

DELOITTE RIDE ACROSS BRITAIN 2021 EVENT BOOKLET



Brought to you by:
THRESHOLD/
MORE IS IN YOU™



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INTRODUCTION

WELCOME FROM THRESHOLD

Our mantra at Threshold is **More Is In You**. We create breath-taking challenges that stretch bodies and minds because we have seen year after year how they bring out the best in people.

2020 tested all of us in ways that few of us could have imagined. However, even at the darkest points the same spirit of resilience and camaraderie shone through that we see from those taking on our events.

The challenges of COVID-19 are far from behind us. Our community has shown us fantastic support and loyalty over the past year, and we are fully focused on repaying that by putting on the best Deloitte Ride Across Britain yet in 2021.

I hope this event booklet gives you a clear idea of what to expect on the event and also some tips on how best to prepare. Having taken on the challenge of Deloitte Ride Across Britain myself in 2017 I know the heady mix of nerves, excitement and fear that slowly builds towards the ride itself.

Embrace those emotions. Let them inspire you to get out and train in beautiful places. Let them motivate you to get the miles in on those cold, rainy mornings. Feel them flow through you on those days when the wind is on your back and your legs feel light.

If 2020 has taught us anything it is that we have the power to endure. Crossing the finish line in 2021 will be all the more special knowing how hard the journey has been to reach it.

Best of luck with the training and we can't wait to welcome you on Deloitte Ride Across Britain.

Nick Tuppen
CEO

TITLE SPONSOR



CHARITY PARTNERS



EVENT PARTNERS



INTRODUCTION

WELCOME FROM DELOITTE

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 thousands of people over the last ten years.

Making an impact on 5 Million Futures.

Since 2010, Deloitte riders have raised over £2.2m and we'd like to continue that success by having an even greater impact on our communities. Our target is to help five million people, overcome barriers to education and employment by 2030 - empowering individuals with the skills they need to succeed. As part of this, we're working with a range of charities, social enterprises and schools around the country, supporting projects that align to this goal. Our Team Deloitte riders are supporting their local office charity.

We want to thank you for being part of this Ride and we're now more excited than ever to welcome you back to the start line and wish you all the best on your life-changing journey.

Deloitte.



INTRODUCTION

COVID-19 UPDATE

We've been working hard to adapt our event formats to ensure that our 2021 events will be COVID-19 secure, without losing the 'Threshold magic' that has made Deloitte Ride Across Britain such a well-loved event.

We are confident that Deloitte Ride Across Britain 2021 will go ahead as planned in September. The safety of our participants remains our number one priority and our teams are working hard behind the scenes to ensure Deloitte Ride Across Britain is delivered in a COVID secure environment. We recognise that taking part in events such as these requires planning. We want to be sure we are giving you accurate information to effectively plan your participation.

Please visit our [COVID-19 safe and secure in 2021](#) page on our website to view our bi-weekly Covid-19 updates

YOUR FINAL CHECKS ARE YOU READY?

Your essential preparation list to make sure you've got everything covered.

BEFORE THE EVENT	✓
Wear in your event kit & train on your bike	
Get your bike serviced and fitted	
Practice using similar nutrition and eating on the move	
Book any required Bike and Rider transport and Extra Weight via the Rider Information Platform (deadline 27 th July)	
Book any pre and post event accommodation	
If needed, update emergency contact information via your MyEvents Portal	
AND FINALLY, DON'T FORGET...	✓
Registration Pack	
Check the kit list	
Sleeping bag and camping mat (Plus package do not need to bring a sleeping mat)	

WHAT TO EXPECT ON THE RIDE GETTING THERE & LUGGAGE

GETTING THERE

CAR

If you are being dropped off / collected by friends or family, drop-off and pick-up parking is available at each Basecamp. This is free of charge and does not need to be booked. Friends and family will not be permitted inside the site though.

