



**DELOITTE
RIDE
ACROSS
BRITAIN**

2019 Event Information Guide

Classic / England / Scotland

This guide is designed to give you a clear overview of what you can expect on your Deloitte Ride Across Britain experience.

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A message from Deloitte, your title sponsor

We're proud to be associated with one of Britain's most iconic bucket-list challenges. The Ride has inspired many to lead healthier lives, and through fundraising, has played an integral part in improving the futures of hundreds of people over the last nine years.

Making an impact on One Million Futures.

Since 2010, Deloitte riders have raised over £2m and we'd like to continue that success by having an even greater impact on our communities. Our target is to help one million people, whether it be in the classroom, workplace or boardroom. As part of this, we're working with a range of charities around the country, supporting projects that help overcome barriers to education and employment. We want to thank you for being part of this Ride and wish you all the best on your life-changing journey.

A message from Threshold Sports, the team behind Deloitte RAB

THRESHOLD/ MORE IS IN YOU™

Congratulations. You have taken on the first big test of Deloitte Ride Across Britain: signing up! Riding Land's End to John O'Groats is a monumental challenge and, no matter how fit or strong you are, you will have moments between now and crossing the finish line where you will ask yourself why on earth you ever put your name down. But trust us, it will be worth it.

At Threshold, we have a simple focus. We want to do everything we can to get you to that finish line with the best possible experience along the way.

9 days on the bike is tough, but the unique nature of Deloitte RAB means that preparation for life off the bike is just as important. Although the tales of 980 miles of dry weather are true, this is the Ride Across Britain. This is not a country famed for its unbroken blue skies.

This event information guide will take you through what to expect and how best to prepare for the challenge ahead. If you read it and have any further questions then we're on e-mail or the phone to help with any questions you might have.

Respect the challenge, put the training in and you will not only finish, but you will enjoy the many unforgettable moments of lung-busting climbs, sweeping descents, basecamp sunrises and the legendary Deloitte cheer squad at the top of the hills. Most importantly, don't forget that More Is In You.

We look forward to welcoming you all to Land's End in September and being part of your unique Deloitte RAB experience.

Nick Tuppen
CEO

SECTION 1: GETTING THERE AND AWAY

KEY INFO

Rider Transport

- We put on shuttles inbound from John O’Groats (Sunday 15th September).
- This must be pre-booked through European Bike Express.

Bike and Luggage Transport

- Available through European Bike Express.
- This must be pre-booked.

Heading Home

- You’ll need to arrange your own onward transport on the Sunday as there is no basecamp at John O’Groats

Refer to the [Rider Information Platform](#) for more information and the links to book.

DETAILS

Rider Transport

- We put on rider shuttle services from John O’Groats on Sunday 15th September at an extra cost.
- Rider shuttles are for riders and bags only.
- Please see the [Rider Information Platform](#) for more information on Outbound Rider Transport and your Return Rider Transport.

N.B. International riders: Please contact European Bike Express directly for Bike, Luggage and Rider Transport services.

N.B. Scotland riders can only use transport services one way:

- Scotland: you must make your own way to Edinburgh

Bike Transport

Transport is put on by European Bike Express (EBE):

- **Transport from John O’Groats:** leave your bike and collect it from a chosen point approx. one week after the event.
- Bike transport is available to book through European Bike Express now. Please see [the Rider Information Platform](#) for more detail.

Please note:

- The instructions for packing your bike can be found in the [2019 Bike Transport FAQs document](#) on page 5.
- If using a bike bag or box you will also need to book this.

Heading Home

We will try to set riders off earlier on the final morning to allow time to make the onward journey.

- There is no basecamp at John O’Groats
 - but:
 - Medals will be handed out;
 - There will be soup and rolls – if you are looking for something more substantial, there are food concessions with different options that you can buy.
 - Participants can shower before heading home.
- Please give yourself plenty of time on the final day to reach your onward transport to avoid rushing. If in doubt, book a later train/flight.

