



2016 Event Information Guide Full Course Riders

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

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Deloitte.

RIDE CHARITY



SUPPLIERS

HIGH5
SPORTS NUTRITION



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Go stronger longer

Section 1: Getting There and Away

Rider Transport

There will be a rider shuttle services available outbound to Land's End (on Friday 9th September) and inbound from John O'Groats (afternoon of Sunday 18th September). Rider shuttles are for riders and their bags only (excluding international riders who will be eligible to take their bikes on certain services, where this has been pre-booked).

Please note rider transport booking will become available to book in April.

Bike Transport

There will be a bike transportation service available to get your bike to and from the Ride.

- **For transportation to Land's End:** Bike drop off around one week before the Ride at your chosen drop off point (10* locations around the country, usually motorway service stations).
- **For transportation from John O'Groats:** Leave your bike with us and be able to collect it from your chosen pick up point around a week after the Ride has finished.

The recommended bike packing option if using this service is pipe lagging due to the way the bikes are racked in the transportation vehicles. However, if you choose to bring your bike to be transported in a bike bag or bike box you will need to place a specific booking for this to be transported.

Please note bike transport booking will become available to book in April.

Heading Home

At the end of the Ride, riders will be arriving into the finish at **varying times** due to the differing cycling speeds.

As many of you will have rider shuttles to catch or friends and family waiting to meet you, it is likely that we may set riders off slightly earlier than usual on the morning of the final day of cycling, depending on weather and other conditions.

There is no official base camp in John O'Groats but there will be medals handed out, **light refreshments** and **showering facilities** available to use before you make your return journey home (to a nice bed and hot bath!).

Please note full course riders can use these services for return journeys, however England and Scotland riders can only use this one-way.

- England riders – applicable to Land's End
 - You will need to make your own way home from Penrith with your bike and bag
- Scotland riders – applicable from John O'Groats
 - You will need to make your own way to Penrith with your bike and bag

Section 2: Arrival and Registration

Registration

The Land's End base camp registration will be open between **2pm–7pm on Friday 9th September 2016** and there will be a **compulsory rider welcome briefing at 8pm**.

On arrival at the camp, head to the bike racking to drop off your bike (if you've not used the bike transportation service), and then come to the **registration area**. Please bring your cycling helmet with you for the registration process.

You will receive the following items at registration with clear instructions on what to do:

- Accreditation wristband (to be worn at **all times** during the event)
- Timing Chip Sticker (this must be stuck to **the left hand side** of your helmet)

Rider Numbers and Colour Zones

You will have a **rider number** and a relevant **colour zone** assigned to you. 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 on to**.

You should have now received your rider pack, containing bike and luggage numbers.

NB: If you are an **international rider**; you will receive your bike number and luggage labels at **base camp registration** in Land's End.

Accreditation Wristband

You will be required to wear this **at all times on the Ride**. This will be given to you at registration in Land's End if you are a full course rider or joining us for the England package. If you are joining us for the Scotland package, you will register formally at Penrith on Wednesday 14th September – the same timings stated above apply.

Tent allocation

After registration you will be pointed to **the tent allocation desk** where you will be given your camping mat **for the week** and allocated your tent for that night. You'll then be able to spend the rest of the afternoon ensuring that you and your bike are ready for the days ahead.

Dinner will be available from **6pm** and there will be a **compulsory rider briefing at 8pm in Land's End**.

Please note if you are joining us for the Scotland package, you will receive a welcome briefing from key members of the team when arriving at the base camp in Penrith.

The same processes stated above will be applied during your registration.

Section 3: Key daily timings

Below is a chart to help you understand what a day of Deloitte RAB is like. It shows what you can expect to be doing from the moment you wake up to when you head to bed.

