



BIG BAD BIKE RIDE 2016 RIDER GUIDE



INTRODUCTION

The Big Bad Bike Ride is an annual sponsored bike ride that was set up in 1991 to raise money for Ataxia UK, a charity which supports research into potential cures for Friedreich's Ataxia.

All money raised is for research into finding the cure for Friedreich's Ataxia. Our running total after the 2014 Big Bad Bike Ride was £960,000 in sponsorship.



THE RIDE

The route is circular and ideal for road bikes (it would be difficult but not impossible on a Mountain Bike). It starts and ends at the York Sports Village, next to York University.

Registration on the day will start from 7.30am. You will be given rider ID. There will be a warm up session at 8.45am. It is recommended you take part.

We will start the ride at 9:00am prompt. Riders must be ready and registered by that time. We will start people off in groups. All riders must be started and on the road by 9:10 am. The ride is a 103 km challenge.

ADDRESS

YORK SPORT VILLAGE
LAKESIDE WAY
YORK
YO10 5FG

PHONE : 01904 325751

EMAIL : INFO@YORK-SPORT.COM

There will be several Bum Stops around the route where you can pick up water, chocolate (a sandwich at the Wolds Inn) and psychological counselling. We will mark up the route and you will not need a map; a fully functioning brain will do. Unfortunately people have forgotten to bring their brain in the past, so make sure you pack it.

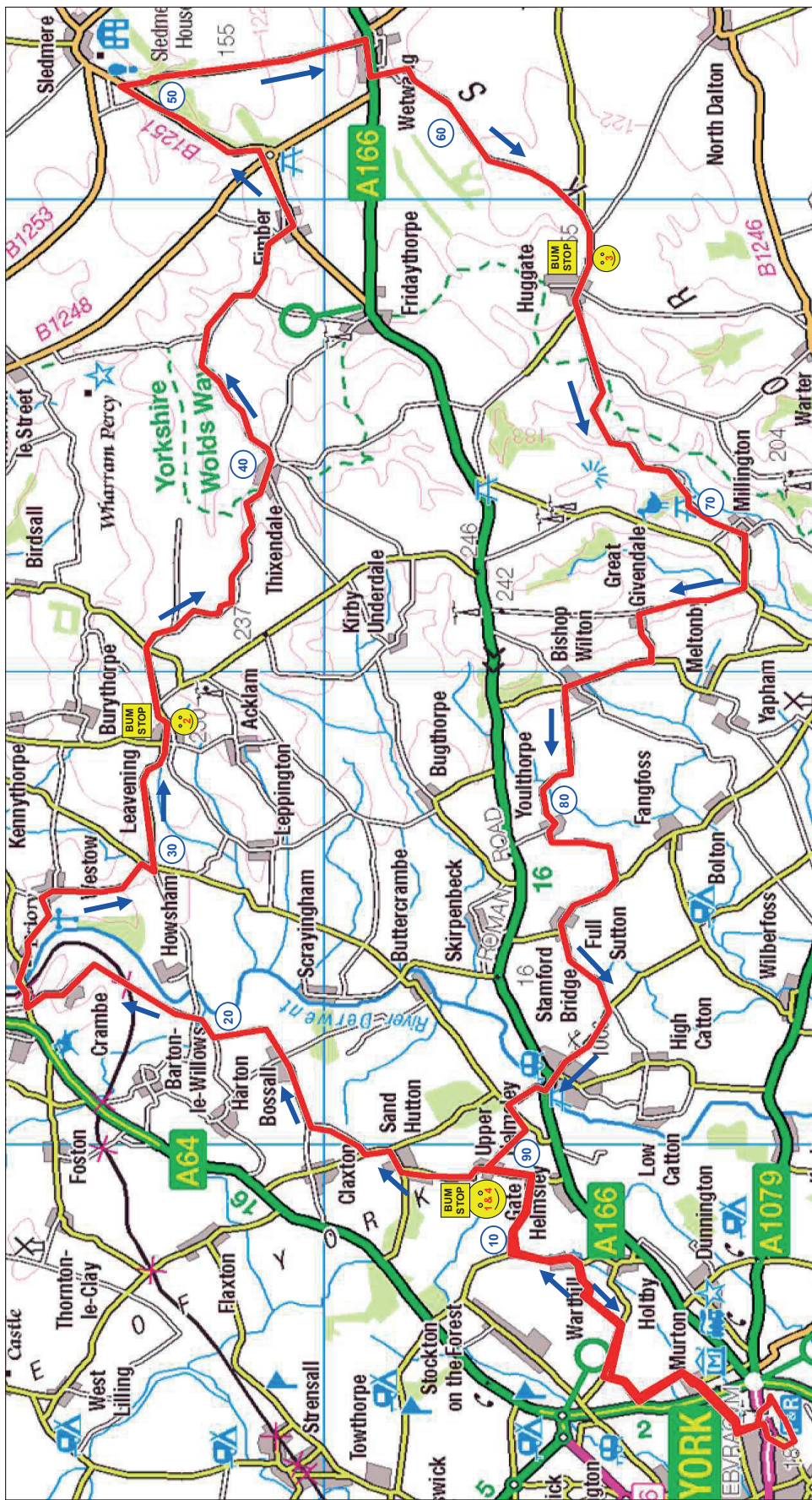
There will be no times or placing and consequently no need to speed, as safety is our prime concern. The very nature of this ride is to help others, so please do not take any unnecessary risks. The ride will be well marked and if you get a puncture or have difficulties, it is always best to walk forward as International Rescue will eventually scoop you up. If you get lost... we suggest you light a fire, make a bivouac and pray (this is where you might want to think about your religion).