SECTION 2: ARRIVAL AND REGISTRATION

KEY INFO

- Rider packs will be sent out **mid-August 2019**.
- Registration at basecamp will open at 3:30pm Thursday 12th September.
- Registration will be open **3:30pm – 7:30pm**
- There will be no access to the site **before 2pm**.

Rider numbers and colour zones

- You can find out your **rider number and colour zone** in mid-August.

Rider Briefing

- There will be a compulsory rider briefing at Edinburgh basecamp at **8pm** on Friday 6th September.

Dinner

- Dinner will be available on the first night from 6pm.

DETAILS

Rider packs

Before the event, you will receive your rider pack. This will contain:

- Your bike number (for the front of your bike)
- Your luggage label
- Cable ties
- A bike box/bag label (if you have booked this with EBE)
- A letter with instructions on how to attach the above

This is all you will receive in the post before the event. Everything else will be given to you upon arrival.

N.B. International riders: You will **not receive anything in the post** before the event. You will receive all the above when registering on arrival.

Registration

- On arrival, head to the bike racking to drop off your bike (if you have not used the bike transport service), then go straight to the registration area. If you have used the recommended bike transport service your bike will already be in the racking.
- You must **bring your helmet** to registration.
- You will receive the following:

1. Accreditation wristband

You must wear this at all times on the Ride.

2. Timing Chip Sticker

This must be stuck to the left-hand side of your helmet and not over any other timing chip or reflective strip.

3. Bike Tag

This is a tag that sits under your seat post. You will be provided with cable ties to attach it.

4. Tent information

You will be assigned your tent at the tent allocation desk.

N.B. Scotland riders will receive the above when registering at Edinburgh on Thursday 12th September and there will be a welcome briefing on arrival.

Rider numbers and colour zones

- Your rider number will help us identify you out on the road.
- Your colour zone relates to where you put your bike in the racking, where your tent is, and which luggage truck you load your bag onto.

Evening rider briefings

- These evening briefings are to discuss the next day's ride, weather updates and provide any information about life in the basecamp.

SECTION 3: KEY DAILY TIMINGS

KEY INFO

Daily timings chart

- Riders will receive a daily email with key messages and timings.

Start line opening times

- Open every morning from **7am-8am**.
- Slower riders should set off as soon as the route opens at 7am.
- Any changes in start time will be announced at the previous night's briefing and displayed on the information boards.
- We may start earlier on longer/harder days.

Luggage drop, collection and limit

- Drop bag at luggage vehicles each day between 6.00am-7.30am
- Luggage limit of 16kg in a 90L bag** unless you have purchased extra weight (see Section 8).

DETAILS

Daily timings chart

| Basecamp: am | On the Road | Basecamp: pm |
|---|---|---|
| 05:30 am Wake up | 09:00 – varies daily Pit stop 1 open: Water, sweet and savoury snacks available | 14:00 onwards Basecamp open for riders |
| 05:30 - 08:00 Breakfast | | 14:00 – 17:30 Afternoon tea (soup, breads, tea and coffee) available |
| 06:00 - 08:00 Bike racking open | 11:00 - varies daily Pit stop 2 open: Water, sweet and savoury snacks available | All facilities open: showers, massage team, stretching area, physiotherapy team, chill out area, drying room, charging services, medical services, mechanical services. |
| 06:30 - 07:30 Drop off your luggage | | |
| 07:00 - 08:00 Start line open (rider briefing before each wave departs) | 19:00 Route closed* *Please see Section 7 about route closure times and the broom wagon. | Drop off your bike |
| 08:00 Start line closed | | Collect your luggage |
| | | 17:30 - 21:00 Dinner |
| | | 20:00 Rider briefing |

N.B. These are general timings and may be subject to change due to weather and other considerations.

