



Dear Rider

Please read and understand the below instructions.

If you have any further questions please don't hesitate to ask me.

The Sports Nutrition Company USN have come on board this year with all votwo events and you will have the chance to sample there product at the event. USN are also supplying a free drinks water bottle to all riders on the South Downs Way MTB challenge.

Thanks

Ben Mason

Votwo Events Director

07855272414

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This instruction is broken down in to the following sections.

1. Event outline timings
2. Car parking
3. Registration
4. Transportation
5. Overnight camping
6. One day riders
7. Check points
8. Medic / massage
9. Maps of main locations
10. Route in general
11. Kit List
12. Bike maintenance
13. Actions on
14. General notes



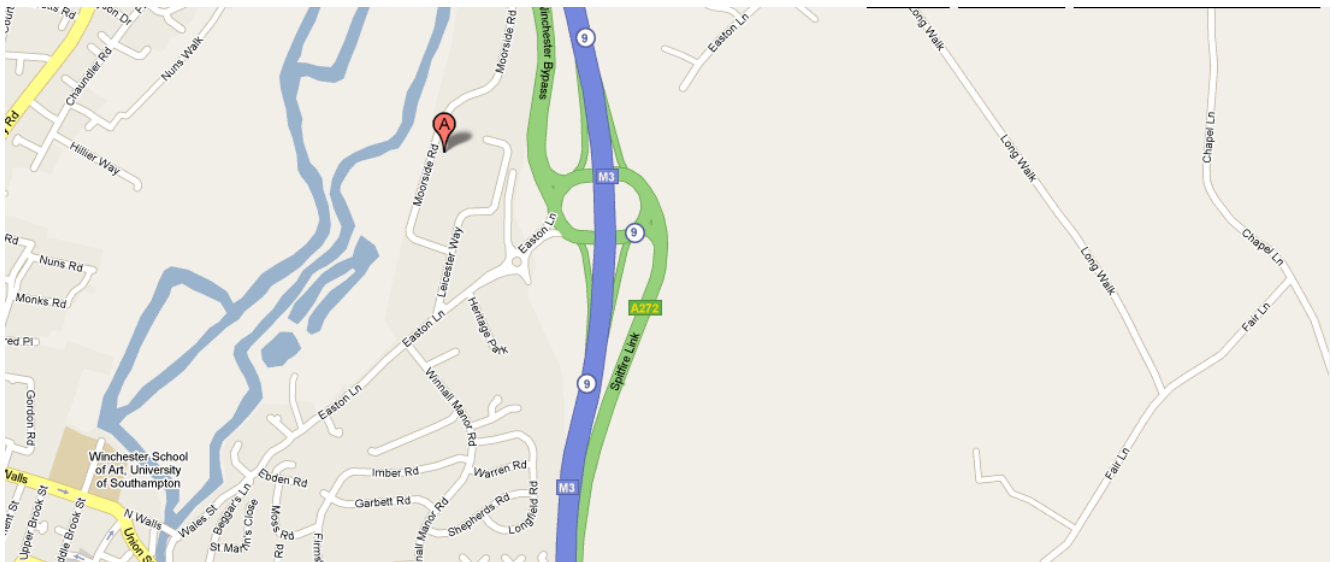
## 1. Event Timings

Saturday 14<sup>th</sup> May 2011

- 07:00 Registration opens
- 07:50 Riders Briefing (compulsory)
- 08:00 Ride Starts
- 18:00 – 20:00 Evening meal served

Sunday 15<sup>th</sup> May 2011

- 07:00 – 08:30 Breakfast on Sunday
- 07:20 Group 1 registration
- 07:45 Group 1 starts
- 08:20 Group 2 registration
- 08:30 Group 2 starts