Base camp: am	On the Road	Base camp: pm
05:30 am Wake up	09:00 – varies daily Pit stop 1 open:	14:00 onwards Base camp open for riders
05:30 - 07:30 Breakfast	Water, sweet and savoury snacks available	14:00 onwards Tea and coffee available
06:30 - 07:30 Drop off your baggage	11:00 - varies daily Pit stop 2 open:	All facilities open: showers, massage team, medical services, mechanical services,
06:00 - 08:00 Collect your bike	Water, sweet and savoury snacks available	14:00 onwards Collect your baggage
07:00 - 08:00 Start line open (rider briefing before each wave departs)	19:00 Route closed	14:00 onwards Drop off your bike
08:00 Start line closed		18:00 - 21:00 Dinner
		20:30 Rider briefing (compulsory)

Start line opening times

Each morning the start-line will be open between 7am and 8am. You can choose to **set off at any time** within this window. We recommend **slower riders** set off **closer to 7am** to ensure they have plenty of time to finish the course each day.

On the final day we'll assess the daylight, weather and other aspects of the Ride and it may be that we bring the start forward to allow more time for riders to reach John O'Groats and take advantage of their onward transport.

Baggage Drop and Collection

Each day you will need to head to the baggage vehicles and drop off your bag and sleeping mat – this must be done between **6.30am and 7.30am**. The baggage vehicles will arrive at the next base camp prior to your arrival.

Each rider has a baggage limit of 15kg.

Evening rider briefings

Each evening we will hold a compulsory rider briefing at **8.30pm** to discuss the challenges of the next day's ride, weather updates and also cover any messages that we need to communicate about life in the base camps.

NB: The briefing on the first evening in Land's End will be at **8pm**.

Section 4: Base Camps

Base Camp Locations

Base Camp	Date
Land's End	Friday 9 th September
Okehampton	Saturday 10 th September
Bath	Sunday 11 th September
Ludlow	Monday 12 th September
Haydock	Tuesday 13 th September
Penrith	Wednesday 14 th September
Hamilton	Thursday 15 th September
Fort William	Friday 16 th September
Kyle of Sutherland	Saturday 17 th September
John O'Groats	Sunday 18 th September

Each night (apart from JOG) we create a base camp with all of the amenities that you need to ensure you have a comfortable stay. Below is all of the information about what is provided and what to expect.

Tent Allocation

Pop up tents and a full length camping mat **will be provided** to rest your bodies at the end of each day. On arrival at the base camp each day, you need to head to the signed **tent allocation** desk.

All tents are **single occupancy** two-man pop up tents so will allow **you space** to have **your belongings** with you.

Our crew put up and take down all of the tents at each base camp. You must **leave your tent clear of rubbish and personal items** each morning to help us with this massive task.

Food and Drink

We will have onsite caterers at each base camp who will provide hearty meals to ensure you are all fuelled up.

- Breakfast will be between **5.30am and 7.30am** each morning

- Afternoon hot drinks and light snacks will be between **2pm to 6pm**
- Dinner will be between **6pm and 9pm** each evening

The food will be **varied and plentiful**, and we will cater for specific dietary requirements, which you should state on the event medical form. NB: It is compulsory to complete this before the event.

There are **bars at most base camps** serving a range of drinks so make sure you have a little extra cash if you think you might have a thirst for a local brew. Please note the bars will be **cash only purchases**.

Showers and Loos

Every base camp will have showers and loos, and we've worked hard to make sure we have enough to keep queuing to a minimum.

Showers will be available for you during the afternoon and evening. We try to keep an eye on how much water we all use and so we ask you to keep your shower time to **around 4 minutes**.

We have **toilet trailers** at each camp as well as **portaloos by the camping area** in case you are caught short during the night. There will also be loos at the pit stops.

Massage

Massages will be provided to all **riders free of charge** during the event. It is only possible for the massage team to complete a limited number of massages each night and so **each colour group will be eligible for a massage every other night**. The massage service is available from 3pm – 10pm each evening.

Each rider must book in his or her session **within 90 minutes of arriving in camp**, or take the closest available slot after this time. To book your slot, there will be a **booking station** at the entrance to the massage area.

NB: There are no massage stations in Land's End or John O'Groats.

Charging Facilities

Plug sockets will be available in each base camp so you can charge as you eat, or 'chill and charge' while you are having a rest. Make sure you bring all charge leads with you. **Please label all your belongings with your name and rider number and only charge your phone for the time needed only so that all riders have a chance to use this service.**

DO NOT bring your laptop with you. We cannot be responsible for these items due to their value and confidential nature.