Start line opening times

- Riders will be set off in small groups from **7am and 8am each morning**.
- We strongly recommend **slower riders to set off when the start opens at 7am** so they have more time to finish the course each day.
- We may start at an earlier time on longer/ harder days.
- On the final day, we'll assess the daylight, weather and other aspects and may bring the start time forward to allow riders to reach John O'Groats earlier.

Luggage drop, collection and limit

- Each day, head to the luggage vehicles to drop off your bag.
- This must be done **between 6.30am and 7.30am**.
- The luggage vehicles will arrive at the next basecamp prior to your arrival.
- Each rider has a luggage limit of 16kg, which must fit into a 90L bag. To find out how to purchase **extra weight, please see Section 8**.

SECTION 4: BASECAMP

KEY INFO

Basecamp locations

- Please see the chart on the right for the basecamp locations.

Tent allocation

- All tents are provided and are single occupancy two-man tents.

Food and drink

- We have onsite caterers to provide hearty meals.
- Food and drink is provided at pit stops.
- **Breakfast:** 5.30am – 8.00am
- **Afternoon Tea:** 2pm – 5.30pm
- **Dinner:** 5.30pm – 9pm

Showers and loos

- Showers and loos are available at all times at the basecamps

Massage

- All participants are entitled to a 10-minute massage every other day.
- The schedule will be based on your colour zone

Charging facilities

- **Plug sockets will be available** in each basecamp

Drying Area

- There will be a drying area at each basecamp. Please ensure all your kit is clearly labelled.

DETAILS

Basecamp locations

Please note that these locations **could be subject to change** in the lead up to the event.

| Basecamp | Basecamp Address | Date |
|--------------------|--|---------------------------------|
| Land's End | The Land's End Resort, Land's End Cornwall, TR19 7AA | Friday 6 th Sept |
| Okehampton | Okehampton Showground Holsworth Road Okehampton, Devon, EX20 1SW | Saturday 7 th Sept |
| Bath | Sports Training Village, University of Bath, Bath, BA2 7AY | Sunday 8 th Sept |
| Ludlow | Ludlow Racecourse, Bromfield, Ludlow, Shropshire, SY8 2BT | Monday 9 th Sept |
| Haydock | Haydock Park Racecourse, Newton-Le-Willows, Merseyside, WA12 0HQ | Tuesday 10 th Sept |
| Carlisle | East Park, Brisco, Carlisle, CA4 0RB | Wednesday 11 th Sept |
| Edinburgh | Hopetoun House Estate, South Queensferry, Edinburgh, EH30 9SL | Thursday 12 th Sept |
| Strathdon | Lonach Highland Games Site, Bellabeg, Strathdon, AB36 8UL | Friday 13 th Sept |
| Kyle of Sutherland | Balblair Farm, Bonar Bridge, Sutherland IV24 3AY | Saturday 14 th Sept |
| John O'Groats | The Highland Games Field John O'Groats, Wick Caithness, KW1 4YR | Sunday 15 th Sept |

Tent allocation

- **Tents** will be provided.
- **You need to bring your own camping mat**
- On arrival, head straight to the tent allocation desk after you have registered.
- All tents are single occupancy two-man tents, so you will have space for you and your belongings.
- Our crew put up and take down the tents at each basecamp.
- You will **not get the same tent each night**, so you must **leave your tent clear of rubbish and personal items.**

Food and drink

- We will have onsite caterers at each base camp that will provide hearty meals to ensure that you are all fuelled up for the next day of riding.
- The food is **varied and plentiful.**
- We will cater for **specific dietary requirements.**
- If you cannot see any options for yourself please ask a member of the catering crew.
- Please take food from breakfast to power you through until the first pit stop, if needed.
- There are **bars** selling food and drink at your own cost. Please note these bars will be **cash only purchases.**
- You **DO NOT** need to bring any extra food with you, we will provide you with plenty don't worry.

What nutrition advice should I consider?

- Eat little and often throughout the day and refuel at pit stops.