BIKE & RIDER TRANSPORT

We are partnered with European Bike Express who provide a Bike and Rider transport service to and from the Ride at an additional cost.

More information regarding the timetables, costs and how to book can be found on the Rider Information Platform [here](#).

The final date to book transport is Tuesday 27th July.

LUGGAGE

We will transport your bags for you from the start to your final destination each day.

In your Registration Pack you will be given a luggage label with your participant number on it to attach to any luggage so it is easy to find at the end of the day.

Each day, you'll just need to drop bags with us in the morning and it will be there for you to pick them up at the other end.

LUGGAGE ALLOWANCE

All of your luggage, including camping mat and sleeping bag must fit inside your bag. Items cannot be strapped to the outside of the bag.

The weight allowance per package is:

- **Classic / Scotland / England:** 16kg in one bag.
- **Plus:** 21kg split across two bags (one bag must not exceed 16kg. We suggest 1 x main bag of 16kg and 1 x day sack of 5kg).

EXTRA WEIGHT

We recommend that you pack as light as possible, but if you feel like you need more weight than your package allows, you can purchase Extra Weight via European Bike Express.

More information, costs and how to book can be found on the Rider Information Platform [here](#).

The final date to book extra weight is Tuesday 27th July.

WHAT TO EXPECT ON THE RIDE REGISTRATION, PACKS AND LAUNDRY

REGISTRATION TIMINGS

Registration for Riders is 2pm the day **before** your first day of riding.

There will be dinner and a briefing the evening before the first day of riding, and accommodation provided either camping or hotel depending on your package.

The day of arrival for your package is:

- **Classic / Plus:** Fri 3rd Sep
- **England:** Fri 3rd Sept
- **Scotland:** Thurs 9th Sept

Basecamp and registration will open at the following times on your respective registration date:

- **14:00:** Basecamp open
- **14:00 - 19:30:** Registration open
- **18:00 - 21:00:** Dinner
- **20:00:** Compulsory rider briefing

ON ARRIVAL

1. Drop off your bike at the bike racking
2. Register
3. Go to tent allocation for your tent or to the RAB Plus info desk for your hotel

REGISTRATION PACK

You will receive a Registration Pack in the post ahead of the event. In your pack you will get the following items with clear instructions on what to do:

- Bike number and cable ties.
- Luggage Label.

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

- Accreditation wristband.
- Timing chip sticker (this must be stuck to the left-hand side of your helmet and not over old timing chips or reflective stickers).

- Bike tag (this sits under your seat post, you will be provided with cable ties to attach it)
- Helmet sticker for photography recognition

International participants, and those who register or change package in the last month before the event, will need to collect their pack at the registration desk at the start of the event, as you will not receive them in the post.

COLOUR ZONES

You will be allocated a specific colour for the duration of the Ride.

The colour zone relates to where you put your bike in the racking, where your tent is and where you drop off / collect your luggage each day.

We will ensure to allocate people who have listed themselves as a team in the same colour zone.

LAUNDRY

We operate a laundry service at the end of Day 2 (Bath), Day 4 (Haydock) and Day 6 (Edinburgh) to wash all of your essential cycling items of kit. This must be pre-purchased either during registration or via your [MyEvents Portal](#).

On the event:

- You will be given a net bag on arrival for laundry.
- There is a limit of 6 items of cycling kit you can wash in this service to ensure everybody's kit washes and dries.
- We can't accept heavy items such as heavy cotton items or fleeces as they will not dry.
- You will hand in your laundry in the evening and get it back the following morning.