## 2. Car parking

- Winall Industrial Estate, Winchester, Hants SO23 7RX (See point 'A' on above map)
- A marshal will be in position at the entrance to the estate
- For riders completing both days of the challenge please leave your car at the registration area for day one which is the Winall industrial Estate
- Car parking is on a public road in a industrial estate
- Please do not park in the area of road before the VO2 van
- Please do not block any drive ways or park on the kerb
- If you are riding just day one then please leave your car in the same location
- If you are riding just day two (Sunday) then please leave your car at the registration area for day two which is the Washington Camping site
- Please make sure all valuables are left out of sight or are packed in your luggage. Votwo events will not accept any liability for participants belongings



### 3. Daily Registration

- Each day you are required to register your attendance on the event. This is to ensure we have an accurate list of who is on the course
- All you need to do is report your name to the registration staff and receive your challenge number, event T-shirt, maps, check point locations, timings/action on card and your timing chip.
- Registration for day one is in the Winall Industrial estate
- Registration for day two is at the Washington Camp site
- Day two riding groups will be determined by your finish time at the end of day 1. The faster half of the riders will be starting at 08:30 and the slower half will be starting at 07:45. Names will be promulgated on the notice board on Saturday evening
- Have your kit bag and camping kit lashed together with your **name and mobile number clearly displayed**. You are to then leave this luggage on the transport van. This will transfer your kit to the camp site for you to collect
- At the end of day one you will hand your challenge number and timing chip to the finish staff ready to be re-issued the next day
- Free Teas, coffees and possibly buns will be available at registration!

### 4. Transportation

- As part of the Votwo service all your kit will be transported throughout the event where required
- A fleet of 4 mini buses and 3 vans and a trailer will return you from the finish point in Eastbourne back to your car at Winchester. As finish times at Eastbourne will differ greatly throughout the participant field mini bus shuttles will be staggered so that waiting around is minimised. No problem if you have friends and family meeting you at the finish and you want to return with them. Please just ensure you have officially left the event and returned your timing chip.
- Each mini bus will be assigned a luggage van for the return trip. Bikes and most luggage will go in the van, some luggage will have to go in the mini bus. The luggage van will return to Winchester at approximately the same time as the mini bus and the hope is you will arrive at the same time as your luggage!
- At the finish point on day 2 you must identify your luggage and ensure it is loaded on the correct van. This will be orchestrated by a member of Votwo staff. As mentioned above it really does help if your camping kit and kit bag are tied together with your name and mobile number clearly visible
- If you are just completing one day of the challenge you will be transported back to the starting point with all your kit. Exact timings for this depend on the other participants just completing one day as you will all be 'lifted' together. Further instructions will be promulgated on the event notice board
- If it all gets too much for you on route during the day a meat wagon mini bus will be maintaining a last man marker position and is available for the broken to get a lift in
- If you have friends or family picking you up from the finish and you there for don't wish to use the event transport please just ensure you checked in at the finish point before you depart. Do not leave the event without letting the event staff know
- The estimated travel time from the finish point back to Winchester is 2 hours 30 mins



## 5. Overnight Camping

- Hopefully this does not come as a surprise to you!
- Votwo staff will set up the admin tents, catering tents etc. You have to supply and set up your own tent!
- There will be two main meal course options with one being suitable for vegetarians. The votwo head chef will ensure you have a healthy, tasty and filling meal. Beers and other drinks will be available to purchase at a very competitive prices. If you have any special dietary requirements please email [ben@votwo.co.uk](mailto:ben@votwo.co.uk) to advise. No arrangements will be made unless you email to advise us.
- Please bring your own plate, bowl and KFS (knife,fork,spoon). A limited amount of disposable plates and cutlery will be available at £1 charge
- Tea, coffee and other drinks will be on constant supply. Please help yourself
- There are enough event tents to cover the eating area in adverse weather conditions
- Washington camp site is well equipped with showers, toilets, etc. Remember your 20 pence for the shower
- A camp fire will be lit as the sun goes down. Marshmallows and hot chocolate optional!
- Please respect the other users of the campsite and keep noise to a minimum in hours of darkness
- Breakfast will be served as per above timings. Andy Blow will be in charge of lump control with the porridge. Bacon and eggs, Cereal, jams, bread etc also on offer. Tea, coffee and orange juice
- Ensure that your kit is packed and stored in the luggage wagon before you depart on the days ride!
- All camping is pre booked and paid for as part of your entry fee
- Please dispose of all your litter in the camp bins. They are keen on recycling at the camp site
- All bike admin should be done on Saturday evening. The start times for day two are set in stone. Start times on Sunday morning will not change. DO NOT be caught sorting your bike out on Sunday morning, get it sorted Saturday evening.....
- The planned bike mechanic for this event unfortunately is no longer available so an alternative mechanic is being sought. If the service is available the event bike mechanic will be set up in the back of his van from 3pm on Saturday. If your bike requires a service or spare parts attaching then he is your man! Cash only for spares and a contribution for servicing