Laundry

- We operate a laundry service during the Ride at 3 locations along the route.
- This must be purchased ahead of the Ride.
- Laundry is for cycling kit only.

Lost Property

- If anything is lost, it will be handed in to the **Info Desk**
- Clearly **label** your belongings with your name and rider number.

Bike racking

- Each basecamp has a secure **bike storage area**.

Security

- There is **site security constantly** present.

Friends and family

- Friends and family are welcome onto the basecamps between **3pm and 8pm** each day.
- Friends and family cannot eat at basecamp.

Leaving the basecamp

- If you leave basecamp, you must sign out of the **Info Desk**.
- Please remember there will be **rider briefings each evening** and you'll need to be back onsite ready to cycle the next morning at the normal start times.

Getting online

- There will be **no Wi-Fi** at any of the basecamps.
- 3G/4G will work as usual.

Showers and loos

- Every basecamp will have showers and loos.
- **Showers:**
 - Showers will be available at all times in the basecamps.
 - Please keep your **shower time short**, spending approx. 4-6 minutes in the shower. This will allow time for everybody to shower.
- **Toilets:**
 - We have toilet trailers at each camp.
 - Portalooos are in the camping area and at each pit stop.

Massage

- Massages are provided to all riders free of charge.
- This service is available from **3pm–10pm** every other evening.
- Each rider must book in his or her session **within 90 minutes of arriving in camp** – the booking station is at the entrance to the massage area.
- Each colour group will be eligible for a massage **every other night**.
- N.B. There is no massage service at Land's End or John O'Groats.

Charging Facilities

- We recommend bringing as little technology as you can on the event. Deloitte RAB is a great occasion to have a break from the technology of everyday.
- There are plug sockets at each basecamp.
- Remember to **bring all your charging leads** with you.
- Please **label all your belongings** with your name and rider number.
- Only charge your phone for the time required so all riders have a chance to use the service.
- **DO NOT** bring a laptop with you due to their value and risk of damage.
- N.B. If you turn to flight mode your devices will charge faster.

Drying area

- There will be a drying area at each basecamp.
- This will either be a **marquee** or an **indoor area with washing lines and hanging space**.
- We will provide hangers and pegs, but we recommend bringing space saving hangers with you to keep your kit together.
- You must **label all your kit clearly** with your name and rider number.
- Make sure you **collect your items before leaving** each basecamp.

What are Colour Zones?

- You will be allocated a colour zone prior to the Ride and your colour zone will remain the same throughout the event. This allows us to easily keep track of all 800+ riders!
- You will be allocated a tent number within your colour zone each day upon arrival at basecamp.
- Each day you will drop off/ pick up your bag/bike from this colour zone

More about Showers & Loos

- They will be available throughout the afternoon and evening.
- At each basecamp there will be a drying area, so you are able to hang your kit to dry - we'll provide hangers and pegs.
- Please ensure that all of your kit is clearly labelled with your name and rider number and that you collect your items before leaving each base camp.
- We have toilet trailers at each camp, as well as portaloos by the camping area. There will also be loos at all pit stops.
- There are hair drying facilities at each campsite
- Each colour zone will be eligible for a massage every other night. The massage service is available from 3pm – 10pm each evening.
- There will be a booking station at the entrance to the massage area. We request that you to take advantage of this service as quickly as is comfortable after your arrival into camp, to ensure that everybody gets a fair opportunity.

• Laundry

- We operate a laundry service to wash all of your essential items of kit.
- Laundry is available to book now through your '[MyEvents](#)' portal.
- You will be given a net bag on arrival for laundry. Laundry is available on days 2, 4 and 6, although this is subject to change.
- **Laundry is for cycling kit only.**
- There is a limit of **6 items of cycling kit** you can wash in this service to ensure everybody's kit washes and dries.
- You will hand in your laundry in the evening and get it back the following morning.