WHAT TO EXPECT ON THE RIDE

KEY LOCATIONS

LOCATION	DATE	ADDRESS	NEAREST TRAIN STATION <i>(from basecamp)</i>
Land's End	Fri 3rd Sept	The Land's End Resort, Land's End, Cornwall, TR19 7AA	Penzance (11 miles)
Okehampton	Sat 4th Sept	Okehampton Showground, Holsworth Road, Okehampton, Devon, EX20 1SW	Exeter (2.5 miles)
Bath	Sun 5th Sept	Three Shire Field, Bannerdown, Bath, BA1 8EG	Bath Spa (5.9 miles)
Ludlow	Mon 6th Sept	Ludlow Racecourse, Bromfield, Ludlow, Shropshire, SY8 2BT	Ludlow (2.7 miles)
Haydock	Tues 7th Sept	Haydock Park Racecourse, Newton-Le-Willows, Merseyside, WA12 0HQ	Wigan North (6.5 miles)
Carlisle	Weds 8th Sept	East Park, Brisco, Carlisle, CA4 0RB	Carlisle (3.5 miles)
Edinburgh	Thurs 9th Sept	Hopetoun House Estate, South Queensferry, Edinburgh, EH30 9SL	Dalmeny (4 miles)
Strathdon	Fri 10th Sept	Lonach Highland Games Site, Bellabeg, Strathdon, AB36 8UL	Insch (27 miles)
Kyle of Sutherland	Sat 11th Sept	Balblair Farm, Bonar Bridge, Sutherland, IV24 3AY	Ardgay (5.7 miles) / Inverness (37 miles)
John O'Groats	Sun 12th Sept	The Highland Games Field, John O'Groats, Wick, Cathness, KW1 4YR	Wick (16.5 miles)

WHAT TO EXPECT ON THE RIDE

DAILY TIMINGS

Start times will vary each day and will be communicated at each evening briefing. We strongly recommend slower riders setting off as soon as the start line opens

On the final day, subject to weather, we aim to set riders off earlier to get into John O’Groats as early as possible to assist with onward travel plans.

05:30 - 07:30	Wake up & breakfast
06:00 – 07.30	Drop off your luggage
07:00 – 08:00*	Start line open Short rider briefing before each wave starts
Varies daily	Pit-stop 1 open
Varies daily	Pit-stop 2 open
14:00	Basecamp open for riders Riders will not be allowed into the basecamp before 14:00.
17:30 - 21:00	Dinner
19:00	Route closed Please see ‘The 3 Strike Rule’ for more information on cut-off times
20:00	Rider briefing All non-participants, vehicles and camper vans to leave site

*Daily timings subject to change. This will be communicated on the ride.

WHAT TO EXPECT ON THE RIDE

FACILITIES

The below table shows the facilities and support available at each stage across the route.

FACILITIES	PIT-STOP	BASECAMP	JOHN O'GROATS
Toilets	✓	✓	✓
Showers		✓	✓
Changing facilities		✓	✓
Guided stretching sessions		✓	
Stretching Area		✓	
Medics	✓	✓	✓
Physiotherapists		✓	
Drying room		✓	
Laundry		Available on 3 nights	
Mechanical Services	✓	✓	✓
Snacks	✓		✓
Hot food		✓	✓
Coffee Concessions*	✓	✓	✓
Bar*		✓	✓
Charging Points		✓	
Secure Bike Racking		✓	
Merchandise*		✓	✓

*Extra cost

WHAT TO EXPECT ON THE RIDE

BASECAMP FACILITIES

CHARGING FACILITIES

Plug sockets will be available in the dining area to charge items as you eat. Please be considerate when using this facility. Charge your device as required and then collect it to allow others to charge theirs.

Please DO NOT bring a laptop/iPad with you due to their value and confidential nature.

GETTING ONLINE

There will be no public Wi-Fi network. However, standard 3G/4G coverage should work as usual.

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.

Please ensure you collect your items before leaving each Basecamp.

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.
- We will keep the items for the duration of the event.
- If they are not claimed within 2 weeks after the event these items will be given to charity.

CAMPING

All participants staying overnight at the Basecamp will be allocated a one-man tent each night.

Due to Covid mitigation measures each rider will have the same tent for the duration of the event.

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.

SECURITY

Site stewards are present around basecamp looking after all participants, equipment onsite and ensuring the bike racking is secure.