Drying Area

At each base camp there will be a drying area. This will most likely be a **marquee with a heater**, or **indoor area with washing lines** (we'll provide hangers and pegs).

Please ensure that all of your kit is clearly labeled with your name and rider number and that you collect your items before leaving each base camp.

Laundry

During the Ride we will look to operate a laundry service to wash all of your essential items of kit. **Please note you will be notified when this service is available to book.**

Lost Property

If anything is found, and handed in, you'll be able to pick this up at the **Info desk** in the base camp. We will keep items **up to three days** during the event, and will then be handing these **to charity**, so please try and claim as soon as you can.

To avoid losing anything in the first place, please ensure that you **clearly label all your personal items** with your **name and rider number**.

Bike Racking

Each base camp has a **secure bike storage area**.

This area is not undercover, but will have constant **manned 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 which bike number matches your accreditation wristband**.

Security

We have site security present at all of the base camps, looking after us and all of our kit and equipment. We also ask that you **keep an eye on all of your personal belongings**, and report anything untoward to security or a member of the crew.

Family and friends visiting

Family and friends are welcome onto the base camps between **3pm and 8pm** each day.

Food in the catering area is for **riders only** but friends and family are more than welcome to purchase drinks from the base camp bars. Please also ensure that friends and family members visiting you do not take up all the chairs available for tired cyclists!

Leaving the Base Camp

We appreciate that some riders may have family and friends who live nearby to base camps, and may wish to nip off to see them. This is not a problem; as long as you make sure you **sign out at the Info desk** and let us know. 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 wifi network** at any of the base camps during the Ride however; standard 3G coverage will work as usual where available. Please note, the coverage is particularly poor in Scotland therefore we suggest uploading pictures and 'selfies' while you're out and about on the road (when stationary of course!).

Section 5: Medical Support

We will have medical provision at each of the base camps, and also at each of the pit stops. There is also mobile medical support on the route during the day.

At each base camp the medical team will run a morning clinic and then an afternoon/evening clinic at the next base camp that day.

There will be emergency medical care available at all times.

If you are feeling unwell prior to the Ride, it is important to let us know, in order to ensure that **no one arrives on a base camp with an illness that could spread**. It is a group effort and we can all help each other – this is a serious plea.

Personal First Aid

No matter how fit you are, Deloitte Ride Across Britain **will hurt** at times. Please be prepared. You will be responsible for your own first aid. Use your experience from training to learn where your weaknesses are and predict what problems may arise. Address any possible niggles now before they become injuries on the Ride.

As much as there will be emergency medical care available at all times on the Ride, this team is not there to provide **very basic** first aid. If 200 riders queue for paracetamol and plasters, those with more serious problems could risk not being seen.

Our medical team has collated a list of recommended items you should **include** in your main packing list for the Ride:

- Paracetamol
- Ibuprofen
- Fabric plasters (assorted)
- Vaseline (or similar, for chafing)
- 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

We have mechanical support throughout the event both **on the road** and **in base camps**. Their aim is to look after your bike and keep you moving whatever mechanical issues may crop up

Basecamps: Mechanics will be available each morning for minor tweaking before you ride, and open during the afternoon/early evening to sort out any bike issues you've faced during the day.

On the road: There will be mechanics in support vans and a team car. There will be a team **at all pit stops** and also **mobile on the road**.

Bike Repairs

As well as offering this service at the base camps and pit stops, mechanics will be **on call for roadside repairs** – but please remember you'll need to **fix your own punctures**.

If your problem is something they can't fix at the roadside, they'll **loan you a bike** to finish the stage (subject to availability). If you'd rather adjust your own bike, you're more than welcome to use a stand and tools.

Our bike mechanics has a very knowledgeable team of people on the Ride with us, so feel free to ask for any advice. Please ensure that if your bike needs attention, you seek advice **as soon as possible** when arriving at the base camp.