Lost property

- If anything is found or handed in you will be able to collect this at the Info Desk in the basecamp.
- We will keep the items for the **duration of the event**.
- If they are not collected within one week after the event these items will be given to charity.
- To avoid losing anything, clearly label all your belongings with your name and rider number.

Bike Racking

- Each basecamp has a **secure bike storage area**.
- This area is not undercover, but will be constantly manned by security so your bike will be safe.
- You **do not need to bring a bike lock** with you.
- You will only be able to enter the racking area with your accreditation wristband, and leave the area with a bike that has the same number as this wristband.

Security

- We have security personnel present at all of the basecamps.
- Please keep an eye on your belongings.
- Report anything untoward to security or a member of crew.

Friends and family visiting

- Food in the catering area is for **riders only**, but friends and family are welcome to purchase drinks from the basecamp bars. They will not be able to purchase food on the day/evening.
- Please ensure your friends and family do not take up the chairs available for tired cyclists.

Leaving basecamp

- If you wish to leave basecamp to visit friends and family, please **sign out at the info desk** to let us know for Health & Safety reasons.

Getting online

- There will be no Wi-Fi network at any of the basecamps during the Ride. However, standard 3G/4G will work as usual.
- Please note that the coverage in Scotland is patchy.
- We recommend stopping in local towns if you wish to upload photos from the Ride or 'selfies'

SECTION 5: MEDICAL SUPPORT

KEY INFO

- We have medical provisions at each basecamp, the pit stops and on the route each day.
- Emergency medical care is available at all times.
- Please let us know if you are feeling unwell prior to the Ride.

Personal First Aid

- You will be **responsible for your own first aid**.
- The medical team are not there to provide very basic first aid.

Medical Kit List

- Please see the list on the right for what the medical team recommend you bring.

DETAILS

General

- At each basecamp the medical team will run a **morning clinic** and then an **afternoon/evening clinic** at the next basecamp.
- Please let us know if you are feeling unwell before the Ride to ensure that no one arrives on a basecamp with an illness that could spread - it is a group effort and it is vital that any risk of infection is minimised.
- Medics will be on site at Land's End before the ride.

Personal First Aid

- Use your experience from training to learn where your weaknesses are and predict what problems may arise.
- **Address any niggles now** before they become injuries on the Ride.
- Although there will be medical care available at all times on the Ride, this team is **NOT** there to provide basic first aid. If 800 riders' queue for paracetamol and plasters, those with more serious problems could risk not being seen.

Recommended Kit List

The medical team recommend including these items:

- Paracetamol
- Ibuprofen
- Fabric plasters (assorted)
- Vaseline/Sudocrem (or similar, for chafing)
- Chamois cream
- Compeed (large)
- Second skin (alternative to compeed for saddle sores)
- Loperamide (Immodium)
- Alcohol hand gel (for clean hands as well as cleaning small wounds)
- Spare set of your usual medication; keep this in a separate place.

SECTION 6: MECHANICAL SUPPORT

KEY INFO

- We have **mechanical support throughout the event** both on the road and in basecamps.

Top Tip

- Have your bike fitted professionally by a cycle mechanic.

Bike repairs

- Mechanics will be on call for **roadside repairs**.
- **You'll need to fix your own punctures.**

Parts stock

- Our technical specialists carry a wide range of spares.
- Please note they operate a **Replace Not Repair** approach.

Loan bikes

- Our mechanics can **loan you a bike for 24 hours** so you can finish each stage, if you have a serious problem.

DETAILS

General

Our mechanics' aim is to look after your bike and to keep you moving.

Basecamps:

- Mechanics will be available **each morning** for minor tweaking before you ride.
- They will be open during the **afternoon/evening** for any issues during the day.

On the road:

- Mechanics will be in **support vehicles**.
- A team will be **at all pit stops** and also mobile **on the road**.

Bike repairs

- You **MUST fix your own punctures**.
- If the mechanics can't fix your bike, they will loan you one (subject to availability).
- If you'd rather adjust your own bike, you can use a stand and tools but these cannot be taken away from the mechanic area.
- Feel free to **ask any advice** and if your bike needs attention, **seek help as soon as possible**.

