THE RIBBLE VALLEY RIDE

A Cycle Sportive organised by the

Rotary Clubs of Accrington and Clitheroe

RIBBLE VALLEY CYCLING FESTIVAL 2017

Sunday 11 June 2017

Three enjoyable, challenging routes in magnificent countryside:

THE EXPERT - 100 miles (160 km)
THE ENTHUSIAST - 59 miles (95 km)
THE CHALLENGE - 25 miles (40 km)

Sponsored by:

with further support from

Plus SportSunday Event Photography, Haworths Accountants (Accrington, Bentham & Settle), the Printed Cup Company, Oddie’s Cakes of Nelson, Ferguson’s Deli on Clitheroe Market, Betterlife Bakery of Blackburn, and Rufus Carr Ford Dealers, Clitheroe

All surplus funds will go to

www.ribblevalleyride.co.uk

www.ribblevalleyride.co.uk
Welcome!

...to the 2017 Ribble Valley Ride Cycle Sportive, organised by the Rotary Clubs of Accrington and Clitheroe with the aim of giving cycling enthusiasts – of varying abilities – the chance to enjoy some of the wonderful roads in the Ribble Valley and Yorkshire Dales, as well as some friendly camaraderie (& good home-made cakes!) and also, hopefully, to raise money for the Rosemere Cancer Foundation, Dan’s Trust and the NW Blood Bikes Service.

Events like this don’t just happen, but are the result of months of hard work, and we thank all those who have been involved in the organisation as well as the enthusiastic marshals and other assistants who will be out helping on the day of the event and a whole host of ‘Bake-Off’ wannabees for providing the excellent provisions which will be made available. We would also like to thank our sponsors – The Fell Bike & Tri Superstore (our start/finish venue), Dare2B Clothing, and Envair Clean Air Ltd – who have all contributed to ensure that the Ribble Valley Ride can run on a firm financial basis, and other supporters – including SportSunday photographers, Pendle Print, Whalley Physiotherapy, Oddie’s Cakes (Nelson), Betterlife Bakery (Blackburn), Ferguson’s Deli (Clitheroe Market), Lipmate lip-balms, Haworths Accountants (Accrington, Settle, Bentham), the Printed Cup Company (Clitheroe), Rufus Carr Ford (Clitheroe) and MaxMedia Marketing – for their help in various areas of the organisation, the provision of food, and other items. Please remember our sponsors and supporters next time you need any of their services.

Our aim is to give you an enjoyable yet challenging day out with no fuss and no frills – three wonderful routes and hopefully a great atmosphere too. Having participated in many other sportives I think I know what cyclists want and hopefully this is what we will deliver!

Feel free to print out what you need from this Riders’ Pack – in particular the route descriptions which you should carry with you on the day. If you use Strava it should be a simple case of copying the route from their website to your GPS unit. For the .tcx and .gpx routes you will need to download to your pc, tablet or GPS unit - you can’t necessarily just ‘double-click’ to open them up on a pc or laptop.

Finally – and this is MOST IMPORTANT! – DO obey the rules of the road and the Highway Code, and any instructions given to you by our official marshals. We recognise that the Ribble Valley Ride is a challenge, BUT IT IS NOT A RACE – and you MUST NOT treat it as such. You are PARTICIPANTS, not COMPETITORS. This is for your own safety, which is of paramount importance, and also as responsible cyclists we mustn’t do anything to bring cycling into disrepute. Many cyclists are motorists too, and know that there’s room on the roads for everyone – providing we show a little patience and courtesy. So good luck, and have a wonderful day!

Best wishes - Bill Honeywell, Event Organiser

Follow us on Facebook

... and Twitter!
The Rosemere aims to raise funds for additional equipment and facilities for cancer patients being treated at the specialist Cancer Centre at Royal Preston Hospital and in the local Cancer Units throughout Lancashire and South Cumbria. They also look to invest wherever possible in local cancer research, often in collaboration with the University of Central Lancashire or Lancaster University, to ensure that patients in this part of the North West get the best treatment possible, not just today but in the future. This year the Rosemere has a massive ‘20-year’ campaign to raise £1.5 million for three big projects including a phenomenal robotic surgery system which will benefit thousands of patients.

All projects funded by Rosemere Cancer Foundation are outside the scope of the NHS and would not exist without charitable support but they often have a huge impact on patients, making their cancer journey easier and more effective, wherever they are treated.

Please help by getting your friends and colleagues to sponsor you on this ride – or if you like you can raise sponsorship money for your own favourite charity.

Rotary is a worldwide organization that provides humanitarian service, encourages high ethical standards in all vocations, and helps build goodwill and peace in the world.

The main objective of Rotary is service - in the community, in the workplace, and throughout the world. Rotary also supports programs for youth, educational opportunities and international exchanges for students, teachers, and other professionals, and vocational and career development. The Rotary motto is Service Above Self.

If you would like to know more about Rotary just ask one of the marshals on the day or send an email through the event website.
START & FINISH VENUE:
THE FELL BIKE & TRI SUPERSTORE:
Unit 5, Deanfield Drive, Link 59 Business Park, Clitheroe, BB7 1QJ

How to get there by bike:
If you’re cycling to the start you’ll probably already know where The Fell Bike & Tri Superstore is, but just in case...

