



Oxford University Rugby Club

Sunday 19th May 2019

On-the-day event details

About the event

Thank you for signing up for the sixth Bike Oxford.

The event is designed by Iconic Cycling Events, the specialist cycling division of Breathing Space. The event will attract over 1000 cyclists where riders will complete either 25, 50 or 80 mile routes (there is some minor flexibility on the distances).

The year the event will support Helen and Douglas House and we are grateful to all those organisations which have sponsored, supported, and entered as teams or individuals.

We look forward to seeing you on the day!

Location: Oxford University Rugby Club, Jackdaw Lane, Iffley Road, Oxford, OX4 1SR

<https://www.google.co.uk/maps/place/Oxford+University+Rugby+Football+Club/@51.7445092,-1.2435204,18z/data=!4m5!3m4!1s0x4876c14b05afd96b:0xa01fc5c98b2d666d!8m2!3d51.7445823!4d-1.242528>

Parking

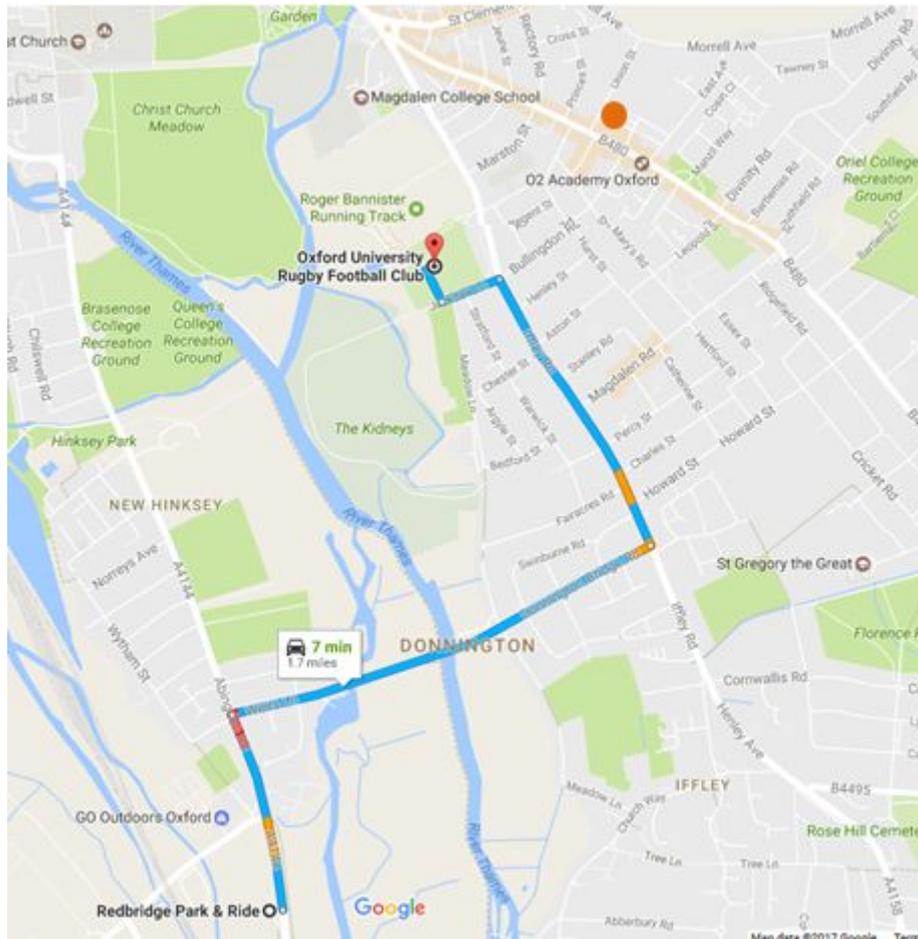
Oxford City and Oxfordshire County Councils are keen to promote cycling in the city and reduce congestion.

There is no parking available at the venue (red marker on the map below) so we encourage all riders arriving by car to use the Park and Ride facilities at Redbridge (black marker on the map, a short flat ride from the start), the Pay and Display long stay car park on Union Street (orange circle on map below) or suitable on street parking.