Parts stock

- Our mechanics will carry a **stock of basics**, e.g. tubes, tyres, chains, brake pads etc.
- They will also carry a wide range of parts that will fix most problems you may encounter during the Ride. This includes wheels, bearings, shifters etc.
- You will be charged for any parts that you purchase but fittings are done free of charge.
- They operate a **REPLACE NOT REPAIR** policy, as this is the most efficient way of supporting people.
- If we can easily source a replacement part, which our mechanics do not carry, we will do so. All parts must be paid for at the time of repair and you will be charged the RRP. If you believe you can find the part cheaper elsewhere, you must arrange purchase and delivery of this part to the next or future basecamp. You must inform the Info Desk team about this delivery, but Threshold cannot be responsible for any loss or damage to the part during delivery or late delivery of the item.
- Please note, the mechanics will NOT carry spare spokes, you will need to bring your **own spokes** for replacements. You must also bring a **rear mech hanger**, as our mechanics will not stock these due to different types of frame. If in doubt about this, ask your local bike shop or manufacturer.

Loan bikes

- If you have a serious problem with your bike, our mechanics will have a range of spares they can lend you.

- You will be able to **borrow a bike for a 24-hour period**.
- Please note this is subject to availability.

SECTION 7: THE ROUTE

KEY INFO

Route signs

- The **entire route** will be signed with arrows, so you don't need to worry about getting lost.
- If you are worried you are off course, call **Event Control**.

Pit stops

- There are **two pit stops** each day of the Ride.
- You **must stop** at each one so you are logged by the timing system.

TOP TIP: Pacing yourself

- The key to completing the Ride is a **successful pacing and fuelling strategy**.
- **Conserve your energy levels**.

The Broom wagon

- We operate a 'broom wagon' vehicle to pick up those who fall behind the stated cut off times.
- This follows the ride each day and collects those who are unable to complete the stage.
- The route is open for a **12-hour period** each day.
- All riders **must complete** the daily stage within this time period.
- Each pit stop and the finish line will have a cut off time, which will be publicised before the event and reiterated each day.
- All riders must reach the pit stops and finish within the cut off times.
- Any rider who has three strikes will be asked to leave the ride – see the 3-strike rule for more on this.

DETAILS

Route signs



Pit stops

- You must stop at the two daily pits stops so your time is logged and we know where you are.
- You will be able to re-fuel with **water, food and sports nutrition**, use the **loo** and **stretch your legs**.
- There will be a medic and mechanic at each pit stop.
- There will be water, a selection of calorie packed sweet and savoury snacks, fresh fruit and sports nutrition available.
- The longer days have 'power pit stops' to keep you going. These will just have water and so stock up at Pit Stop 2 if you are having a tough day.

TOP TIP: Pacing yourself

- **Do not try to get to basecamp first each day.**
- Conserve your energy levels by:
 - **Riding in a group** (more sociable) and sharing the pace making;
 - **Eating little and often** through the day and refuel at pit stops;
 - **Riding at a consistent pace**, not only throughout the day, but also during each climb. Don't tear away at the start – this uses up precious glycogen stores too early.

The broom wagon and cut off times

PLEASE READ, THIS IS VERY IMPORTANT

We want everyone to finish every mile of the ride they have signed up to between Land's End and John O'Groats. However, this should never be at the expense of anyone's safety.

Our support systems are designed to look after riders within a specific spectrum of speeds and positions on the road. If we extend this spread to look after people who fall behind our stated cut off times we put riders, crew and other road users at increased risk.

Therefore, we operate a 'broom wagon' vehicle(s) to pick up those who are unable to complete the ride within our stated cut off times. This can be due to medical or mechanical reasons or wider issues such as road closures or extreme weather.

