks to Ciena and O'Hara's, who are sponsoring our bars.

Wearing cleats

If you are wearing cleats during your ride, we ask that you change your shoes once you are back in basecamp.

6. Down time and entertainment

There are a number of facilities on offer and things to do during your down time in basecamp, please visit the Info desk for more information.

Wifi access

Virgin Media are providing free wifi across the site for the duration of the event. The password to connect is **#bigride4africa**

Charging points

Thanks to Irish Electric there will be charging stations compatible with all devices in the catering and chill out marquees. **Please note: property is left at the owners risk.**

Chill-out areas

Comfy seating and beanbags will be around camp for you to chill-out and relax.

Stretch zone

A designated stretch area with yoga mats and foam rollers will be available to warm up and relieve aching muscles. Formal warm down sessions will also take place throughout the afternoon lead by our Basecamp Coach.

Participant briefing

Each evening, there will be a number of announcements and a participant briefing ahead of the next day's challenge. This will take place in the catering marquee at 20:30.

BNP Paribas King of the Mountains sign up

This 1km team challenge will take place along the route on Wednesday 20th June at approximately 11km into the route.

Be sure to sign up your team at the Info Desk before you ride. The aim is to clock the fastest average time as a team. The winners will be announced and awarded the highly converted polka dot jerseys at the participant briefing that evening.

Accenture photo posting app

Accenture have once again teamed up with Pic2Go technology to bring you your free race photos! These photos are posted directly to your Facebook timeline, as fast as possible during the race so friends and family can see live race imagery as you progress.

Sign-up is quick and simple. All you need is to register your participant bib number using the guide below and then log into your Facebook account and grant the app the requested permissions.

1. Click on this link to go the sign-up page: <https://www.thebigrideforafrica.com/pic2go>
 - a. Enter your race number into the box
 - b. Download the Pic2Go app on Facebook
 - c. Follow the instructions thereafter

Don't have facebook?

- You can sign up just to get your photos and then delete your account.
- Get a close friend or family to sign up to Pic2Go for you. Register your race number with their account details.
- Or, a link will also be shared after the event with a gallery of all of imagery. You will be able to search by event number so find and download a free medium resolution version of your picture

7. Safety, medical support and emergency procedure

During this challenge you're going to be pushing your fitness to its limits. The event has a full incident response plan and medical support. The medical team have set out some points of advice on how to help you reach that finish line.

Pay attention to your hydration: Don't overdo the energy drinks or gels, as they can cause an upset stomach. Please ensure that you have trained with these items in advance of the event.

Address an issue immediately: A little niggle, ache or pain can lead to something more serious. Please seek out our medical team as soon as you can.

We will have medical provision and physiotherapists at the **start line**, at **the pit stops** and at **the finish**. There will also be emergency medical care available for the duration of the event.

Medical Information

You should have by now completed a medical questionnaire for review by our medical team in advance of the event. In case of any changes to your health before the event day you should report this at registration.

Emergency Procedure

- Call 112 direct if it is a critical medical emergency (life threatening or limb threatening)
- Call the Event Medical Emergency number (detailed on your bike number/race bib) for all other kinds of medical emergencies
- For minor, non emergency medical issues please make your way to the nearest pit stop where a medic will be on hand

In the event of an incident, we ask all participants to respect due process, those involved, and the event's integrity and refrain from discussing details (both amongst other participants or with external parties) and any use of social media. As a representative of the Liberty Global family we ask for your co-operation with the Event Organising team and their nominated crew members.

8a. General cycling

Will there be mechanical support on the road? Do I need to bring a puncture repair kit?

We will have mechanics out on the route to help with any significant issues, but we do ask all riders to bring a small toolkit to be able to fix their own punctures. It is remarkably simple when you are shown how, and all you need is a puncture repair kit or spare inner tube, a couple of tyre levers and a pump. Once you've had a practice you'll be up and running again in no time and if you pack a multi-tool you can fix 90% of problems yourself on the road before calling in the

backup.