The Park and Ride facility at Redbridge has a barrier restriction meaning that cars with bicycles on the roof are unable to enter. Therefore, if you are parking here, you will either need to have your bicycle in the boot of your car or remove it prior to entering the car park.

The Union Street long stay car park has no such restrictions.

The route from Redbridge Park and Ride to Oxford University Rugby Club will be signed with black arrows on a yellow background.



Timings - Sunday 19th May 2019

- 7.00 am Drinks and snacks available to purchase at the Oxford University Rugby Club.
- 7.30 am Check in opens.
- 7.30-8.30am 80 mile route riders register at check-in and will be directed to the start where groups of 15-20 will be briefed and depart. Groups will depart at 3-5 minute intervals.
- 8.30-9.30am 50 mile route riders register at check-in and will be directed to the start where groups of 15-20 will be briefed and depart. Groups will depart at 3-5 minute intervals.
- 9.30-10.15am 25 mile route riders register at check-in and will be directed to the start where groups of 15-20 will be briefed and depart. Groups will depart at 3-5 minute intervals.
- 11.30am Riders will start to return to Oxford University Rugby Club.

- 12 noon: Relax at Oxford University Rugby Club where there will be complimentary filled rolls for all riders and drinks will be available to purchase.
- 4.00pm: Close and depart.

Rider Maps & Emergency Details

All riders will be allocated a rider number which identifies you to the registration details held in event control. This number also has printed on it Event Control and First Aid assistance telephone numbers . We also request that you carry a card detailing any medical issues that the emergency services should be aware of.

Check-In

The rider sign on sheet will be organised in alphabetical order by surname. Please follow the signs on the marquee directing you to your surname sheet.

Early check in is available from 17:00 to 18:30 on the evening of Saturday 18th May.

Check-in will open at 07:30 on Sunday 19th. Riders must collect their timing chip and ride number which fasten to the handlebars of your bicycle. Please make a note of the ride number in order to be able to download your complimentary photograph from the Sportive Photo website after the event. Photographs will be taking the place of medals from 2019.

If you know someone who will be registering on the day please note that we will be accepting cash only.

You will be asked to show your rider information sheet as proof of entry.

Facilities at Check-In

Teas, coffees and snacks will be available to purchase at the venue on Sunday morning.

There will be a bag drop area for those riders wanting to leave a bag during the event. There are toilet facilities at the start area.

GPX and TCX Files

GPX and TCX files for each of the routes are also attached to this email. The support team will be marking the route on Saturday 18th May and adjustments to the route may be required. The Ride Director will advise of any changes to routes at the ride briefing immediately before you set off.

Rider Safety and Etiquette

Please remember that Bike Oxford is a sportive and as such is in no way competitive. Riders should ensure they obey the Highway Code at all times and ride in a safe and responsible manner at all times. **You must wear a hard shell helmet and will not be permitted to ride without one.**

There are toilet facilities at all feed stations. Please be sensitive to residents and other road users if you are caught short along the way and either bin or bring back any litter.

Riding with Children

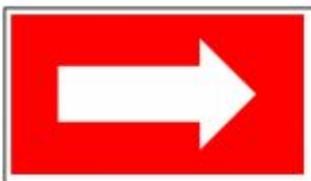
Please ensure that you have returned a parental consent form to us if you are riding with a child.

Route Signage

The route will be marked throughout with white arrows on red backgrounds, before, on and after all significant junctions. Caution signs are placed where cyclists should be extra vigilant.

Particular points on the route e.g. Feed stations and route splits will have signs with black writing on a yellow background. The route from the car park to the start will be marked with black arrows on a yellow background. An example of each of these signs is below.

Signs on route



Signs from Car Park to Start



Riders must also print off a route map which is a separate attachment in this email and contains medical details on the reverse.

In the event of you becoming aware that signage has disappeared or been changed, we ask that you inform Event Control at the earliest opportunity.