Please report anything untoward to a steward.

You are responsible for all your personal belongings. Threshold Sports cannot take responsibility for missing or lost items.

Please note that smoking is not permitted on any of the Event sites.

WHAT TO EXPECT ON THE RIDE PLUS PACKAGE RIDERS

PLUS TEAM & INFORMATION POINT

Plus participants will be looked after by a Team Manager and dedicated Plus crew.

- They will be in charge of your hotel and shuttle arrangements and on hand if you need help.
- At each Basecamp you will have a 'Plus Information Point' where you can reserve your shuttle and speak to the team.

HOTELS

At certain locations along the route riders may be split between hotels and they may be up to 30 mins away.

- Each hotel will organise your room allocation on arrival. They will have pre-allocated you to a specific room and your main bag will be waiting for you at the hotel.
- You will be staying in a bed every night, **apart from the final night** (Kyle of Sutherland) where you will be camping with the rest of the riders as this is a remote location with limited accommodation options.
- There is no overnight accommodation at John O'Groats.
- The list of hotels will be published closer to the time, although in the case of more than one hotel per location, you will not necessarily be told in advance which hotel you will be staying in.

LUGGAGE

You will drop your luggage at the hotel reception each morning. This will then be transported to your next hotel.

- Each rider has a luggage limit of 16kg which must be in one bag.
- You can also pack a small day bag of 5kg with a washing kit and a spare change of clothes if you want to shower/change at Basecamp while waiting for your hotel transfer.

WHAT TO EXPECT ON THE RIDE ROUTE & PIT STOPS

SIGNAGE

The route will be marked with **large arrows**. If you go a few miles without seeing one and are worried that you are off course you can always ring **Event Control**.

The route files are available on the Rider Information Platform. Always follow the event signage in case there are any last-minute changes to the route.

TIMING

Times will be taken at the start and finish of each day and will be published online after the event by Results Base.

NAVIGATIONAL DEVICES

Our route distances are gathered by the Route Director using an electronic mapping system. This is as accurate as possible but discrepancies can occur between the use of different GPS computers, the position on the route and atmospheric conditions. This in turn may lead to potential minor differences in distance when out on the route.

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 a speed you are comfortable with.

You are responsible for following 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 steadier group behind you. Find a group of people your standard and maintain a sustainable pace.

PIT STOPS

You must stop at the two daily pits stops so your time is logged and we know where you are.

There are generally 2 pit-stops a day. These will be at regular intervals and will give you a chance to refresh and recharge for the next stage, and check in with the medics or mechanics if you need to. We recommend a quick turnaround to get back on the route as quickly as possible.

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.

FOOD & DRINK

Each pit-stop will have a selection of snacks for all participants including a variety of sweet and savoury options, sports nutrition, water, hot drinks & sandwiches (at selected pit stops). Please note this will vary at each pit-stop.

RUBBISH

We ask all participants to keep hold of their **rubbish until they reach the next pit-stop**, where there will be plenty of bins available to dispose of this.

WHAT TO EXPECT ON THE RIDE BROOM WAGON & CUT-OFF TIMES

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.

BROOM WAGON

We operate a 'broom-wagon' vehicle(s) that will follow the route at the back behind the last participant.

- The broom wagon will leave the start after the last participant each day.
- The broom wagon will pick people up if they fall behind the pit-stop cut off times and/or route closing time or who become injured/medically unable to continue.
- Once you are in the broom wagon you will not be able to get back on to the route and will be transported on to the next basecamp.

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 each day within the route operating window.

WHAT TO EXPECT ON THE RIDE

THE 3 STRIKE RULE

PLEASE READ: THIS IS VERY IMPORTANT

THE 3 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 believe 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.

YOU WILL GET ONE STRIKE IF:

- A rider is collected during the day because they fail to make the pit-stop cut off times.
- A rider does not start on a particular day, and travels in the broom wagon to the next basecamp.
- A rider does not start on a particular day, and organises their own transfer to the next basecamp.
- A rider has left pit-stop 2 within the cut off time but does not reach the finish within the route operating window and final cut off time.