The broom wagon follows the ride each day and collects those who are unable to complete the ride for any reason and transports them onwards to the next basecamp by the end of each day.

- Please read the detailed information on this very thoroughly – it is **HIGHLY important**.

Group Riding

- Group riding is **faster, safer** and **more fun**.
- However, ride at the speed you are comfortable with.

Chaperones

- Our chaperones are experienced cyclists who are there to motivate riders.

Emergency Numbers

- There are 2 emergency numbers for the ride: **Medical/Emergency** and **Mechanical/Route**.
- These will be on your accreditation wristband and on the back of your bike number.

Cut off times

The route will be open for 12 hours per day and each pit stop and the finish line will have a cut off time based on each day's mileage and terrain. These will be publicised before the event and reiterated each day.

We reserve the right to alter these cut off times due to extenuating circumstances such as weather or other issues that may affect rider safety.

All riders must be clear of the pit stops and cross the finish line within the cut off times each day to avoid being asked to get in the broom wagon.

Three strike rule

We understand people have an off day which can be caused by anything from running out of energy after a bad night's sleep to getting a few unlucky punctures. So instead of asking you to leave the ride if you miss one cut off, we operate a three-strike rule as follows:

Any rider who has **THREE** strikes will be asked to leave the Ride after the third strike and will **NOT** be permitted to take part in the remainder of the event.

We think this is the fairest balance of giving people the chance for a couple of 'off' days or bits of bad luck, whilst ensuring those who haven't done sufficient training don't use the broom wagon as a taxi service from one end of the country to the other thus rendering it unusable for those still riding.

When riders would get a strike:

- If a rider is collected during the day because they fail to make the pit stop cut off times, this counts as **ONE** strike;
- If a rider does not start on a particular day, and travels in the broom wagon to the next basecamp, this counts as **ONE** strike;
- If a rider does not start on a particular day, and organises their own transfer to the next basecamp this counts as **ONE** strike;
- If a rider has left pit stop 2 within the cut off time but does not reach the finish before that cut off time, this also counts as **ONE** strike.

We know this can be tough for some people who may have unforeseen issues on the event, however this is non-negotiable and will be enforced consistently throughout the ride. This is for the safety of all riders and crew, and in particular, those who have fallen outside of the cut off times.

Top Tips

- The more training you do, the more you will be able to enjoy the Ride.

Group riding

- Our chaperones will be encouraging you to ride as a group although ultimately it is your decision as to how you ride.
- Please ride at the **speed you are comfortable with**.
- You are responsible for looking at the signs for navigation, so you will naturally fall into smaller groups.
- Around **10-12 per group** is ideal.
- The groups are flexible by nature. If you are having a good day, you may want to push on with others. If you are having a bad day you may wish to drop back and join a more leisurely group behind you.
- Find a group of people of your standard and maintain a sustainable pace.

Emergency Numbers

- The two emergency numbers are on your **accreditation wristband** and the **back of your rider number**.
- If a loved one is trying to get hold of you **IN AN EMERGENCY** and cannot contact your personal mobile, we will provide you with a contact number to use.
- Please respect that this is for **EMERGENCIES ONLY**.
- You will be provided with two emergency numbers for the Ride, one for Medical/ Emergency, and one for Mechanical/Route queries.
- These will be clearly marked on your accreditation wristband and on the back of your bike number.
- There will be medical support for the entirety of the Ride, which will be available on route, at pit stops and at basecamps.
- There will be mechanical support on route, at pit stops and at basecamps. If you are having issues with your bike, they will have 'loan bikes' they will provide you for 24 hours whilst they fix yours.
- Please note, you will be required to pay for any mechanical parts that are needed to fix your bike.
- The mechanics will have track pumps
- You can buy inner tubes on the Ride

Other

- It is not compulsory to have mud guards, it is up to you if you would like them
- You will be supplied with water bottles
- If you are feeling unwell on the Ride, let a member of crew know as soon as possible so we can contain the illness
- Enjoy the views and follow the route signs; Garmins are not compulsory
- The official Sports Nutrition Supplier for the event is High5
- Train with nutrition you plan to use during the event
- Aero bars are not banned on the Ride but are not encouraged, especially if group riding

SECTION 8: PACKING LIST

KEY INFO

Packing List

- Please click [here](#) for the recommended packing list.