Mobiles only work at certain points on the route, so those of you with gizmos that do everything for you... are completely stuffed.

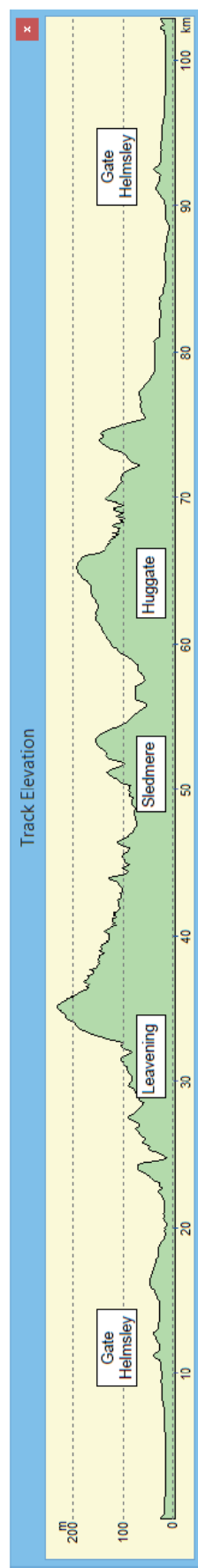
If we feel that anyone is taking too long and is creating a risk for others or tying up all our resources, we will either ask you to retire and get on our pick up truck.

Seriously, you need to take on the responsibility of riding safely and not endangering others... Always try to stay with other riders or keep within sight of them.

ALL RIDERS MUST FINISH BY 4:30 PM



BBBR 2016 Clockwise route 103 km



THE COST

Only £49 per person. This is our administration and organizational cost. Any surplus goes into the kitty for the next ride.

This includes:

- Entry to the ride
- A sexy riding jersey to make you look gorgeous
- A motivational book by Fraser Kennedy to help you understand how important the charity is to individuals with Ataxia
- A medal
- A sense of purpose



HOWEVER... YOUR COMMITMENT

To take part in the **Big Bad Bike Ride 2016**, you must be committed to raising a **minimum of £100** in sponsorship money. It's not a sportive! Failure to raise the minimum amount will result in you being ostracized by your friends and you will be unable to walk past a mirror without feeling a sense of guilt.