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.

WHAT TO EXPECT ON THE RIDE FRIENDS & FAMILY

AT BASECAMP

Historically we have had the option for spectators to visit the start line and Basecamp, however due to Covid-19, this year we are afraid **no spectators will be permitted** at the Basecamp except for the finish line in John O' Groats.

If you want to check out of the Basecamp to meet them, we strongly request that you continue to take precautions around Covid-19 to minimise the risk of infection being brought back into the camp.

ON THE ROUTE & PIT STOPS

Your friends and family are welcome to come and see you along the route, but they will **not be permitted at pit stops** as these areas are for participants only.

When finding spots along the route, please be considerate to the locals and ensure that vehicles are parked in designated areas only.

AT JOHN O'GROATS

There is designated friends and family parking at John O'Groats and there are local cafes where supporters can buy hot food and drinks.

European Bike Express also run a bus from Inverness to John O'Groats that friends and family can pre-book on to. For more information about this please see page 14 of the Bike and Rider Transport Guide located on the [Rider Information Platform](#).



WHAT TO EXPECT ON THE RIDE RESULTS & PHOTOS

FINDING YOUR RESULTS

All results for each day can be found on our dedicated results page, hosted by Results Base. A link to this is located on the [Rider Information Platform](#).

Times will be taken from the timings chips at the Start, Pit Stops and Finish. These will be synced to the results page but may have short delays.

If you have upgraded to a GPS Tracker, you will be sent a dedicated link from Open Tracking where your friends and family can track your live progress.

EVENT PHOTOS

EVENT HIGHLIGHTS

After the event, we will provide a link to our general event highlights album hosted on Flickr. There will be the option to download images from the album in various sizes.



OFFICIAL DELOITTE RIDE ACROSS BRITAIN PHOTOS

We partner with [Sportograf](#) again to capture your individual event photos. Sportograf are an expert team of sports enthusiasts who love nothing more than to capture your special event moments. We'll be issuing you helmet sticks to ensure we capture you wherever you are, out on the course.

Information about how to purchase your professional individual event photos can be found on the [Rider Information Platform](#).

Purchase your event photos pre-event and receive a 15% discount.



WHAT TO EXPECT ON THE RIDE

SAFETY ON THE ROUTE

SAFETY

We take your health and safety very seriously. Please read and follow the instructions below so you reach the finish line as safely as possible.

EMERGENCY CONTACT NUMBERS

You will be provided with emergency contact numbers for the event which will go through to our central **EVENT CONTROL** team.

These will be clearly marked on the front of your bike number & wristband.

- Please make sure you add these numbers to your mobile contacts list.

WHILE ON THE ROUTE

- Follow **ALL** event arrows.
- Follow the Highway Code when cycling on roads.
- Please stop at pit-stops and don't get waylaid in local pubs & cafes.
- Inform **EVENT CONTROL** if you leave the event for any reason.

IF YOU GET LOST

If any time you believe you are lost please follow this procedure:

- **Stop** and try to work out where you are using reference points.
- **Cycle back** to your last known point/arrow.
- If you are still lost, stay where you are and call **EVENT CONTROL** who will guide you back onto the route.

CASUALTY PROCEDURE

If you have an accident or come across one: Call 999 direct if it is a critical medical emergency.

- If a minor incident, apply First Aid and if possible make your way to the next pit stop where a medic will be on hand.
- If you cannot make it to the pit-stop call **EVENT CONTROL**.

EVACUATION FROM THE ROUTE

In the case of a serious medical emergency we will arrange evacuation for any participant from the route.

However, if you are just having trouble completing the distance, try to get to the next pit-stop where we will arrange for the broom wagon to collect you. If you cannot get to the next pit stop, call **EVENT CONTROL** who will arrange for collection by the broom wagon from your location.

