

RIDE ACROSS BRITAIN 2022 EVENT BOOKLET



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**THRESHOLD/
MORE IS IN YOU™**



**RIDE
ACROSS
BRITAIN**

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INTRODUCTION

WELCOME FROM THRESHOLD

Firstly, congratulations on signing up to Ride Across Britain 2022. It is a truly unforgettable challenge that will see you riding through some of the most stunning landscapes in the world.

Don't worry if you are feeling nervous about what is to come.

Everyone from the front to the back of the pack will be tested over the 9 days of RAB. It is all part of the journey that we will be going on together and it is what makes the moment you cross the finish line so special.

This event information guide along with our webinar series is designed to get you as well prepared as possible for your imminent adventure.

It has all the information you need from how to get to the start and back from the finish, what kit to bring right through to top tips on wet weather and your bike set up.

Our advice is to read this thoroughly now and not wait until the week before.

We aren't able to get the training miles in for you, but the advice and information within here will certainly make things easier when you join the RAB bubble this September.

We can't wait to kick things off once again down in Land's End. Every year is unique. Every year is special. Every year we leave with memories and friendships for life.

We wish you the best of luck with your final training and see you all soon.

Nick
CEO, Threshold Sports

LEAD PARTNER



CHARITY PARTNERS



EVENT PARTNERS



YOUR FINAL CHECKS ARE YOU READY?

BEFORE THE EVENT	✓
Wear in your event kit & train on your bike	
Get your bike serviced and fitted ASAP (factor in waiting lists & delays)	
Practice using similar nutrition and eating on the move	
Book any required Bike and Rider transport and Extra Weight with EBE (deadline to book is 8th August 2022). For all the information you need, please consult our guides via the Rider Information Platform (Bike Transport, Rider Transport & Extra Weight section)	
Book any pre and post event accommodation and book your laundry	
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 camping mat)	



WHAT TO EXPECT ON THE RIDE GETTING THERE & LUGGAGE

GETTING THERE

We recommend that you are dropped off at the event by friends and family, or that you book Bike & Rider transport through EBE to get to the event. In our experience, travelling by public transport or getting your bike in a taxi can be difficult. If you are travelling by train, please see page 7 for more information on nearest stations.

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 are welcome at Basecamp locations but must be off site by 20:00 each day.

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 Monday 8th August 2022.

LUGGAGE

We will transport your bag for you from the start to your final destination each day. Please take note of luggage allowances detailed below.

You will also need to plan how you get your luggage to and from the event. Our preferred transport provider, European Bike Express (EBE) can help with this. Please consult the

informational guides on booking a service with EBE published on the [Rider Information Platform](#) (Bike Transport, Rider Transport & Extra Weight section).

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 your bag with us in the morning and it will be there for you to pick up at the next basecamp.

LUGGAGE ALLOWANCE

All of your luggage, including camping mat and sleeping bag must fit inside your bag. Items must not 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 Monday 8th August 2022.

WHAT TO EXPECT ON THE RIDE

REGISTRATION AND

COLOUR ZONES

REGISTRATION TIMINGS

Registration for Riders is from 2pm the day **before** your first day of riding. This depends on your package:

Classic / Plus / England Package: Please arrive on 9th September 2022

Scotland Package: Please arrive on 15th September 2022

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 9th Sept
- England: Fri 9th Sept
- Scotland: Thurs 15th 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. The items below 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 allocate people who have listed themselves as a team in the same colour zone.



WHAT TO EXPECT ON THE RIDE

KEY LOCATIONS

LOCATION	DATE	ADDRESS	NEAREST TRAIN STATION (from basecamp)
Land's End	Fri 9 th Sept	The Land's End Resort, Land's End, Cornwall, TR19 7AA	Penzance (11 miles)
Okehampton	Sat 10 th Sept	Okehampton Showground, Holsworth Road, Okehampton, Devon, EX20 1SW	Exeter (2.5 miles)
Bath	Sun 11 th Sept	Three Shires Field, Bannerdown, Bath BA1 8EG	Bath Spa (2.5 miles)
Ludlow	Mon 12 th Sept	Ludlow Racecourse, Bromfield, Ludlow, Shropshire, SY8 2BT	Ludlow (2.7 miles)
Haydock	Tues 13 th Sept	Haydock Park Racecourse, Newton-Le-Willows, Merseyside, WA12 0HQ	Wigan North (6.5 miles)
Carlisle	Weds 14 th Sept	Carlisle Racecourse, Durdar Rd, Carlisle, CA2 4TS	Carlisle (2.4 miles)
Edinburgh	Thurs 15 th Sept	Hopetoun House Estate, South Queensferry, Edinburgh, EH30 9SL	Dalmeny (4 miles)
Strathdon	Fri 16 th Sept	Lonach Highland Games Site, Bellabeg, Strathdon, AB36 8UL	Insch (27 miles)
Kyle of Sutherland	Sat 17 th Sept	Balblair Farm, Bonar Bridge, Sutherland, IV24 3AY	Ardgay (5.7 miles)/ Inverness (37 miles)
John O'Groats	Sun 18 th 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 set 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
06:30 - 07:00*	Start line open - times will vary depending on the day/route/terrain 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. The start line will be open for one hour from the opening time.