Top Tip

- Invest in a quality pair of cycling shorts/bib shorts.

Lights and helmets

- **Helmets are compulsory.**
- **Lights are compulsory.**

Money

- Please **bring some emergency money** with you.

DETAILS

Packing list

You will find your packing list [here](#) along with top packing tips for camping.

Important points to remember:

- The maximum weight for your one piece of personal luggage is **16kg**, which must fit into a 90L bag. **This allowance includes your camping mat.** We would advise bringing a waterproof bag.
- We would recommend not filling your bag as this makes it easier to find items within in.
- Similarly, do not bring too much kit, take advantage of the laundry service.
- You will need to bring your own camping mat.
- You will be able to purchase extra weight from European Bike Express. Please see [here](#) for more information.
- Please ensure that your main bag is large enough to fit the sleeping mat in.
- It is imperative that you bring a **head torch** (and spare batteries) with you, as it gets dark in the evenings.
- It's your responsibility to **insure your personal belongings (including your bike)** to a level of cover that's appropriate for their value and location.
- We will provide you with a luggage label. You must ensure that this label is **securely attached** to your bag for the duration of the event. We will provide you with a cable tie for this.

Lights and helmets

- **Helmets are compulsory for all riders. No helmet, no ride. No excuses.**
- **Bike lights are compulsory** in case of bad weather and starting/finishing in the dark. If it is dark and you do not have lights, you will not be able to ride.

Money

- It is worth bringing a **sum of cash** or your card to pay for any unforeseen bike spares on route and any other treats you crave along the way.
- It is compulsory to ride each day with your mobile and an amount of cash to cover all eventualities.
- There is an opportunity to visit cash points on the route and close to basecamps, but this is particularly limited in Scotland.

SECTION 9: INSURANCE

KEY INFO

It is your responsibility to ensure that you have taken out an **insurance policy suitable** for your participation in the event.

DETAILS

As stated in the event [Rules and Regulations](#) (point 4.12.17), it is your responsibility to take out an insurance policy.

This should cover:

- Public liability;
- Travel insurance that covers personal travel plans;
- Insurance that covers personal belongings, including your bike.

Please note, we are unable to recommend insurance policies. We advise contacting your current insurers and explaining the nature of the event.

SECTION 10: RESPONSIBILITIES ON THE RIDE

KEY INFO

We have written down some key things that we have learned which make the Ride a success each year.

If you can take account for the **personal responsibility** that comes with taking on a challenge like this we will be able to ensure a great experience for you and the crew.

DETAILS

We want Deloitte RAB 2019 to exceed all of your expectations before, during and after the event.

Your responsibilities:

- Do the necessary training to complete the ride. For more information on this, please see our [Training Milestones](#).
- Respect the hygiene policy and use the hand sanitiser at pit stops and after you use the loos and before you eat.
- Be ready at the start line each morning **on time** to begin your day's cycling.
- Take the **correct kit** with you on the route so as not to be caught out by weather or getting cold while fixing punctures or mechanical issues.
- Take care of **your belongings** during the event – we can't keep an eye on everything.
- Make sure your **bike bottles are cleaned each day**, and filled ready for each morning's start.
- Look after **your litter** – in the basecamps and on the route – keep it with you or put it in a bin.
- Ride into **each and every pit stop** (to refuel and so we know where you are).
- Use the **allocated toilets**, not the countryside, to go to the loo.
- Be honest with yourself if you can't complete it and **flag your condition to the team**. There is no shame in pulling out, but if you don't tell anyone you can put undue strain on yourself and on the medical team.