From Clitheroe (centre) take the road towards Chatburn, past the Grammar School and the new Hospital. Turn RIGHT at the roundabout on to Pimlico Link Road, pass the service/ambulance entrance to the hospital then turn next right into Deanfield Way / Link 59 and follow the event signs.

How to get there by car:
Most car parking will be on the Link 59 Business Park. If using SatNav, use the postcode BB7 1QJ or BB7 1QS. On entering the Business Park please follow the marshals’ instructions on where to park, and once on your bike follow further signs to registration.
For all those without SatNav please follow these directions:

From Clitheroe: Follow the directions in ‘How to get there by bike’ above.

From the South, including Blackburn, Preston and the M6 (A59): Follow signs for Clitheroe (A59) but DO NOT turn off towards Clitheroe at either the main roundabout junction (the next one after the ‘MacDonalds’ roundabout, or the next two (Pendleton, then Sabden) junctions, **but continue towards Skipton**, following the signs for “Clitheroe (N) Industrial Areas”. At the next junction **TURN LEFT - SP “Ind Areas Chatburn, West Bradford, Waddington, Clitheroe (N)”**. Ignore the first junction L (Lincoln Way) after 0.5 miles and take the next L into Deanfield Way.

From Skipton and the North: From the A59 continue past junctions for Chatburn and Worston, then **TURN RIGHT SP “Clitheroe A671” and “Waddington, West Bradford, Pimlico and Salthill Ind Areas”**. Ignore the first junction L (Lincoln Way) after 0.5 miles and take the next L into Deanfield Way.

THIS YEAR WE EXPECT TO NEED THE OVERFLOW CAR PARK, SO...

Please make a note of the location of the overflow car park. This is opposite the Hanson Cement Works offices on West Bradford Road (see map above). Postcode BB7 4QF. From the entrance to Deanfield Way continue, keeping straight on at the next roundabout towards West Bradford, pass Johnson Matthey on the left and over a level crossing. The car park entrance is shortly after, on the left. Please **DO NOT PARK ON THE LOWER CAR PARK AREA**. It’s a 0.8 mile warm-up ride back to the start venue. If you find yourself at a bridge over the River Ribble you’ve gone ¼ mile too far – turn around!

**PLEASE DON’T LEAVE ANY LITTER BEHIND IN THE CAR PARK AREAS** – we want to use them again next year.
TIMETABLE  Sunday 11 June 2017

Please arrive early to allow enough time to park, register and prepare for your ride. Cyclists start individually or in groups of fewer than 20 at intervals of no less than 3 minutes. You must wear a helmet, obey the rules of the road and agree to our terms and conditions (see our website or at the end of this Riders’ Pack).

At registration you will be issued with plastic ties and a rider number card to attach to the front of your handlebars plus a SportIdent electronic chip: these will be used by marshals to identify and time you. **You MUST return your chip ON THE DAY, even if you do not finish your ride, or you WILL be charged £30.00.**

**EXPERT 100-mile**  **ENTHUSIAST 60-mile**  **CHALLENGE 25-mile**

Register 6.45 – 7.45 am  Register 7.45 – 8.45 am  Register 8.45 – 9.45 am

START 7.00 – 7.59 am  START 8.00 – 8.59 am  START 9.00 – 9.59 am

Timing and identification for the Food Stops will be by electronic chips provided by SportIdent, which you must ‘dib’ at the start, finish and ALL feed stops (both IN and OUT). **THIS IS NOT A RACE, but all riders will receive an accurate official time for their ride.**

**Food Stop Timing:** We feel that although Sportives are NOT a race, riders' times are significantly affected by the time spent at food stops, creating an incentive to dash through the stops which in our view means the event ends up rather less sociable that it should be. **SO... once again, you will be allowed 10 minutes at each food stop which will NOT count towards your time. Anything longer than 10 minutes WILL be counted. You will receive a time IN and a time OUT of each stop, which is why you MUST ‘dib’ OUT as well as IN. So for example, at each Food Stop you can take 5, 7,... 10 minutes and your Ride Time will be the same, not including any of the time you have been stopped. If you take 15 mins, 5 mins (15 minus 10) will be counted, and so on.**

This should give everyone a fairer idea of the time spent actually pedalling, without the need to bolt down your food! **We hope you enjoy this aspect of the event. Dibbing is also an important safety measure as it helps us identify the last known position of any missing riders (hopefully there won’t be any!)**

Naturally all the excellent facilities at **The Fell** will be available to entrants before the start and at the finish, including mechanics’ station, help with repairs, and items for sale such as spare inner tubes. Or even a new bike...