Our average rider usually raises in excess of £250. While you will obviously have a fantastic ride and come back with wonderfully toned muscles, extremely interesting new friends (and a sore bum); it's important to keep in mind that this isn't just about us having a good time and making your body look beautiful.

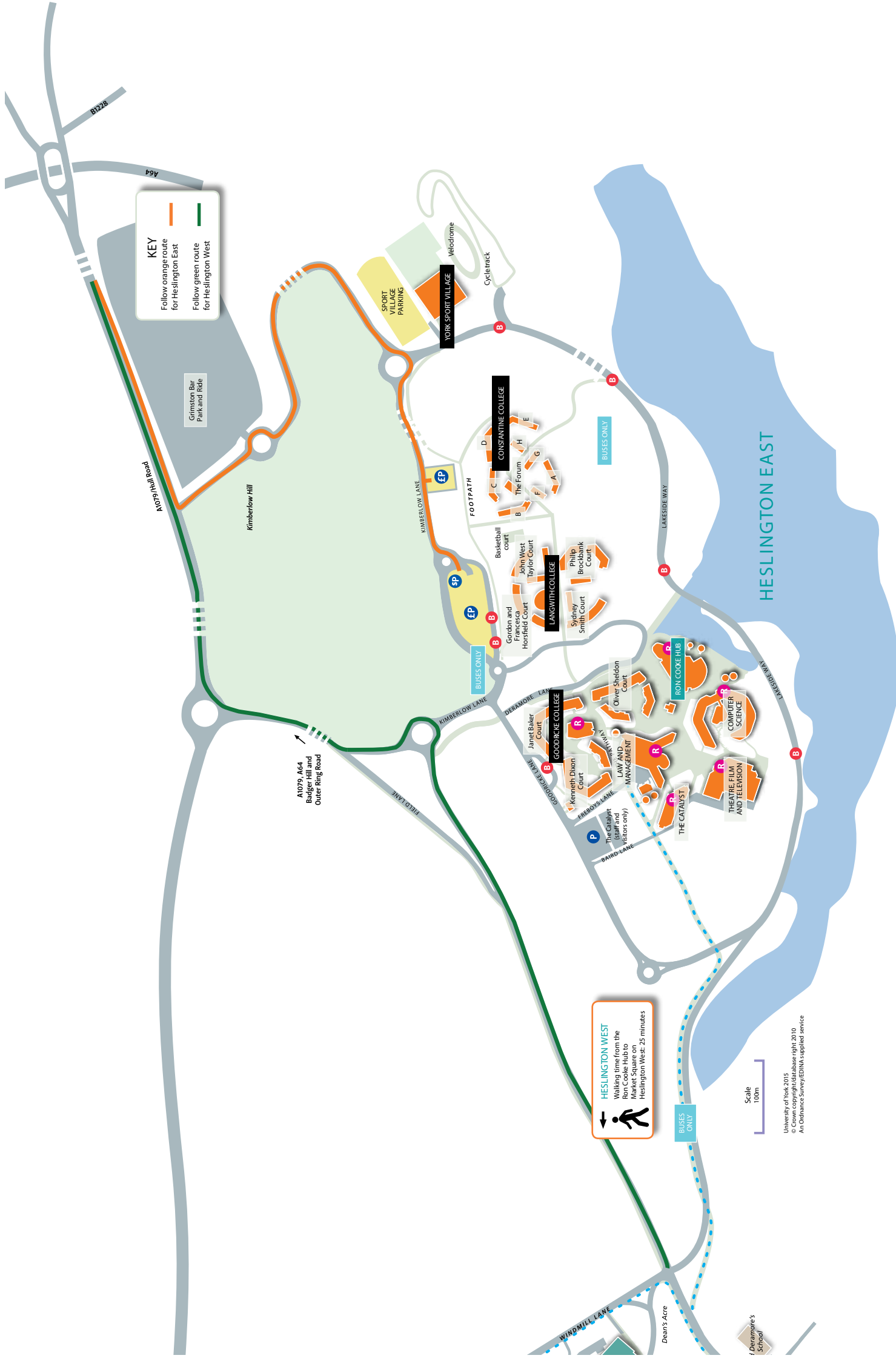
It's about raising money for ATAXIA UK, and we don't take passengers.