## 6. One Day riders

- Follow the registration instructions for your chosen day
- Day one riders park at Winal Industrial Estates , Day two riders park at the Washington Camp site
- At the finish of day one a notice will be promulgated on the event notice board issuing instructions for your return transport
- At the finish of day two please join in with the main group transport. You **must inform the driver** that you need to return to the Washington campsite. The member of votwo staff should also be aware of this but as a backup please also make sure we are aware!
- You are welcome to join us for the group meal on Saturday night at no extra cost
- If you have entered for just day one but then feel you want to ride day two as well this is no problem just let the registration girls know. It might be worth bringing a sleeping bag just in case!



## 7. Check points

- The safety precaution in place on the route is the checkpoint system. **You must pass through every checkpoint in order.** Failure to do so after a certain time will activate our search procedure unless you phone in to register that you will be late. Late arrival to any checkpoint will result in you being disqualified from the event that day and no official finishing time will be recorded
- Checkpoint locations are shown on your issued event maps (available at for collection at Registration). They are spaced approximately 15 miles apart. On arriving at the checkpoint it is very important that you make your challenge number known to the checkpoint staff and 'Dib' your timing chip in to the 'Dibber'. This is a safety point so we can make sure you are on route. It also means you will receive your split times. **It is your responsibility to communicate with the CP staff to ensure you have been registered at that point and you have 'Dibbed' your timing chip. Simply passing though and expecting them to record your presence is not acceptable. The blue USN flag will mark where the 'Dibber' is. You will practice 'Dibbing' at registration. Its a simple case of putting the timing chip attached to your wrist in to a area on the receiving pad. The pad then goes 'Beep' to let you know you have been registered**
- **Check points are marked by a blue USN flag**
- **Checkpoint timings.** As part of the issued maps (available at Registration) you will find the location of the checkpoints and a further sheet stating the open/closed times (you must carry this sheet whilst on route). The checkpoint open time is designed so that it will be open before the fastest rider could possibly pass through it. The checkpoint close time is a safety cut off. This timing is calculated on you maintaining a minimal average pace of 8mph. If you move any slower than this on average you will not make the next checkpoint or complete the day. If you are not going to make the cut off time please follow points 3 and 4 of the lost procedure. **If you fail to report to a checkpoint and do not phone to indicate that you are late a search will be initiated for you**
- **Checkpoint food/water** The first check point of each day will offer cold food and drinks. Drinks on offer are USN Endurance drink , water, squash and coke. Every subsequent checkpoint will also offer USN bars, hot drinks, soup and rolls, sandwiches, cereal bar and other snacks. The finish point of each day will offer the same plus a hot bowl of chef's homemade soup (well worth 50 miles of hills for!) There is plenty of food at the checkpoints. Make sure you eat and drink plenty on route to keep you going.