We’ll try to give every rider a free bacon sandwich at the finish, and we are assured that further food in addition to your free ration can be purchased. As always, we cannot 100% guarantee bacon supplies and will not be responsible if bacon butties run out – but you will get a suitable nutritious alternative if necessary. **IF YOU HAVE DIETARY REQUIREMENTS** (e.g. vegetarian, vegan, gluten-free etc, **PLEASE LET US KNOW** no later than Friday 9 June and we’ll endeavour to help you.
DRINKING WATER

We’ve arranged for ample supplies of drinking water to be provided at the Gargrave, Aysgarth and Stainforth food stops. Water may be available at the Bolton-by-Bowland stop on the 25-mile Challenge route but we’ve assumed that Challenge riders will carry sufficient water for the duration so the supply is not guaranteed. Please note:

**Gargrave** (60 & 100): Water barrel to be kept topped up by the food stop crew. At very busy times you may have to get your own water from the toilet block on site (marshals will give directions).

**Aysgarth** (100 only): There are two taps with push tops on the wall of the toilet block to the right / behind the Information Centre which are available for riders to top up from.

**Stainforth** (60 & 100): Water barrel to be kept topped up by the food stop crew. At very busy times you may have to get your own water from the tap in the Ladies’ toilet on site (marshals will give directions – and check the all-clear for gentlemen!)

At all food stops Stealth energy mix drink powder additives from Secret Training will be provided by the food stop marshals if required.

**Important Note**: At Gargrave, Aysgarth and Stainforth we are confident that the water is from the mains supply and perfectly drinkable, but the site owners have said that they cannot give a 100% guarantee that the supply is mains, even though they believe it to be. If you are in any doubt, carry sufficient water with you or top up from cafes or other establishments en route.

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Also at the finish, for the second year, we will be offering riders a MASSAGE courtesy of Whalley Physiotherapy. Massages will be on a first-come – first-served basis – riders will be asked to add their name to the waiting list if it gets busy, but hopefully, many of you will be able to get those aching muscles seen to! Whalley Physiotherapy will not be making a commercial charge for this service but you will be asked (very nicely!) to give a donation to the Rosemere Cancer Foundation.

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**EVENT PHOTOGRAPHY** Once again this year photos will be taken by SportSunday Event Photography – Professional Photographers run by Laura and Dave Bradshaw who are dedicated to photographing amateur sport – but as a special service to Ribble Valley Ride participants, instead of paying the standard £5.99 to download a quality photo, ALL PHOTOS WILL BE FREE TO DOWNLOAD so that you can have one or more great mementoes of your ride. Just use the link on our website after the event.
THE ROUTES – INSTRUCTIONS FOR DOWNLOADING FROM THE EVENT WEBSITE

If you are a Strava user, it couldn't be easier. Go to the website, then > ROUTES> 100 / 60 or 25 and click on the Strava link. Otherwise... you can also download the routes from the same pages in .tcx or .gpx format, but you CANNOT open them by double-clicking once they are on your computer. Instead, please follow these instructions:

To view the route on your computer:

Click on the ‘download .tcx route file’ link and copy the file to your desktop or a folder on your computer.

NEXT, in your browser, go to www.bikehike.co.uk (or any other program that supports .tcx file mapping): the first time you visit this site it will open in the home page, so now select Course Creator, to the right of ‘home’.

Once on the Course Creator page, go to > Load Route > Choose File > Upload Route and the route will then display after a short delay while it uploads.

Either the .gpx or .tcx version can be downloaded and then copied from your computer on to a GPS device such as a Garmin, from where you can use it on the day to follow the route. In many cases you will also be able to download the file direct to your GPS device.

If you have problems, send an email via the event website and we will try to help.

...FINALLY...

A note about the MEDICAL EMERGENCY TELEPHONE NUMBER

Last year we had two real medical emergencies, each requiring ambulance assistance. (So firstly, please TAKE CARE and don’t ignore basic road safety whilst out on the road). Whilst we were dealing with these two emergencies (which happened around the same time), we received calls on the Emergency Number from one rider who had a mechanical problem with his bike, and another from a group of riders to tell us that one of their group was tired and would like a lift back to the finish.

Although we plan to have a Broom Wagon on the 60 and 100 mile routes, these will be after the very last rider has gone through. **The Medical Emergency Number should not be used for anything other than medical emergencies.** You MUST take responsibility for yourself by ensuring that you have a contingency plan for if you have a breakdown or get too tired to continue – your riding companions, friends or family at home who you can contact if you need to.

On an event with around 500 cyclists it is impossible for the organisers, even if they wished to, to offer a ‘get-you-home’ service. You must treat this event the same as you would any other day- or half-day cycle ride – by making sure you have a contingency plan in place for when something goes wrong.

Thank you for your understanding.
THE ROUTES

*** DON’T FORGET THAT ALL ROUTES ARE REVERSED FROM PREVIOUS YEARS ***

All three routes will be fully signposted from start to finish. The general rule is to stay on the road you’re on, without turning off, unless our signs instruct you otherwise. Normally (unless to make the correct route absolutely clear) there will not be a sign at junctions where you don’t turn off the road you’re on. Our signs will be clearly marked ‘RIBBLE VALLEY RIDE’, and there will be colour coding with RED markers on the 100m route, BLUE markers on the 60 mile route and GREEN markers on the 25 miler. On roads used by more than one route, there will be more than one colour – simple! Please be prepared, however, for signs being tampered with. We will do our utmost to avoid this, but it remains your responsibility to follow the correct route. ALTHOUGH THE 60- & 100-MILE ROUTES HAVE AMPLE FOOD STOPS YOU ARE STRONGLY ADVISED TO START WITH TWO FULL DRINKS BOTTLES.