Parts Stock

Our technical specialists will carry a good stock of the **basic consumables** such as tubes, tyres, chains, brake pads etc. In addition to this, they'll carry a range of parts that will allow them to fix most problems that you may encounter during Deloitte RAB. This will include wheels, bearings, shifters etc. You will be charged for any parts that you purchase but all fittings will be done free of charge.

Please note, you will need to bring your **own spokes** for replacement if you think necessary as our mechanics will not have stock of these due to the many different types of wheel.

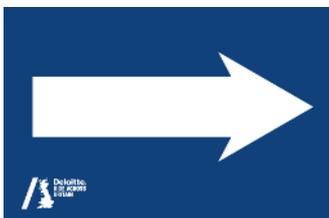
At all times they will have a **REPLACE NOT REPAIR** approach as this is the most efficient way of supporting all people on the Ride effectively.

Loan Bikes

If you're unlucky enough to have a serious problem with your bike, our mechanics will be carrying a number of **loan bikes** in a **range of sizes** to ensure that you are able to finish each stage. You will be able to loan a bike for a 24 hours period (subject to availability).

Section 7: The Route

Route Signs



The **entire route** will be signed with arrows like this so you won't need to worry about getting lost. We sign every junction **before the turn, at the turn** and even **add a confirmation arrow** afterwards. If you go more than a few miles without seeing one and you are worried that you are off course then you can always **call event control**; this number will be stated on the front of your bike number and accreditation wristband.

Pit Stops

There will be two pit stops during each day of the Ride. You are required to stop at each and every stop so that you are **logged by the timing system**. You will be able to **re-fuel, use the loo and stretch**. There will also be a **medic** at each of the pit stops and **mechanics** in case you need them to look at your bike.

Powering you at the pit stops is our aim and there will be a selection of calorie packed **sweet and savoury snacks, fresh fruit and chocolate** available. The longer days will also 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

One of the keys to completing the challenge will be a successful **pacing and fuelling** strategy. There is no point trying to get to base camp first each day and so try and conserve your energy levels by:

- **Riding in a group** (far more sociable) and share the pace making
- **Eat little and often** throughout the day and refuel at pit stops

- **Riding at a consistent pace** not only throughout each day, but also during each climb. There is a tendency for riders to tear away from the start, which leads to utilisation of precious glycogen stores too early, and you trying to cram carbohydrates in during the day.

The Broomwagon

The route will be open for a 12-hour period each day and all riders are required to complete the daily stage within this time period.

The Broomwagon (a coach at the back of the final rider) will be travelling at an average speed of **around 10mph** and will leave camp at 8.30am. You are required to stay in front of this **at all times** or else you will be **taken off the route** and transported to the next base camp.

In order to protect the safety of all riders and the crew, the Technical Route Director will make a decision as to whether the riders in question will be taken off the route. He will consider mitigating circumstances e.g. a faster rider experiencing mechanical difficulties. The decision making process will be followed in order to make a **fair, reasonable** and most importantly of all, **safe decision** for the riders and the event crew.

NB: If you are swept up by the broomwagon on three occasions you will be asked to leave the Ride.

Group Riding and Chaperones

Group riding is **safer, faster** and **a lot more fun** than slogging along on your own. During the Ride, our team of chaperones will be encouraging you to ride as a group although ultimately it is up to you to ride at the speed you are comfortable with.

Our Chaperones are **experienced cyclists** who are out there to motivate all riders, and help you to be as efficient as possible in riding as part of a group.

You will be responsible for **looking at the signs for navigation** and we expect you will naturally fall into smaller groups. Around **10-12 people per group** is ideal. By their nature the groups are flexible. If you are having a good day you may want to push on with a few others. If you are having a tough day you may want to drop back and join a more leisurely group behind you. The focus is on you finding a group of people of **your standard** and **maintaining a sustainable pace**.

Emergency Numbers

You will find the two emergency numbers for the Ride, one for **Medical/ Emergency**, and one for **Mechanical/Route** queries clearly marked on your **accreditation wristband** and on the **back of your bike number**.