What time will I arrive at the finish line?

This is totally dependent on how fast you cycle! We'd expect riders to be arriving at the finish from around 15:00 onwards for the 100/160km ride so we will be ready to welcome you to the celebrations.

Do I have to wear a helmet?

Yes. Safety out on the road is paramount to us and you will not be allowed to ride without one.

Are the roads closed?

No. The route is set along quieter roads in the countryside where possible so there is less traffic (and they're more beautiful) but during peak commuter periods, you will need to pay attention as you cycle. You must still cycle sensibly and safely and obey the Highway Code in order to avoid accidents.

Am I allowed to use a Go Pro during the event?

You are welcome to use a Go Pro to film footage of your cycling on the event, but this must be mounted to your bike and may not be mounted to your helmet or hand held at any time during cycling.

8b. Bike

If you've got any niggling questions about bikes, here's where you'll find lots of helpful information and guidance whether it's from what kind of bike to ride the event on or whether to invest in cleats.

Which is the best bike for The Big Ride for Africa?

The ideal bike needs to:

- Be lightweight and stiff enough for efficient power transfer.
- Have a comfortable saddle for a long day perched on it.
- Have a wide range of gearing to ensure that you can take on significant climbs.
- You can use a road bike or a hybrid bike on this route but we would not recommend a mountain bike unless you put on thinner road tyres.

I have a hybrid bike. Will that be ok for the event?

- A good quality lightweight hybrid bike would still be suitable.
- A high-end hybrid bike can be almost as fast as a similarly priced road bike whilst offering a less aggressive riding position.

What is the best gearing set up?

- For the widest range of gear ratios, either opt for a triple chainset at the front or a compact double chainset.
- Both of these with a wide ratio cassette at the rear (such as 12-28T) will offer a good range of gears to get up most climbs.

What is the best saddle to have?

- We are all different shapes and sizes and as such saddle choice is a personal preference.
- The position you ride in should be considered in the shape of the saddle you buy, for

example, riders with a very aero and aggressive riding position may prefer a flatter saddle profile.

- If possible, try as many saddles as possible before buying.

Is it essential to have drop (racing bike style) handlebars?

- Drop bars allow a rider to get into a lower, more aerodynamic, riding position which reduces wind resistance and allows you to ride more efficiently.
- Riding on the drops for any period of time can take practice to get your body used to this aggressive position. It is by no means essential, but if used correctly can be a performance advantage.
- Aero handlebars are not permitted.

Do I need to be using cleats?

- Clip in pedals should make your ride easier.
- The advantage of clip in pedals is that you have a solid connection to the bike which when combined with stiff soled cycling specific shoes allows you to transfer more of your effort through the pedals. Make sure you get used to them before joining the event though as they take a little bit of getting used to and it's easier on familiar quiet roads on your own.

I have heard that it is a good idea to get my bike 'positioned'. Is this necessary?

- You want to be comfortable on your bike and don't want the enjoyment of the route and experience to be compromised by saddle sores, knee, neck or back pain.
- It is a good idea to visit a bike shop, as they might adapt your position with very small adjustments to saddle height, stem length or cleat position, which will make all the difference and cater for a comfy ride.

8c. Running / walking

What footwear is best for the terrain?

- A good pair of trail trainers or walking boots. Make sure you break in your chosen footwear before the event. You should have a thumb's width between the end of your toe and the end of the shoe.
- Socks are as vital as the shoes; the wrong pair can cause discomfort even in well-fitting shoes. Your socks should fit snugly, and be a comfortable length so they don't fall down when you're moving. Look for socks made from natural materials like cotton or wool.

9. Contact information

Please keep an eye out for further event updates by email and on the website www.bigrideforafrica.com

For further event information not covered in this pack please contact The Big Ride for Africa team at: thebigrider@lessonsforlifefoundation.org. We wish you the very best of luck in your training and fundraising and look forward to seeing you soon!