EXPERT: 100 miles (160 km). Start times 7.00 to 7.59 am

This route takes in some wonderful scenery in the Ribble Valley and Yorkshire Dales. There are some tough sections including steep descents, and you are advised to take appropriate care throughout.

There are THREE feed stops on this route – at Gargrave, Aysgarth Falls National Park Visitor Centre and Stainforth, after 19, 50 and 80 miles, and even more free food at the finish. You MUST STOP AND CHECK IN at each and every Food Stop – for safety reasons this is an event requirement and if you do not check in you will not be classified as a finisher. Please take careful note!

100 mile ‘EXPERT’ ROUTE INSTRUCTIONS – IF IN DOUBT, FOLLOW THE RED MARKERS:

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<tr>
<th>Distance from start</th>
<th>Instructions</th>
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<td>12.8</td>
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<td>14.2</td>
<td>22.9</td>
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</tbody>
</table>

Start. Follow signs to main road
TL at T junc on to Pimlico Link Road
TR at roundabout on to Chatburn Road (SP Chatburn)
Caution!! SO at junction on L - beware emerging traffic!!
TR into Downham Road
SO past junc on L - Caution! - 25 mile route splits L here
Keep L in village towards Twiston
Caution!! Steep descent with sharp bend!
Follow road R then imm TL into junction - SP Gisburn, Rimington, single track road
Keep R past Stopper Lane on L
TL into junc (Martin Top Lane) SP Rimington, Gisburn
Turn R at junc by Martin Top Chapel  SP Gisburn, Colne
Caution!! TR on to busy A682.
TL at junc into STOCKS LANE (difficult to see)
Caution!! STOP and go straight across B6251 into Greenberfield Lane
Caution!! TL on to busy B6252. Beware fast traffic from R!
TL into junc BEFORE Thornton in Craven village
DOUBLE CAUTION!! SO at X-roads with busy A59.
16.1  25.9  Keep R past farm and junc on L
18.8  30.3  TL at T junc by the Masons Arms into Gargrave
18.9  30.4  Caution!! TR at T on to busy A65
19.2  30.9  TL into junc SP Malham, Grassington
19.3  31.1  TR into FEED STOP. YOU MUST CHECK IN!!
19.3  31.1  TR out of Feed Stop
20.1  32.3  Keep L at junc
22.7  36.5  CAUTION!! ROUTE SPLITS! TR into junc
23.1  37.2  Turn lacute! R at T junc SP Winterburn
24.6  39.6  CAUTION!! TL at T IMMEDIATELY over blind hump-back bridge
26.5  42.6  Keep L at junc in Hetton
27.6  44.4  Caution!! TL on to B6265 through Cracoe
30.4  48.9  Keep SO in Treshfield - road becomes B6160
36.3  58.4  Keep L through Kettlewell - stay on B6160 SP Buckden, Aysgarth
42.6  68.6  Kidstone Pike summit - 424 m above sea level - CAUTION! Steep descent!!
49.0  78.9  Keep L at junc just after West Burton village SP Aysgarth
49.8  80.1  Caution!! TL on to A684
50.0  80.5  Caution!! TR into junc SP Carperby then STEEP DESCENT Caution!!
50.4  81.1  TL into FEED STOP at visitor centre. YOU MUST CHECK IN!!
50.4  81.1  TL out of Feed Stop
51.1  82.2  TL at T junc
55.1  88.7  Stay on this road through Askrigg
59.9  96.4  Turn acute L into junc SP Hawes
60.7  97.7  Caution! Go across A684 and imm TR SP Sedbergh to follow one-way system
            through Hawes. COBBLES may be slippery if wet.
61.1  98.3  TL into B6255 SP Ingleton
71.2  114.6 TL into B6479 SP Horton in Ribblesdale
80.4  129.4 TL into junc SP Stainforth and immediate R into FEED STOP - YOU MUST CHECK IN!!
80.4  129.4 TL out of Feed Stop and L again on to B6479
82.6  132.9 CAUTION!! TR at T junc on to B6480. Obey marshals
82.8  133.3 TL into junc SP Village Centre, Giggleswick School
82.9  133.4 TL at bottom of hill into Bakewell Road
83.3  134.1 TL at T junc
83.4  134.2 SO at Roundabout
83.9  135.0 DOUBLE CAUTION!! TL on to A65 then TR into junc SP Rathmell. WALK YOUR BIKE IF
            IN DOUBT
87.8  141.3 TR at the Plough on to B6478
88.1  141.8 TL into junc SP Bolton by Bowland
88.7  142.7 TL into junc SP Paythorne
90.9  146.3 TR at X-roads SP Bolton by Bowland
94.5  152.1 TR at T junc in Bolton by Bowland
97.2  156.4 TR into junc SP Grindleton
98.2  158.0 CAUTION!! Keep R at bottom of steep hill - BEWARE TURNING TRAFFIC!!
99.2  159.6 TL into Chapel Lane, West Bradford
99.4  160.0 TL at T junc
99.7  160.4 Caution!! Narrow bridge - single file traffic
100.6 161.9 SO at Roundabout into Pimlico Link Road
100.8 162.2 TR into Deanfield Way and follow signs to FINISH
0.0    0.2  Start. Follow signs to main road
0.1    0.2  TL at T junc on to Pimlico Link Road
0.3    0.5  TR at roundabout on to Chatburn Road (SP Chatburn)
1.3  2.1  Caution!! SO at junction on L - beware emerging traffic!!
1.4  2.3  TR into Downham Road
2.3  3.7  SO past junc on L - Caution! - 25 mile route splits L here
2.4  3.9  Keep L in village towards Twiston
3.7  6.0  Caution!! Steep descent with sharp bend!
4.3  6.9  Follow road R then imm TL into junction - SP Gisburn, Rimington, single track road
4.9  7.9  KR past Stopper Lane on L
5.2  8.4  TL into junc (Martin Top Lane) SP Rimington, Gisburn
5.7  9.2  Turn R at junc by Martin Top Chapel SP Gisburn, Colne
7.2  11.6  Caution!! TR on to busy A682.
7.9  12.7  TL at junc into STOCKS LANE (difficult to see)
10.6 17.1  Caution!! STOP and go straight across B6251 into Greenberfield Lane