If you have a loved one who is desperately trying to get hold of you **IN AN EMERGENCY** and cannot contact you on your personal mobile, we will provide you with a contact number to use. Please respect that the number given to you will be for **EMERGENCIES ONLY**.

Section 8: Packing List

This is a **suggested** list of kit to bring with you to ensure that you are **comfortable and prepared, for life in the base camps and out on the road**. Please also use a healthy dose of **common sense** when you are packing – it's not a fashion show, but you need to be **prepared for all weathers** throughout the day and in the evenings where it may get chilly.

Important points to remember:

- The maximum weight for your one piece of personal luggage is **15kg**
- We will provide you with a clean bath towel each day
- We will provide you with a sleeping mat in Land's End, which you will keep with you **for the duration of the event**. It will be supplied to you in a mattress bag (with your rider number attached). When fully inflated the mat is approximately 2.5cm high
- If your main bag is **large enough to fit the sleeping mat in** then it will help with a quick turnaround at baggage collection each day and the weight is allowed on top of your 15kg allowance
- Any rider who **does not** hand a sleeping mat back to us on the Sunday morning in Kyle of Sutherland will be charged £50
- It is imperative that you bring a **headtorch** (and spare battery) with you as it does get dark in the evenings. Whilst we will have lighting in the base camps, it is impossible to illuminate the area completely. The camping areas **may be a little darker than the main camp area** and we will be turning off the lights in the tented zones between **11pm until 5.30am**
- Please **do not** bring your laptop with you
- 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 baggage label. It is your responsibility to ensure that this label is **securely attached** to your bag for the duration of the event. We will provide you with a cable ties for this

NB: The packing list below is based on a rider who will **book** the Ride's laundry service.

	Quantity	Item	Packed
In Camp	4	Underwear	
	4	Pair of socks (non-cycling)	
	1	Birkenstocks/ flip flops/ crocs	
	1	Trail shoes / trainers	
	2	Pair of tracksuit bottoms/ comfy trousers	
	4	T-shirt	
	1	Base layer fleece	
	1	Warm fleece or hoody	
	1	Beanie	
	1	Head torch & spare battery (essential)	
	1	Washbag	
	1	Mobile phone & charger (label with name/number)	
	1	Midge head net	
	1	Alarm clock/ watch	
	1	Camera	
	1	Wallet (with cash for bike parts or occasional beer)	
	2	Plastic bags for wet kit/ freezer bag for phone, wallet	
	1	3 or 4 season sleeping bag	
1	Warm jacket for the evening (e.g. down) (Top tip, this could double up as a pillow if you bring a pillow case!)		
3	Cycling shorts		
On the Bike	1	Front and back bike lights MANDATORY (minimum LED strength)	
	1	Bike helmet MANDATORY	
	3	Cycling tops	

	1	Waterproof cycling jacket	
	1	Windproof cycling jacket	
	1	Long sleeved cycle jersey	
	1	Cycling gilet	
	4	Pair of cycling socks	
	1	Arm/ leg warmers	
	1	Bike computer & charger (labelled with your name/ rider number) not compulsory	
	1	Bike shoes (& waterproof overshoes)	
	2	Bike gloves (warm & cold weather)	
	1	Cycle glasses/ sunglasses	
	1	Buff/ skullcap/ headband	
	1	Chamois cream/vaseline	
	2	Long sleeved base layer (to cycle in)	
	1	2 Bottle cages attached to your bike	
Bike Repair Kit	1	Multi Tool – correct allen keys for your bike	
	1	Set of tyre levers	
	1	Mini bike pump	
	3	Spare inner tubes	
	2	Chain super links	
	1	Bike/chain lube	
Washbag	1	Sun cream	
	1	Insect repellent	
	1	Baby wipes	
	1	Earplugs	
	1	Eye mask	
	1	Personal medication	
	1	Personal first aid kit (incl. paracetamol, ibuprofen)	
	2	Pack of tissues	
	1	Personal toiletries (ideally environmentally friendly)	

Lights and helmets

Helmets are mandatory for all riders.