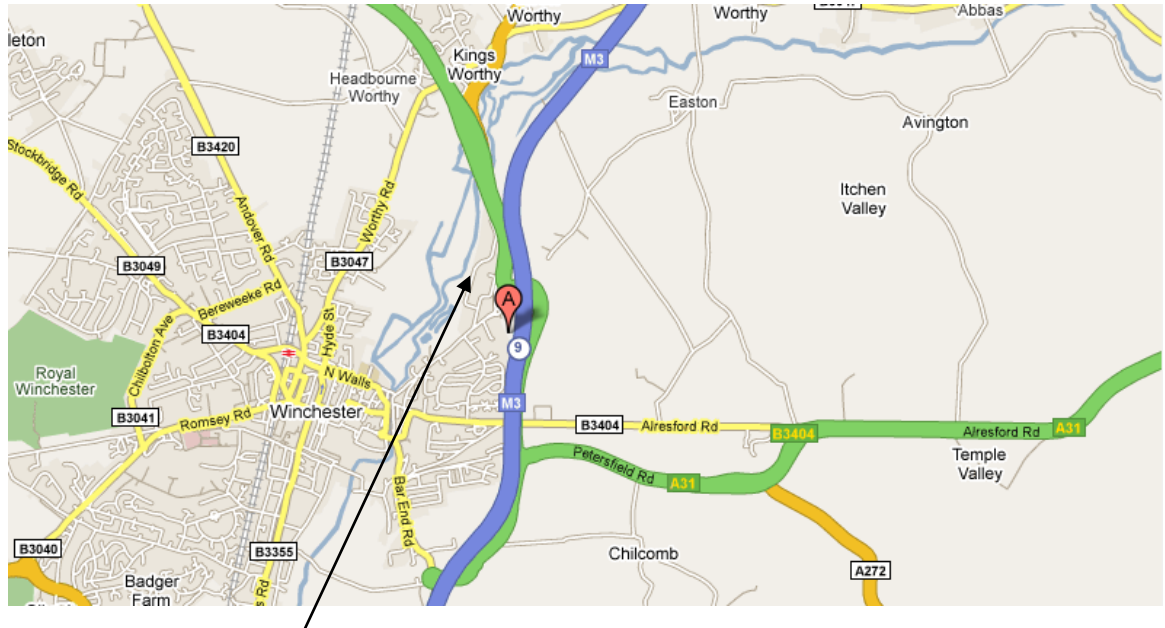
## 8. Medic / massage

- There will be two event medics on route. Their mobile numbers can be found on the emergency card. Please see section 13 'Action on'
- On Saturday evening the event massage tent will be open for much needed leg rubbing. There is a extra charge of £12 for 15 minutes for these service
- On Sunday morning the medics will be available to repair and tape up bodies pre ride. They will be located next to registration

## 9. Maps of main locations

- Start point of day one and registration point of day one.

WINALL INDUSTRIAL ESTATE  
MOORSIDE ROAD  
WINCHESTER  
HAMPSHIRE  
SO23 7RX



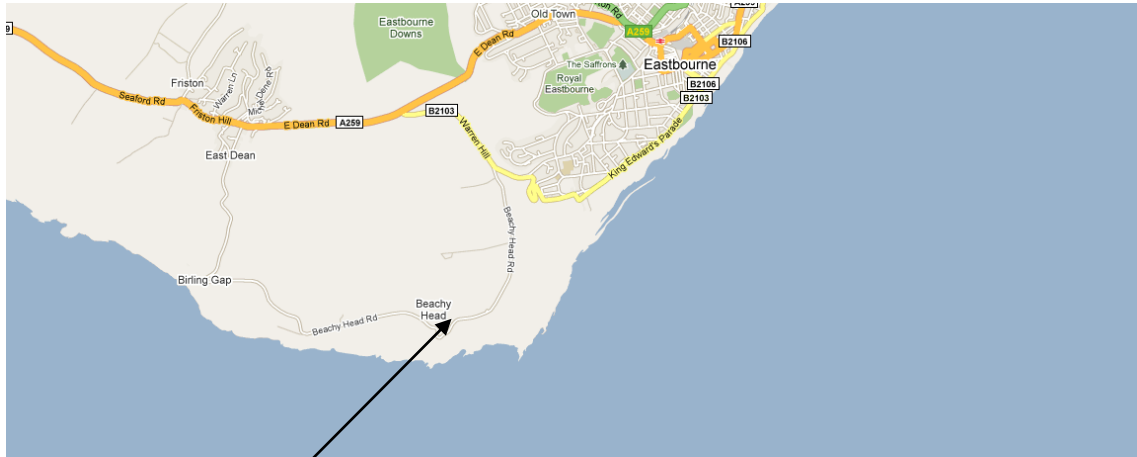
The Winnall Industrial Estate is located just off Junction 9 of the M3. The votwo van will be in a obvious location on the side of the road.