PLEASE NOTE THE EMERGENCY TELEPHONE NO TO BE USED ON THE DAY – FOR MEDICAL EMERGENCIES ONLY –

07749 579135

This number has changed since last year - please ensure that this is put into your phone (under ‘favourites’ if possible)

There may be sections of the route where there is no phone signal. If you have a medical emergency and are unable to contact the emergency services (Use 112 in preference to 999) then we advise you to flag down the next passing motorist and request assistance.
ENTHUSIAST: 60 miles (97 km) (Actually 59m/95k). Start times 8.00 to 8.59 am

This route takes in some wonderful scenery in the Ribble Valley and southern Yorkshire Dales. From Malham there is the biggest climb of the day towards Malham Tarn, followed after a few miles by a steep, short descent and ascent to Sannat Hall Farm. The descent is preceded by a deceptive double bend at 37.3 miles so do take special care on this section. After Stainforth there are no big hills but the route is fairly undulating and (we think!) very enjoyable.

There are TWO feed stops on this route – at Gargrave and Stainforth, after 21 and 38 miles. You MUST STOP AND CHECK IN at each Food Stop – for safety reasons this is an event requirement and if you do not check in you will not be classified as a finisher. Please take careful note!

60 MILE ‘ENTHUSIAST’ ROUTE INSTRUCTIONS – IF IN DOUBT, FOLLOW THE BLUE MARKERS:

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<td>CAUTION!! ROUTE SPLITS! Keep L</td>
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<td>22.9</td>
<td>TL into junc SP Bell Busk</td>
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<tr>
<td>24.0</td>
<td>IMMEDIATELY over bridge TURN ACUTE R into junc SP Bell Busk</td>
</tr>
<tr>
<td>25.7</td>
<td>TR at X-roads SP Airton, Malham</td>
</tr>
<tr>
<td>27.3</td>
<td>TL at junc in Airton SP Kirkby Malham, Malham</td>
</tr>
<tr>
<td>28.7</td>
<td>Keep SHARP R in Kirkby Malham towards Malham</td>
</tr>
<tr>
<td>29.9</td>
<td>TR in Malham Village SP Gordale, Malham Tarn</td>
</tr>
<tr>
<td>30.1</td>
<td>TL into junc SP Malham Tarn</td>
</tr>
<tr>
<td>Mileage</td>
<td>Description</td>
</tr>
<tr>
<td>---------</td>
<td>-------------</td>
</tr>
<tr>
<td>33.8</td>
<td>TR at X-roads SP Arncliffe</td>
</tr>
<tr>
<td>34.2</td>
<td>Turn ACUTE L at T SP Settle</td>
</tr>
<tr>
<td>35.9</td>
<td>Bear R into junc (NOT Langcliffe or Settle)</td>
</tr>
<tr>
<td>37.3</td>
<td>DOUBLE CAUTION!! Deceptive blind crest, followed by STEEP DOWN and UP with cattle grid</td>
</tr>
<tr>
<td>37.6</td>
<td>TL at T junc SP Stainforth</td>
</tr>
<tr>
<td>38.2</td>
<td>CAUTION! Steep descent into village of Stainforth</td>
</tr>
<tr>
<td>38.8</td>
<td>TR at Give Way markings SP Horton in Ribblesdale</td>
