

DELOITTE RAB 2019 - DAILY RIDER TOP TIPS

Q: When do I arrive?

A: All daily stage places include dinner and overnight stay the night before riding. Registration is open between 2:00pm - 6:00pm each evening for you to come and pick up your accreditation wristband and timings chip before heading into the main area of basecamp for the evening.

Q: Will I still receive a medal?

A: Yes, anyone taking part in any element of Deloitte RAB will receive a medal at their finish point.

Q: I'm staying overnight and riding one stage of the challenge; do I still need to bring a sleeping bag?

A: Yes, any rider staying overnight in basecamp with us will need to bring their own sleeping bag.

Q: When do I leave the Ride?

A: You will depart the Ride at the end of your riding day. You are welcome to stay around the site to greet in other riders etc. but we ask that you depart by no later than 8:00pm. You won't be eligible for evening meal on this day (unless this has been pre-arranged and specified on your registration form when you signed up).

Q: Can I have a shower after completing my stage of the Ride before I leave?

A: Showers will always be based in the camping area of basecamp and we ask that they are left for riders staying overnight and completing the next stage of the challenge.

Q: Can I use the massage service?

A: Massage is for those completing the full course only. However, if you have experienced some significant issues during your day of riding, there will be sports therapists present to assist any rider.

Q: Will my bag still be transported to my finish basecamp even if I'm only completing a daily stage?

A: Yes, any rider's bag on the event will be transported from start to finish of each stage.

Q: Do I still get HIGH5 sports nutrition even if I'm only completing a daily stage?

A: Yes, all riders on the event will receive High5 sports nutrition at the event start and pit stops points.

Q: What food will I receive on the event?

- Evening meal (the evening before your daily stage)
- Breakfast (the morning of your daily stage)
- 2 x sets of pit stop sweet and savoury snacks

Q: As a daily rider, will I still receive a towel for showering if I am staying overnight?

A: Yes, any rider staying overnight with us will receive a towel.