WHAT TO EXPECT ON THE RIDE

MECHANICAL SUPPORT

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 you'd rather adjust your own bike, you can use the 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.

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.
- This is subject to availability.

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, mechanics will **NOT** carry spare spokes or rear mech hangers due to different types of frames. You will need to bring your own spare spokes and replacement rear mech hanger. If in doubt about this, ask your local bike shop or manufacturer.

WHAT TO EXPECT ON THE RIDE MEDICAL SUPPORT

We will have medics at the pit-stops and basecamp each day and at the finish line at John O'Groats. There will also be emergency medical care available on the route for the duration of the event.

Due to COVID-19 mitigation measures, there may be further medical checks and questionnaires prior to being allowed onto the site at Land's End, and at the various sites throughout the event.

TOP TIPS FROM THE MEDICAL TEAM

HYDRATION, HYDRATION, HYDRATION!

If you are thirsty then you need to drink. If your body is not used to energy drinks or gels, don't overdo them, as they can cause nausea/diarrhoea.

ADDRESS AN ISSUE IMMEDIATELY

A little niggle, ache or pain can lead to something more serious. Please seek medical attention as soon as you can.

A NOTE ON PAINKILLERS

When it comes to painkillers, we recommend using paracetamol.

Ibuprofen is an alternative, whilst very useful, concerns have been raised about the use of Ibuprofen and other NSAIDs (Diclofenac, Naproxen etc.) during endurance events.

Whilst complications are rare, if used when dehydrated or with severe muscle damage there is a potential increased risk of kidney damage.

Stomach problems, particularly if the athlete is

already having GI symptoms, may also occur if NSAIDs are used. If you have kidney disease or GI problems we would strongly advise avoiding NSAIDs. If you do choose to use them or are given them on route, maintain hydrated and seek help if your urine suddenly becomes very dark. If in doubt, ask one of the route medics who will be happy to assist you.

Address any possible niggles now before they become injuries on the event. Use your experience from training to learn where your weaknesses are and predict what problems may arise

PLEASE NOTE: Routine use of painkillers for muscle aches and pains is discouraged

EXCLUSIVE PARTNER OFFER LOOK AFTER YOUR BIKE

MOTIP CYCLING

As used by the Nopinz [MoTip](#) Cycling team, MoTip Cycling, MoTip Cycling are experts in Bike Care and are proud to be the Official Bike Care partner of Deloitte Ride Across Britain in 2021.

A premium brand, developed by the European market leader of aerosol solutions MOTIP DUPLI Group, MoTip Cycling has everything you need to take care of your bike to make sure it performs optimally throughout the long ride.

From cleaning sprays to chain lubricants, protection sprays and greases to disc brake conditioners; MoTip Cycling technical specialists have worked closely with professional cyclists, their mechanics and bicycle manufacturers to ensure that the solutions meet the needs of even the most demanding cyclists!

Want to optimise your bike? Check out MoTip Cycling's bike care tips [here](#). Products available to buy on [Amazon](#)!

[CLICK HERE FOR MORE INFO ON THE PRODUCTS YOU NEED TO CARE FOR YOUR BIKE](#)



MOTIP 
cycling

EXCLUSIVE PARTNER OFFER

MOBILITY & TRAINING TOP TIPS

TRAILMED

We are pleased to be welcoming back [TrailMed](#) as our Official Medical Partner on our events in 2021.

TrailMed not only support our walkers and runners on the event but are also experts in Health and Performance testing.

With a full range of services from measuring your anaerobic threshold, critical power levels and VO2 max to physiotherapy, sports injury and rehabilitation, nutrition and personal training.

Find out more [here](#) and look out for discounts and deals coming soon!



ROCKTAPE

Our event partner [RockTape](#) provide us with products that are specially designed for endurance events.

As a supporter of Threshold Trail Series you are entitled to discounts on a variety of their products.