</tr>
<tr>
<td>39.0</td>
<td>TL into FEED STOP - YOU MUST CHECK IN!!</td>
</tr>
<tr>
<td>39.0</td>
<td>TL out of Feed Stop and L again on to B6479</td>
</tr>
<tr>
<td>41.2</td>
<td>CAUTION!! TR at T junc on to B6480.</td>
</tr>
<tr>
<td>41.4</td>
<td>TL into junc SP Village Centre, Giggleswick School</td>
</tr>
<tr>
<td>41.5</td>
<td>TL at bottom of hill into Bakewell Road</td>
</tr>
<tr>
<td>41.9</td>
<td>TL at T junc</td>
</tr>
<tr>
<td>42.0</td>
<td>SO at Roundabout</td>
</tr>
<tr>
<td>42.5</td>
<td>DOUBLE CAUTION!! TL on to A65 then TR into junc SP Rathmell. WALK YOUR BIKE IF IN DOUBT</td>
</tr>
<tr>
<td>46.4</td>
<td>TR at the Plough on to B6478</td>
</tr>
<tr>
<td>46.7</td>
<td>TL into junc SP Bolton by Bowland</td>
</tr>
<tr>
<td>47.3</td>
<td>TL into junc SP Paythorne</td>
</tr>
<tr>
<td>49.5</td>
<td>TR at X-roads SP Bolton by Bowland</td>
</tr>
<tr>
<td>53.1</td>
<td>TR at T junc in Bolton by Bowland</td>
</tr>
<tr>
<td>55.8</td>
<td>TR into junc SP Grindleton</td>
</tr>
<tr>
<td>56.8</td>
<td>CAUTION!! Keep R at bottom of steep hill - BEWARE TURNING TRAFFIC!!</td>
</tr>
<tr>
<td>57.8</td>
<td>TL into Chapel Lane, West Bradford</td>
</tr>
<tr>
<td>58.0</td>
<td>TL at T</td>
</tr>
<tr>
<td>58.3</td>
<td>Caution!! Narrow bridge - single file traffic</td>
</tr>
<tr>
<td>59.2</td>
<td>SO at Roundabout into Pimlico Link Road</td>
</tr>
<tr>
<td>59.4</td>
<td>TR into Deanfield Way and follow signs to FINISH</td>
</tr>
</tbody>
</table>

**PLEASE NOTE THE EMERGENCY TELEPHONE NO TO BE USED ON THE DAY – FOR MEDICAL EMERGENCIES ONLY –**

07749 579135

This number has changed since last year - please ensure that this is put into your phone (under ‘favourites’ if possible)

*There may be sections of the route where there is no phone signal. If you have a medical emergency and are unable to contact the emergency services (Use 112 in preference to 999) then we advise you to flag down the next passing motorist and request assistance.*
CHALLENGE: 25 miles (40 km). Start times 9.00 to 9.59 am

This is a pleasant ride through gentle Ribble Valley scenery with lots of villages to pass through. There are no big hills but the route is fairly undulating and (we think!) very enjoyable. This year, for the first time, there will be a food stop – at Bolton-by-Bowland (public car park / toilets) which should sustain you over the last 15 miles!

Please take great care at ALL road junctions but particularly when joining the A671 east of Rimington after 6 miles and again as the route crosses the busy A59 at Gisburn, where you are advised to take extra special care. DISMOUNT IF YOU ARE IN DOUBT. At the bottom of the hill just after Grindleton village please SLOW DOWN as emerging traffic can be a hazard.