We take people who understand how much Friedreich's Ataxia can affect people's lives, and want to try to make a difference. Read about the Ataxia UK Charity on their website.

www.ataxia.org.uk



WE TAKE MOTIVATED, COMMITTED PEOPLE. IF YOU CAN'T COMMIT TO THE SPONSORSHIP THEN PLEASE DO NOT ENTER THE RIDE.



KEY

Follow orange route for Heslington East

Follow green route for Heslington West

HESLINGTON WEST

Walking time from the Ron Cooke Hub to Janet Dixon Court, Heslington West: 25 minutes

Scale 100m

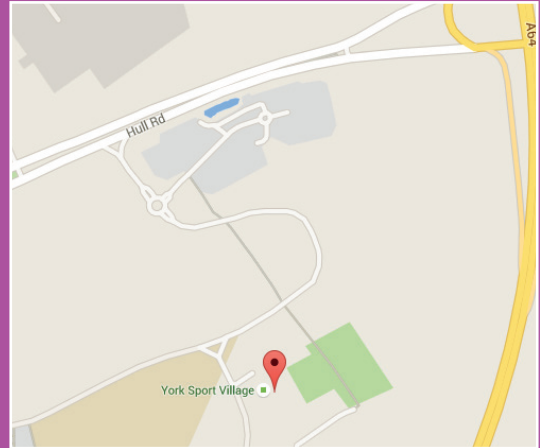
University of York 2015
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DUMMIES' GUIDE

WHERE IS YORK SPORT VILLAGE AND HOW DO I GET THERE?

It's just off the A1079. Near the BP service station and opposite B&Q in the north of York. It's very smart and only opened fully in 2013. See map.

People go into the sports village being overweight and all come out looking like Beyoncé and David Beckham. We guarantee the same transformation if you do the BBBR, only we do not insist that you get tattoos or have children with weird names...



WHERE CAN I PARK?

Marshals will be on hand to direct you to our allocated parking zone and there will also be directional sign posts. Parking at the sports village is for marshals and members of the sports village only.

WHAT HAPPENS WHEN I ARRIVE?

LOVELY LORRAINE and her team of beautiful assistants will register you and give you a rider ID to fit to your bike for identification purposes. (So you can see who's overtaking you.)

HOW TOUGH IS THE BIKE RIDE?

It's reasonably tough... The first 15 miles are flat and then we have a few bumps. Some of the hills are a real challenge. But don't worry; if they are too tough then you just get off your bike and walk. (Make sure you pretend to have a problem with your bike and let your friends think you are just not wanting to embarrass them!)

My suggestion is that you need to train for this ride and you need to train on the biggest hills you can find.

If you did the ride in 2014, you will know it's reasonably tough. This year we're doing the reverse route to make it even more interesting (prepare yourself for Leavening Hill - see track elevation).

WHAT TIME DOES THE RIDE START?

9.00am prompt Saturday morning. All good looking people with the correct kit will start at the front.

There will be a warm-up at 8:45am.

HOW MUCH MUST I RAISE?

We have always had some fantastic sponsorship amounts. Some people are capable of raising large sums from their business contacts. However, for mere mortals, the minimum sponsorship commitment is £100.

We expect you to pay this amount in whether you have achieved it in sponsorship or not.

IT'S A COMMITMENT NOT A PASSING THOUGHT!

The best way to collect sponsorship is via Just Giving. We set everybody up with a page upon payment for application. We would like everyone to use Just Giving as the charity gets an extra 25% on top of everything you raise.

However, there is a sponsorship form available from the website if you prefer to raise funds that way. We will still want you to pay in any cash via your Just Giving site.

WILL THERE BE BIKE BACK-UP?

Yes, a back-up truck will be on hand if you get into trouble.