Use **Threshold30** at checkout for 30% off on:

- RockTape's Kinesiology Tape
- RockTape's Topical pain relief
- Blister Kits
- [Mobility](#) AND
- [Flow Massage Guns](#)

Click [here](#) to find out more.



EXCLUSIVE PARTNER OFFER

FUEL FOR THE ROAD

PERKIER

Vitamin packed and providing nutritious energy our [Perkier](#) bars will keep you feeling perky all through your training and in the race!

Perkier's healthy snack bars are high in fibre, rich in protein and packed with vitamins (100% of your daily Vitamin D, C & B12). They also contain chicory fibre a prebiotic scientifically proven to enhance recovery after sport.

Choose your fave from a crazily delicious line-up flavours include Salted Caramel with Dark Chocolate and Crunchy Peanut.. yass!

Gluten free & wheat free, suitable for vegetarians and vegans and NO PALM OIL.

The Perkier team will be at the pit stops cheering you on and helping you refuel. Make sure you grab a bar... and sneak one in your pocket for later!

Available to buy in lots of delicious flavours on Amazon Prime; online and instore at Sainsbury's & Morrisons (free-from aisle) and ASDA and on the Perkier [webshop](#)!

Use **RAB_2021** at checkout for 15% OFF

- Perkier Bars
- Perkier Vitamin Packed Immune Boosting Bars
- Perkier Vitamin Packed Immune Boosting Porridge
- PERKIER Protein Balls

[CLICK HERE TO CLAIM OFFER](#)



PERKIER

EXCLUSIVE PARTNER OFFER

SPORTS NUTRITION

HIGH5

[HIGH5](#) are delighted to support you at **Deloitte Ride Across Britain 2021**.

HIGH5 will be providing you Energy Gel Aqua, Energy Drink And ZERO on the day and will help you on your training journey to get there. With more than 20 years' experience developing innovative sports nutrition, HIGH5 products give you everything you need to be at your ultimate best.

Discover the HIGH5 Cycle Pack – the complete range of great tasting energy, hydration and recovery products to help you be at your best, every run.

Use coupon code **RAB2021** to get your to get your [HIGH5 Cycle Pack](#) for only £7.50 now (50% off, excludes P&P).

Not sure if sports nutrition is right for you? Find out more about how nutrition can help you [here](#).

Check out HIGH5's very own [Nutrition Guide](#) for advice on how to fuel yourself properly for Deloitte Ride Across Britain.



[CLICK HERE TO CLAIM OFFER](#)

EXCLUSIVE PARTNER OFFER

BE PREPARED WITH INSURANCE

LAKA

With [LAKA](#) your bike is covered for theft, damage and loss, at events and sportives, anywhere in the world.

No more fixed upfront premiums. Instead, your monthly contributions are based on the collectives' claims that month. Your maximum monthly price is capped, but the savings are all yours. Plus, 80% of your money goes straight back into the collective: fixing, replacing, helping, whatever. And the other 20% keeps their wheels spinning. It's as simple as that.

And when s*** hits the fan, LAKA's got your back. Claims are handled by experts and usually agreed within a day. With no depreciation or excess. Safety is paramount at all of our events but unexpected accidents can happen and put a sting into a good ride.

[CLICK HERE TO CLAIM THE AMAZING OFFERS BELOW](#)

Collective cover for cyclists. Get £25 credit on when you sign up as a Deloitte Ride Across Britain participant.

AND

As part of their LAKA Club, they are offering third-party liability cover for one whole year and £2m coverage! It costs £12 however it also provides you with £12 LAKA Credit if you have a bike policy with them. If you don't have a bike policy you will receive £12 Laka Credit waiting for you when you sign up for one.



LAKA

OUR TOP TIPS

YOUR RESPONSIBILITIES

We want Deloitte Ride Across Britain to exceed all of your expectations before, during and after the event.