25 MILE ‘CHALLENGE’ ROUTE INSTRUCTIONS – IF IN DOUBT, FOLLOW THE GREEN MARKERS:

<table>
<thead>
<tr>
<th>Distance</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>Start. Follow signs to main road</td>
</tr>
<tr>
<td>0.1</td>
<td>TL at T junc on to Pimlico Link Road</td>
</tr>
<tr>
<td>0.3</td>
<td>TR at roundabout on to Chatburn Road (SP Chatburn)</td>
</tr>
<tr>
<td>1.3</td>
<td>Caution!! SO at junction on L - beware emerging traffic!!</td>
</tr>
<tr>
<td>1.4</td>
<td>TR into Downham Road at Hudson's Ices</td>
</tr>
<tr>
<td>2.3</td>
<td>TL into junc SP Rimington (other routes SPLIT straight on here)</td>
</tr>
<tr>
<td>4.0</td>
<td>Keep SO through Rimington village</td>
</tr>
<tr>
<td>5.9</td>
<td>CAUTION!! TL at junc on to A682 - FAST TRAFFIC</td>
</tr>
<tr>
<td>6.7</td>
<td>CAUTION!! TL on to A59 then TR into Mill Lane.</td>
</tr>
<tr>
<td>7.4</td>
<td>CAUTION!! Steep descent to narrow bridge</td>
</tr>
<tr>
<td>10.2</td>
<td>TL into FEED STOP in Bolton-by-Bowland - YOU MUST CHECK IN!!</td>
</tr>
<tr>
<td>10.2</td>
<td>TL out of Feed Stop</td>
</tr>
<tr>
<td>12.4</td>
<td>TR into junc SP Grindleton</td>
</tr>
<tr>
<td>13.8</td>
<td>CAUTION!! Keep R at bottom of steep hill - BEWARE TURNING TRAFFIC!!</td>
</tr>
<tr>
<td>14.9</td>
<td>Keep SO through West Bradford village - IGNORE signs for 60 &amp; 100 mile routes</td>
</tr>
<tr>
<td>16.0</td>
<td>TL at T junc by Higher Buck Inn</td>
</tr>
<tr>
<td>16.1</td>
<td>TR into junc (SP Mitton, Bashall Eaves) to pass church on your L. Caution!</td>
</tr>
<tr>
<td>16.6</td>
<td>Road narrows at Lower Buck Inn</td>
</tr>
<tr>
<td>16.3</td>
<td>Keep R on to Twitter Lane SP Bashall Eaves, Longridge</td>
</tr>
<tr>
<td>17.8</td>
<td>Keep R at Bashall Barn</td>
</tr>
<tr>
<td>17.9</td>
<td>TR SP Bashall Eaves, Whitewell</td>
</tr>
<tr>
<td>18.8</td>
<td>Turn ACUTE L (Beware chippings) into junc SP Mitton, Whalley</td>
</tr>
<tr>
<td>19.6</td>
<td>CAUTION!! SO at X-roads SP Mitton, Whalley</td>
</tr>
<tr>
<td>20.6</td>
<td>TL on to B6243 SP Clitheroe</td>
</tr>
<tr>
<td>23.0</td>
<td>Follow One Way System L at mini-roundabout past Booths</td>
</tr>
<tr>
<td>23.3</td>
<td>Keep SO at roundabout by Railway Station and Dawsons</td>
</tr>
<tr>
<td>23.4</td>
<td>Follow road R into Waddington Road</td>
</tr>
<tr>
<td>23.5</td>
<td>Take second exit at roundabout to Well Terrace</td>
</tr>
<tr>
<td>23.6</td>
<td>TL at roundabout into Chatburn Road SP Chatburn, Gisburn - Caution - awkward roundabout design with projecting kerb on entry!</td>
</tr>
<tr>
<td>24.5</td>
<td>TR at roundabout on to Pimlico Link Road SP Whalley, Worston</td>
</tr>
<tr>
<td>24.6</td>
<td>TR into Deanfield Way and follow signs to finish</td>
</tr>
</tbody>
</table>

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07749 579135

This number has changed since last year - please put it into your phone (under ‘favourites’ if possible)
There has been a spate of cyclist accidents within the past few weeks. One of these cyclists has sustained life-changing disabling injuries after a collision with a car.

- Dales roads can be quiet - but still approach every bend as if there is a car about to come around the corner, and **KEEP LEFT**.

- Check the condition of your brakes - they need to be well maintained to bring you to a complete stop on a steep hill at speed. Your **life** may depend on them.

- Know your limits and don’t ride beyond your capability - some of the descents are sustained, can suddenly become narrow, and bends can unexpectedly tighten up putting you onto the wrong side of the road. Slow down if you can’t see right through the corner.

- Many corners are covered with loose grit where you can lose control, risking road rash if you fall off, collisions with stone walls or other traffic.

- When riding, allow following traffic to pass you at suitable points - help avoid a build-up of driver frustration which may lead to impatient overtaking putting you at risk.

- Do not leave gel wrappers along the road.

- Wear a helmet for safety, and carry enough kit to help you deal with changing weather.

- Keep your bike, vehicle and belongings secure at all times - please don’t make it easy for opportunistic criminals.

**Think smart, anticipate danger, stay safe and enjoy your ride.**
FOOD, TOILETS ETC

Details of Food Stops are given in the individual route details – please make a careful note of where they are and remember you MUST CHECK IN AND OUT of each one to be classified as a finisher. Toilets are of course available at the start / finish venue (please use the Portaloos near the Beacon Bikes mechanics’ station) and below is a list of all the other available toilet facilities should you need them en route. For the Expert and Enthusiast riders there are toilet facilities at the first Food Stop (Stainforth), in Hawes on the main street in the town centre, and at the Food Stop at the Aysgarth Falls National Park Visitor Centre.