You will not be allowed to cross the start line without wearing one. **No helmet. No ride. No excuses.**

While the route is open we may come across bad weather. The key thing is to be **prepared for all circumstances**. Whilst appreciating that lights add a little weight to your bike, there are plenty of very **lightweight options** available.

Bike lights are mandatory, in case of bad weather. High-vis slap wraps are also advised as a great way to be seen.

Money

Your entry into Deloitte RAB 2016 includes your **tented accommodation, food, baggage transport, medical support and mechanical assistance** from the moment you arrive until you leave.

It's worth considering to bring **a sum of cash or your cards** to pay for any unforeseen bike spares en route and any other treats you may crave along the way: a cold beer at the end of the day, an ice cream or coffee on route as well perhaps an extra cycling jersey or some other merchandise.

We recommend you bring **at least £50 emergency funds in cash** from the beginning to ensure all eventualities are covered. You also need to **ride each day with cash and your mobile** with you. There will be an opportunity to **visit cash points close to the base camps**, and of course **on the route**, but this facility is limited, particularly in Scotland.

Top Packing Tips for Camping

Please find below some of our top suggestions of what to bring to make the most of your time under canvas:

- **Purchase a head torch** – these will be essential for when it gets dark in the evenings. Whilst we will have lighting in the Base Camps, it is impossible to illuminate the area completely. The camping areas may be a little darker than the main camp area and we will be turning off the lights in the tented zones around **11pm until 5.30am**
- Stuff **a pillow case** full of clothes and use as a pillow
- Make sure your bag is **waterproof**
- Don't forget to pack **insect repellent** – especially useful in Scotland
- **Ear plugs** and **eye masks** are invaluable
- Bring a couple of **plastic bags** to keep your kit dry
- Bring enough **warm clothes for the evening**, including a beanie or warm hat

Section 9: Insurance

As stated in the event [rules and regulations](#) (point 2.12.14) you should acknowledge that it is your responsibility to ensure that you have taken out a policy of insurance suitable for your participation in the Event.

An example of suitable insurance cover is outlined below, but not limited to:

- **A minimum of £5 million public liability cover;**
- **Travel insurance that covers personal travel plans; and**
- **Insurance that covers personal belongings, including his/her bike.**

Please note as this is not our area of expertise, we are unable to recommend insurance policies. We advise chatting to your current insurers and explaining the nature of the event.

Section 10: Fundraising

We know that we've provided you with lots of information about the logistics of the event, however we mustn't neglect the reason that many of you have signed up - to raise money for fantastic causes. Quite a few of you will have already selected your charity of choice (and this is fine), but if you haven't we wanted to tell you more about the Ride's benefiting charity: the **British Paralympic Association** (BPA). Over the last five years, we've raised over £1.3million for the BPA and we want to make sure we keep the momentum going by encouraging as many of you as possible to support this worthy cause.

British Paralympic Association

The British Paralympic Association has never been more passionate about inspiring a new generation of disabled people to get into sport. Following the hugely successful London 2012 Paralympic Games, 8 out of 10 disabled people said they were considering taking up sport as a result of watching the inspirational performances of ParalympicsGB. Choosing to fundraise for our Charity Partner will provide valuable funds to give the best support to British athletes, create even more medal-winning opportunities, and help the BPA in its mission to inspire a better world for disabled people through sport.

Section 11: Sports Nutrition

We're pleased to announce **High5** as this year's Official Sports Nutrition Supplier. Nutrition has a critical role to play in sports performance and by using a range of products to help fuel your ride, remain hydrated and speed your recovery, you'll be in the best position to make it from end to end of the UK.

As a rider on the challenge you can expect to receive energy gels, electrolyte drinks and recovery shakes during each day of the challenge.

Please note; if you're not used to this product, we strongly recommend trialing them before the Ride and bringing what your body is used to training with if this is not High5.

Section 12: Your responsibilities on the Ride

We want Deloitte RAB 2016 to exceed all of your expectations before, during and after the event.

In order to **help us** we have written down some of the key things that we have learnt **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, the crew and every UK region we pass through.

Your Responsibilities

- 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 punctures
- 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 base camps 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 the medical team