To enable this, we recommend you make note of your responsibilities below:

YOUR PERFORMANCE

- Do the necessary training to complete the Ride. For more information on this, please see our Training Milestones on the Rider Information Platform.
- 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 the medical team.

KIT

- Prepare for wet weather. Even if it turns out to be completely dry, it is always better to be prepared, just in case.
- It is not uncommon to get very cold in Scotland, so bring warm layers for time spent at basecamp.
- Take care of your belongings during the event, we can't keep an eye on everything.

HYGIENE

- Respect the hygiene policy and use the hand sanitiser at pit-stops and after you use the loos before you eat.
- 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.

- Use the allocated toilets, not the countryside, to go to the loo.

ROUTE ETIQUETTE

- 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.
- Ride into each and every pit-stop (to refuel and so we know where you are).

INSURANCE

As stated in the Rules & Regulations (point 4.18.17) 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.

OUR TOP TIPS OUR LEARNINGS OVER THE YEARS

WHAT NOT TO BRING

- **Towel:** you will be provided with a fresh towel each day.
- **Additional food:** ALL food and sports nutrition is provided on the event and there will be plenty of snack bars/sweets etc. that you can take from pit-stops to fuel you throughout the day.
- **Sports nutrition:** we provide HIGH5 sports nutrition on the event. If you are used to training on a different product and would prefer this, you can bring your own.
- **Water bottles:** you will be provided with 2 x 750ml HIGH5 bottles at the start of the event.
- **Trainers:** they are slow to dry and will smell out your kit bag if they get wet.
- **Bike lock:** we have bike racking with security.

PLEASE CONSIDER

- **Aero bars:** these are not banned on the Ride but are not encouraged, especially if group riding.
- **Mud guards:** these are not compulsory, but are considered good group riding etiquette.

THE HAPPY CAMPER

- Ensure you **LABEL** everything with your rider number, including charging cables / phones and clothes.
- Want a good night's sleep & short on bag space? Bring a pillowcase & stuff it with your clothes at night to use a pillow.

- Keep your kit bag organised by sectioning off clothes into different smaller bags.
- Bring a bin liner to put over the bottom of your sleeping bag so it doesn't get wet when touching the side of the tent at night.
- A head torch is compulsory, so don't forget this, but have you thought about a head torch within a warm hat? You can buy a hat that has a head torch built in, so that's 2 in 1!
- Take your toothbrush with you to breakfast – this means you can brush your teeth straight from breakfast without having to go back to your tent first.
- Purchase a waterproof kit bag or make sure all your belongings are wrapped in bin liners.

ANY MORE QUESTIONS? GET IN TOUCH

FOR MORE INFORMATION PLEASE
CHECK OUT ONE OF THE
FOLLOWING PLATFORMS.

Edit your registration

You can edit your registration by logging into [MyEvents Portal](#).

Join the Community

Make sure to also join us on the [Ride Across Britain Facebook Forum](#) to meet other participants and swap advice and training tips.

Follow us on social media

Follow us on our social media channels to see the latest tips from Ride Across Britain ambassadors, hear inspirational stories and get the latest news ahead of your event.

- [Facebook](#)
- [Instagram](#)
- [Twitter](#)

Still can't find something...

If you can't find the answer you're looking for, please feel free to email us:

info@rideacrossbritain.com

READY FOR YOUR NEXT CHALLENGE? EXPLORE OUR EVENT SERIES



Born as a London weekend cycling sportive, we proudly introduced a trails element in 2019 to **bring cyclists, runners and walkers together**. On Saturday night, we provide the perfect setting for people to celebrate their achievements at our **family-friendly basecamp** with everything from bars to bouncy castles.

THRESHOLD/TRAIL SERIES

Have you tackled any other events in the Threshold Trail Series? From the North East to the Cotswolds, our event series takes in the most stunning locations across the UK.



GOOD LUCK WITH THE TRAINING AND REMEMBER... **MORE IS IN YOU**



Brought to you by:
**THRESHOLD /
MORE IS IN YOU™**