Feed Stations

There will be one feed station on the 25 mile route, one on the 50 mile route and two on the 80 mile route. These will be well stocked with a range of healthy and high energy food products as well as drinks and a few surprises available. However, we would emphasise that riders should bring sufficient supplies with them for their ride and if you have specific hydration or energy products then please carry these with you.

Rider Support

We will have support vehicles out on the course but riders are expected to be self-sufficient.

We recommend carrying two spare inner tubes, a pump and any necessary tools with you. You should also carry some cash, a form of ID, a mobile phone and your usual brand of energy products.

By signing our terms and conditions, all riders confirm they will have:

- Personal identification with medical info
- Emergency contact (Name and phone)
- Helmet
- Mobile phone
- Money/bank card
- Water bottle (full)
- Puncture repair kit plus, pump and tyre levers
- Snacks and energy products
- Sun cream
- Waterproof jacket

Timing

Riders will receive a timing chip at check in with instructions on how to attach them to your bicycle.

Photographs

In line with our efforts to reduce waste, complimentary photographs will take the place of medals this year. Please visit www.sportivephoto.com to download your pictures. The images are 1800 x 1200 pxl and can be produced upto A4.

First Aid

There will be first aid trained staff at the Oxford University Rugby Club, at all the feed stops and on our support vehicles that will be out along the route who can offer assistance for

minor/non-emergency issues (contactable via event control; Event Control tel no - 07528 055110 / Emergency tel no - 07703 391 698). For serious incidents, please note we are unable to transport any casualties and the emergency services will be called.

Riders should always use their common sense and contact the emergency services where necessary. Please do inform the race organisers (using the event control number shown on the rider information sheet) of any major incident.

Emergencies and communications

Details of what to do in case of an emergency will be covered in the brief at the ride start and are summarised on the rider map. Please be aware that areas on the routes may be out of mobile phone signal. Riders are asked to look out for each other and report any accidents or mechanical problems to Event Control, the support vehicles or the event team at the feed stations.

Insurance

Bike Oxford carries a public liability insurance policy limited to £5,000,000 for legal liabilities arising from claims made against an event organiser, official or participant that involves either bodily injury or property damage to a third party.

We recommend all riders to have their own personal cover.

Broom Wagon

A dedicated vehicle will follow all riders on the routes and pick up anyone who has had to withdraw from the event for whatever reason. The support team will endeavour to pick up any rider as quickly as possible.

We will start to clear the course from mid-afternoon and would expect to have all riders home by 16:00. If the broom wagon finds you out on the course while clearing you will have the option of taking a lift or carrying on without route markers. If you abandon before the finish or anticipate arriving after 18:00 please ensure you call Event Control to notify them.

Clear Away

Very occasionally for a range of reasons riders are delayed in returning to the event village (starting late, long lunch, getting lost, mechanical problems). Whilst we want to ensure all riders have a memorable and enjoyable day we will start to dismantle the event village from 4pm and riders should be aware of this.

Finish Area

As you finish the event we will recover your timing chip. Times will be published on the website within 48 hours of the event finishing.

Post Ride Food

Post ride filled rolls are available for all riders. You will be able to enjoy local Philsters beer at the Oxford University Rugby Club on a pay as you go basis. Philsters beer will also be available to purchase in bottles to take home.

Charities

We have riders taking part in the event, raising money for a large number of charities this year including our supported charities Helen & Douglas House. Full details of these can be found on our website.

**We look forward to seeing you in Oxford
and hope that you have a great day**

We would like to say a huge thank you to all our sponsors and friends of Bike Oxford:

Cowley Road Condors Cycling Club; Oxford City Council; Oxfordshire County Council; Oxford University; Oxford Brookes University; Hawke Ridge Business Park; Hook Norton Brewery; HPH; Oxford Fine Cheese Company; Experience Oxfordshire; Oxford University RFC

We also would like to give a big thanks to all of our Iconic Cycling Events partners:

Carter Jonas; Redrow Homes; Scheckter's Organic Energy; Fyffes; Win or Lose; Sunwise; Moulton Bikes; Cyclescheme; Barber's Cheddar; Jordans Fruseli.

Bike Oxford

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