- Start point of day two and registration point of day two

Washington Caravan and Camping Park  
London Road  
Pulborough  
West Sussex  
RH20 4AJ



- Finish point of Day 2



Finish point is at Beachy Head just to the South West of Eastbourne

## 10. Route in general

- The terrain on the South Downs varies dramatically though out the 106 miles. You will encounter a wide range of surfaces including chalk, clay, gravel, grass, mud, shingle, Concrete, tarmac and flint. Protruding tree routes, pot holes and rocks are also common place. It is therefore important that you pay full attention at all times in order to minimise the risk of injury
- Ensure that you take particular care on steep descents and in wet conditions. Wet Chalk surfaces, loose shingle and riding in vehicle tracks have the potential of causing serious injury...so please be careful!
- The south downs way is generally well signed by wooden posts that state 'South Downs Way'. Do not follow any other wooden type signs. **I.e. If a sign just says 'Bridle Way' then don't follow it!**
- There will be no additional event signage on the route
- It does remain your responsibility to use your maps (issued at registration) and the South Downs Way signs to correctly navigate the course. When the Votwo team did the route reces we didn't have to use ours maps or prior knowledge of the route, just the SDW signs and we had no problems finding are way. It can be done!!
- On approach to the camp site there will be votwo signs in place to guide you off the SDW route and in to the overnight stop. However the emphasis is still on you to navigate yourself. Signs will be a large black arrow on a orange back ground
- Please be aware that the route is mostly on bridle ways but does use county lanes/roads and in some places crosses busy roads. Be aware of blind corners on the bridle ways that might lead to road crossings. If in any doubt, take it slowly
- Short cuts. There are areas of the route where you could take a short cut. **DONT!** It is not in the spirit of the event. You must make every effort to stay on the route marked on the map. The simple rule of thumb is, 'if it looks like the route is up another big hill, then it is!'



## 11. Kit List

### Whilst on route

It is vital that every rider is self sufficient in the event of a mechanical failure or a puncture. You must carry the below equipment as a minimum whilst on route.

- Minimum of 2 spare inner tubes - Please ensure you select the right inner tube for your wheel (Schrader or Presta valve type) if you are in doubt please ask your local bike shop for advice.
- Puncture repair kit ( Flat Boy self adhesive patches are recommended as they are quick and easy to use, don't require glue and work well in wet conditions )
- Multi tool with suitable allen key sizes
- 2 x Tyre Levers
- Chain Link extractor
- Bike pump with suitable valve connection.
- Bike helmet ( Compulsory )
- Mobile phone (fully charged and water proofed)
- Basic 1st Aid kit - Including Plasters, Bandages and Steri Wipes
- Map of route, check point locations and timings and actions on ( these are all issued at registration )
- Compass
- Decent pair of padded cycle shorts.
- Thin base layer top
- Cycle jersey or T shirt
- Light weight waterproof jacket
- Sun glasses ( for eye protection, not posing )
- Full bike water bottle
- Emergency food. I.e. chocolate bar

### For overnight

- Tent
- Ground mat
- Sleeping Bag
- Torch / Head Torch
- Wash Kit & towel
- 20 pence piece for a hot shower
- Plate, bowl, KFS (knife, fork and spoon). Votwo are providing the evening meal but you have to bring your own utensils etc. There will be spare plastics ones in case you forget
- Warm dry clothes, shoes etc
- Large warm jacket to put on straight after you finish the days ride
- Cash, for bike spares and beer

As per above instructions its essential you mark your kit bag with a tag stating your name and mobile number. If you have to leave the event early for any reason its nigh on impossible for the event staff to work out which kit is yours if it's not tagged!

Please attempt to keep a control of the amount of kit you bring. There is limited space in the luggage van. There is no requirement to bring your own kitchen sink, the camp site provide these!



