

Deloitte RAB 2019

Training Ride

Date:	Sunday 24 th March 2019
Time:	08.45 – 16:00
Address:	Princes Risborough Community Centre, Wades Park, Stratton Rd, HP27 9AX
Distance:	Starting from 40 miles

Overview

This Training Ride is designed to give you a taste of the Deloitte Ride Across Britain. You'll have the chance to meet the team behind 10 years of the event, your fellow riders and get some important training miles under your belt.

We will take you around the beautiful country lanes of the Chilterns, guided by our trusted chaperones. You will have the opportunity to experience group riding, an infamous pit-stop and see our support services in action, such as our team of mechanics.

Who is it for?

The Ride is open to everyone, from our current 2019 riders, RAB alumni or anyone who would like to get a flavour of the Ride before signing up. Friends & family are also more than welcome to join in with this session.

Schedule

Time	Activity
08.45	Arrive (teas/coffees/chance to meet other riders)
09.00	Welcome by Threshold Sports
09.05	Advice from our Route Director, Sports Nutritionist and Alumni riders
09.30	What to expect from the day
10.00	Get gear together and prepare for the ride
10.10	Route and safety briefing / Rider group allocation
10.15	Start training ride
12.00 (approx)	Pit stop open along the route
15.00	Approximate return from ride
15.00 – 16.00	Post ride refuel and chance to catch up with the team

Please note some of the above timings are subject to change.

On arrival

When you arrive at the Community Centre head to the meeting area. Bring your bike from your car as well as everything else you need for the ride. There will be teas/coffees available, and you'll have a bit of time to mingle with the other riders. We will not have an extensive breakfast so make sure you're fueled up before you leave home.

Important: Cycling cleats are **not** permitted inside as the floor of the hall is very delicate, therefore please remove your cycling cleats upon entering. You can bring a spare pair of shoes to wear inside which can be left there whilst riding.

Sports Nutrition and food

- We will have drinking water and HIGH5 sports nutrition available during the morning session so please bring your water bottles into the Centre with you.
- The HIGH5 nutrition available will be a variety of flavoured gels and electrolyte sachets, and recovery sachets for after the training ride.
- At the pit stops we will also have a wide range of snacks and fruit available for you to refuel, as well as water to refill your bottles

The Ride

On the day, you will be allocated into riding groups depending on your experience and cycling speed.

A key emphasis for the ride is to learn and gain experience in riding as a group (the correct etiquette as opposed to who can cycle the fastest!). To enable this:

- Chaperones will look after you, and guide you along the way to make sure that you stay on track, and it will also be an opportunity for you to ask any questions.
- All groups will ride a carefully chosen 40-mile route, with options for additional laps.
- On the route there will be chances to have a break, either with your group, or at the designated pit stop where you will meet the Threshold team.
- You will arrive back at the Community Centre at approximately 3pm and will be able to grab some food and a cup of tea.

Bike mechanics

Bike mechanics will be on hand to support the training ride with regard to the mechanical side of things.

Whilst we expect that you are all able to change your own puncture, the mechanics are there to assist in any other mechanical issues, answer any questions that you may have about bike maintenance, and most importantly, keep you on the road.

Kit list

- Your cycling kit (of course!)
- Bike and bike lights
- Helmet
- Water bottle/s
- Puncture repair kit (+inner tubes)
- High-visibility and wet weather clothing
- Glasses
- Cycling gloves
- Directions to Princes Risborough
- A fully charged mobile phone
- A bit of ££ - in case you stop on the route for a snack
- Extra jumper/warm clothing (just in case!) for after the ride

Directions to Princes Risborough

By Road:

- Princes Risborough lies 9 miles away from High Wycombe and Aylesbury, 21 miles from Oxford and 38 miles from London.
- The main approach roads are the A4010 High Wycombe to Aylesbury and the B4009, which runs from J6 of the M40 to Princes Risborough.

By Rail:

- Princes Risborough is the nearest railway station, which is three quarters of a mile from the main town centre.
- It is served by Chiltern Railways, which runs through High Wycombe to London Marylebone, providing a service approximately twice an hour.
- In the other direction, there is also a half-hourly service to Haddenham, Thame, Bicester, Banbury and Birmingham, with services to Aylesbury via Great Kimble.

Map

Please see the below map to show the location of Princes Risborough Community Centre in relation to the parking provision. It is a short walk of approximately 3 minutes.



If you have any questions in the meantime, please feel free to give the office a call on 0845 486 2012. We look forward to meeting you on Sunday 24th March!

The Deloitte RAB Team