Best thing is to get your bike serviced before you go. Both Cyclework and Cycle Heaven are offering special rates for our riders. Don't leave it until the last minute!

We do not recommend tandems as they are hard to repair and they cause divorces.

THE FINISH

Please approach the finish with caution, as there are often spectators milling around.

You must ride under the gantry and you will receive your well-earned medal and a traditional Yorkie bar.

WILL THERE BE PHOTOS?

We will take photos during the day, but bring your own camera and send the good pictures to me, so I can upload them to the website.

WILL THERE BE ANY BUMSTOPS?

Yes – we will supply you with chocolate biscuits and drink at three places on the Ride. We will have a lunch stop where there are toilet and wash facilities.

Men have ongoing toilet facilities throughout the ride and bold women also can feel the welcome of the Yorkshire countryside.

IS THERE A CUT OFF TIME?

Yes - Riders must have finished by 4.30pm. We all have a ball to go to!

However if you are trailing so far behind that it means that our sweep truck is not being able to keep with the main body of the ride... we will ask you to get in the truck.

WHAT IF I HAVE AN ACCIDENT?

If the accident is not life threatening please see emergency contact numbers on the back of your rider ID. We have medical support first responders who will be roaming the route and providing assistance.

If an accident requires emergency services do not hesitate to contact 999 first. If the event is minor and not life threatening the Event controller will be the first person to contact, or the nearest Marshal.

CHANGING / SHOWERS

There are showers and changing facilities in the Sports Centre for you to use before and after the ride - you will need a £1 coin to use the lockers.

MECHANICAL SUPPORT

We have limited mechanical support on the ride, and we will have some spare bikes on roaming cars.

However, if your bike breaks down completely, then it's best to contact a Marshal and you will probably have to be picked up and taken back to a Bumstop point.

We encourage you to carry the basic tools and a spare tube. (Don't try and fix a puncture on the move. It's always best just to replace the tube.)

SIGNAGE

You don't need a map. There will be signs throughout the route.

Please pay particular attention to the warning signs, like "Fast Downhill", "Single File Only", "Sharp Turn Ahead" or "Slow Down."

WHERE ARE WE STARTING THE RIDE AND WHERE WILL IT END?

We will start and end the ride from the York Sports Village.

ROAD SAFETY INSTRUCTIONS

- Riders under the age of 18 must be accompanied by an adult during the event.
- There will be a safety briefing before the start.
- The wearing of helmets is mandatory for all riders. No helmet, no ride.
- Obey the highway code at all times.
- Stop at junctions.
- Never ride more than two abreast.
- Ride single-file on single track roads.
- Do not use headphones whilst cycling.
- Use hand signals when turning.
- Do not overtake on a fast downhill.
- Do not brake hard on a slippery road.
- Look behind you before you overtake.
- Please read the risk assessment sent to you by email.
- Have your bike fully serviced before you take part in the ride.

WHAT DO I NEED ON THIS TRIP?

A CHECK LIST:

GEAR:

- A Sexy lycra cycling top (we will be providing this to all registered riders)
- A sense of humour
- Tight long cycling trousers (if it's very cold)
- An expensive, nicely coloured waterproof (if it's rainy)
- Money (in case you have to bribe someone for a lift)
- A copy of your will
- Small warm socks (big socks look uncool...)
- Cycling shorts - black (it's very important to be colour coordinated!). Do not let the cycling shops talk you into these shorts with the crossover bra as you end up looking as bad as my friend Plug... and he's bad.
- Cycling gloves
- A bandana (all cool cyclists wear them, especially if you're bald and your skull gets cold)

EQUIPMENT

- A fully functioning bike in working order (the lighter the better). A racer is best, as all the roads are good. Mountain bikes are not really suitable unless you change your tyres to 'slick'.
- A spare inner tub
- A couple of tyre levers
- A pump
- A water bottle on the bike
- A cycle helmet
- Cycle shoes. SPDs or trainers are recommended
- A kitchen sink