## 12. Bike maintenance

In order to ensure the safety of all riders it is essential that your bike is in good working order. Please ensure that the following points are checked by a bike mechanic prior to the challenge. It is advisable to take your bike for a service at a bike shop before the event.

- Brakes and Brake pads - Must be in excellent working order (trust us - you will need them!) Fit new brake pads before you arrive at the event
- Gears - It's important that all gears are in sync without them slipping. You will need a full range of gears
- Tyres - It is vital that your tyres are DEEP tread mountain bike tyres and NOT hybrid road tyres!
- Chain Set - Must be in good condition ( slack or rusty chains will not hold out )
- Wheels - Should be buckle free with all spokes trued if necessary
- Seat - Must be comfortable... you will be in it for between 7 - 8 hours a day

## 13. Actions On

- **Actions on Casualty.** There are two types of casualty, minor and major. A minor casualty constitutes a non life-threatening injury such as a cut, abrasion or twisted ankle. The casualty will be able to walk and medical attention will be needed but not urgently. A major casualty will require urgent medical attention and will not be able to walk. Injuries such as broken legs, severe bleeding, heart attack etc fall into this category. There are 2 medics employed specially to deal with any medical situation
- If you become or find a conscious/unconscious major casualty follow this procedure
  1. Apply any know first aid
  2. Phone the event medical officer (number supplied on your issued 'actions on' card. Have the number pre-entered in to you phone) or call the emergency services directly. If you have no signal go to point 3
  3. Inform the next person you see on route and hand them the casualty's note pad (if possible, should be in their rucksack as per the kit list) with their details and the useful phone numbers. Write your location and nature of the injury, instruct that person to get to the next phone or area of signal and phone event medical officer or the emergency services and give your details
- If you become/find a minor casualty
  1. Continue or assist the casualty to the closest checkpoint (bear in mind this may be backwards on the route) and ask to see the event medic
- **Actions on Lost** If at any time you become lost follow this procedure
  1. Stop. If possible make your way back to your last know position on your map
  2. If you can't complete step 1 then retrace your steps until you find a event route marker. Then follow on.



3. If you are still lost phone the event director Ben Mason on 07855272414 (or any of the numbers on the contact list) and inform him of your name, race number, approximate location and the last check point you passed through. We will then formulate a plan to either find you and pick you up or describe how to get back on the route. If you have no phone reception keep moving until you do
  4. If you miss the checkpoint opening and closing times a search will be initiated for you. It is very important that you notify the event director if you think you are going to miss it or you are late. He will then know you are safe and not lost or injured
  - **Actions on early retirement.** Inform any staff on the list of contact numbers if you feel that you cannot complete the route and want to retire at any checkpoint. We will arrange to pick you up from that checkpoint. **Do not under any circumstances leave the challenge without informing a member of the event staff.** A full search will be initiated if you miss checkpoints and we cannot contact you. We can then only assume you are lost or injured on route
  - **Actions on late rider (this is what the Votwo team will be doing if you are late)**
    1. Riders are briefed to phone race HQ if they are going to be late for a check point
    2. Last man sweeper is informed and asked for the location of 'last man'
    3. If lost rider is not last man then race HQ will call rider on mobile number
    4. If no response staff from last previous know check point will search along the route towards next check point. Staff from the 'late check point' will search back along the route until they meet other check point staff
    5. Riders emergency contact numbers called to enquire if rider has contacted them
    6. If no rider found then emergency services are called and informed of details
    7. It is anticipated that this process will take no longer then 1 hour after the lost runner is late for the check point
14. General notes
- If you have ordered any event clothing on your online entry account then this is to be collected at event registration
  - Event hooded tops will be for sale at the camp site
  - If you have your own support crew IE family then they are more than welcome to support you on route. If they would like to join us for the evening meal and camping then please arrange this with the registration staff. A contribution of £10 per head would be gratefully received! If just meal then £5 is fine

Many thanks for making it to the end of this document. Good luck with the challenge.

Ben Mason