WHAT TO EXPECT ON THE RIDE

FACILITIES

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

FACILITIES	PIT-STOPPS	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*+		✓	✓

*Additional cost

+ available for purchase at Land's End, Ludlow & John O'Groats



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. There will also be a charging area specifically for charging items attached to your bike. Bikes must not be brought into the dining area.

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 be a marquee 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 everything is labelled and that you collect your items before leaving each Basecamp.

CAMPING

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

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.



WHAT TO EXPECT ON THE RIDE

BASECAMP FACILITIES

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 but items not claimed within 2 weeks after the event will be given to charity.
- can wash in this service to ensure everybody's kit washes and dries properly.
- We can't accept heavy items such as heavy cotton items, jeans or fleeces as they will not dry.
- Laundry is handed in in the evening and given back the following morning.

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.

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

WHAT TO EXPECT ON THE RIDE PLUS PACKAGE RIDERS

DEDICATED PLUS TEAM

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 which 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 (see page 18). This number will be on your Bike number and Rider wristband.

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

Look out for our chaperones, powered by Babble, out on the route. They 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 riding to a similar standard and maintain a sustainable pace.

PIT STOPS

You must stop at the two daily pit stops so that 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 may have 'power pit-stops' to keep you going. These will just have water 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.

TERRACYCLE®

TerraCycle® is a recycling company specialising in hard-to-recycle waste. This means they take packaging that is not considered locally recyclable, like HIGH5's Energy Gel wrappers, and work with national waste management companies to turn them into a material that can be used to make new products. That means nothing going to landfill or being burned for energy! HIGH5 TerraCycle® bins will be available at pit stops and basecamps



WHAT TO EXPECT IN 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.

If you use the Broom Wagon or miss a cut off time this results in a strike. Please see page 15 for more information on the strike system.

WHAT TO EXPECT ON THE RIDE

THE 3 STRIKE RULE

PLEASE READ: VERY IMPORTANT

THE 3 STRIKE RULE

We understand that everyone can 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.

STRIKES ARE ALLOCATED 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

riders who may experience 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

Friends and family are welcome to wave you off at the start and cheer you in at the Basecamp each day. Please note however that the food in the catering area is for riders only. Friends and family are welcome to purchase drinks from the Basecamp bars. All non-participants and vehicles must be off site by 20:00.

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 entry to 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.

MUST BE PRE-BOOKED:

European Bike Express also run a bus from Inverness to John O'Groats that friends and family can [pre-book](#). For more information about this please see page 17 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 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 23% 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 at 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 directly 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.

EVENT CONTROL:

Route and Mechanical: 0330 223 2844

Medical and Emergency: 0330 223 2849

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.
- Our mechanics 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 RIDER 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.

TRAILMED

We are pleased to be welcoming back [TrailMed](#) as our Official Medical Partner on our events in 2022.

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!



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 but, 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 FUEL FOR THE ROAD

PERKIER

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

Perkier is a young British company, providing tasty & nutritious snacks packed with slow-release energy to keep you feeling perky through your training and during the Ride.

Their range is high in fibre, rich in plant proteins and packed with vitamins to keep you feeling perky! Great for gut health, scientifically proven to enhance recovery after sport.

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](#)! Grab an EXTRA 20% OFF with **RAB_2022** on [Amazon](#) or [Perkier's website](#)



PERKIER

EXCLUSIVE PARTNER OFFER

SPORTS NUTRITION

HIGH5

[HIGH5](#) are delighted to support you at Ride Across Britain 2022.

HIGH5 will be providing you Energy Gel with Slow Release Carbs, Slow Release 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 **RAB2022** to get your [HIGH5 Cycle Pack](#) for only £7.85 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](#)

[Click here](#) to claim offer.



OUR TOP TIPS YOUR RESPONSIBILITIES

We want Ride Across Britain 2022 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.
- Let the medics know if you are suffering from any D&V symptoms

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.
- Embrace the **bum bag / musette /**

handbag / mini man satchel to help you to keep all of your essentials close!

- Remember your **ear plugs** if you are a light sleeper
- 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

Looking for your next adventure? From iconic running trails to scenic bike rides across the U.K, challenge yourself with one of Thresholds many events.

THRESHOLD TRAIL SERIES

The UK's best supported Ultramarathons built to test elite runners to first timers.

In the last decade, we have welcomed thousands of men and women from across the globe to take part in our award-winning UK ultras. Whether you're a first-time walker or looking to break the course record, our community is ready to welcome you on to the UK's most popular ultramarathons.



SIDLEY LONDON REVOLUTION

Bringing cyclists, runners and walkers together, born as a London weekend cycling sportive, we proudly introduced a trails element in 2019. 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.



ENDURE 24

Epic, Brutal, Relentless and a whole lot of fun! HEINEKEN Endure24 is a trail running race against the clock to tackle as many laps of one of our iconic courses. Enter your run club, team or as a solo runner to see how far you can run in 24 hours.

A festival of running with something for everyone.



GOOD LUCK WITH THE TRAINING AND REMEMBER
MORE IS IN YOU



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