List of toilet facilities en route

<table>
<thead>
<tr>
<th>Route</th>
<th>Location</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>All</td>
<td>The Fell</td>
<td>Start / finish venue. Please use the Portaloos provided. Ladies and</td>
</tr>
<tr>
<td></td>
<td></td>
<td>disabled can also use indoor toilets.</td>
</tr>
<tr>
<td>All</td>
<td>Chatburn</td>
<td>Public toilets off-route on LHS just beyond Downham Road junction</td>
</tr>
<tr>
<td>25</td>
<td>Gisburn</td>
<td>Texaco Garage (just off route towards Clitheroe) is a member of the</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Community Toilet Scheme</td>
</tr>
<tr>
<td>All</td>
<td>Bolton-by-Bowland</td>
<td>At the Challenge 25-mile Food Stop - the car park on the right just</td>
</tr>
<tr>
<td></td>
<td></td>
<td>after entering the village.</td>
</tr>
<tr>
<td>25</td>
<td>Waddington</td>
<td>Country Kitchen Café is popular with cyclists, just off-route</td>
</tr>
<tr>
<td></td>
<td></td>
<td>towards Clitheroe</td>
</tr>
<tr>
<td>60/100</td>
<td>Barnoldswick</td>
<td>Public toilets in town centre (small detour required) - Fernlea Ave</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(main road)</td>
</tr>
<tr>
<td>60/100</td>
<td>Gargrave</td>
<td>On A65 and at Food stop</td>
</tr>
<tr>
<td>60</td>
<td>Airton</td>
<td>Town End Farm Café on the right (customers only)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Public toilets slightly off-route on the Cove Road in the village</td>
</tr>
<tr>
<td></td>
<td></td>
<td>centre, and also at the big car park / visitor centre entering the</td>
</tr>
<tr>
<td></td>
<td></td>
<td>village</td>
</tr>
<tr>
<td>100</td>
<td>Kilnsey</td>
<td>Kilnsey Park Farm Shop &amp; Café, on the left just after the village</td>
</tr>
<tr>
<td>100</td>
<td>Kettlewell</td>
<td>On the left by the first car park entering the village</td>
</tr>
<tr>
<td>100</td>
<td>Buckden</td>
<td>In the public car park</td>
</tr>
<tr>
<td>100</td>
<td>Aysgarth</td>
<td>At the Food Stop.</td>
</tr>
<tr>
<td>100</td>
<td>Hawes</td>
<td>Public toilets in the town centre on the left hand side</td>
</tr>
<tr>
<td>100</td>
<td>Horton-in-Ribblesdale</td>
<td>On the right, in public car park</td>
</tr>
<tr>
<td>60/100</td>
<td>Stainforth</td>
<td>At the Food Stop</td>
</tr>
<tr>
<td>All</td>
<td>The Fell</td>
<td>Start / finish venue. Please use the Portaloos provided. Ladies and</td>
</tr>
<tr>
<td></td>
<td></td>
<td>disabled can also use indoor toilets.</td>
</tr>
</tbody>
</table>
By entering this cycling event, all riders must agree to the following Regulations, Terms and Conditions:

**Regulations**

As organisers we have a responsibility and duty of care towards our participants. The following regulations are to be followed for the duration of the event. You must be at least 18 years of age on the day of the event to ride the Expert (100 mile) and Enthusiast (60 mile) routes, and at least 12 years of age to ride the Challenge (25 mile) route. Younger riders may ride at the discretion of the organisers with written parental consent. Notwithstanding the above, a parent or guardian must accompany riders under the age of 16 on the Expert, Enthusiast and Challenge rides.

- Riders will be responsible for the roadworthiness of their own cycle.
- All types of bicycle will be accepted (including tandems and recumbents).
- Tri-bars are not allowed: any rider arriving with a bicycle fitted with tri-bars will not be allowed to start.
- Riders will be set off in groups of 20 or fewer at intervals of no less than 2 mins, but start times are flexible.
- The organisation is covered under the Rotary insurance policy for third party liability. However, riders are not covered for third party insurance. Therefore if you require such insurance you must arrange this yourself. Membership of British Cycling, the Cyclists’ Touring Club and other similar organisations automatically includes such insurance, and the organisers STRONGLY RECOMMEND that you obtain cover in this way.
- You must obey all Highway Code rules. You are requested to ride in single file where appropriate and no more than two abreast at any time. Please be aware of your fellow cyclists and any other traffic. Please always indicate your intention to stop or change direction. All cyclists must adhere to and obey the Highway Code and laws of England where applicable and extend all reasonable courtesy to other road users.
- You may not deviate from the official route. From start to finish there will be signage marking the route. Direction will be indicated by signs placed clearly at or before junctions. IT IS THE RESPONSIBILITY OF ALL RIDERS TO TAKE THE CORRECT ROUTE.
- It is mandatory THAT ALL riders wear a safety approved cycling helmet complying with latest ANSI Z90/4 OR SNELL standards. Any rider not wearing a helmet will not be covered by the event insurance and will be disqualified from the event and could be liable for damages if involved in an accident on that basis. The rider must accept this as a condition of entry.
- Please bring a mobile phone with you if possible and register the number with the organisers, but do not use your mobile phone when riding and if taking or making calls please do it safely at the side of the road.
- The organisers reserve the right to terminate an individual’s ride on health and safety grounds.
- The rides will take place regardless of bad weather and will only be cancelled, rerouted or stopped for reasons of safety. Entry fees, however, are non-refundable.
- The organisers will endeavour to provide fluid and some form of food at designated ‘feed zones’ on the Expert and Enthusiast routes; however, we cannot guarantee supplies will be available at all times and urge riders to only take what they need and be mindful of the needs of those following behind.
- No rider may take food or drink from anyone whilst on the move: if you need food or drink you must stop to receive it.
- You must complete the course within the allocated times of 11 hours for the Expert route, 7 hours for Enthusiast route and 4 hours for the Challenge route to be classed as a finisher.
- Individual support cars are strictly forbidden; any participants seen to use one will be taken out of the event, disqualified and not covered by third party insurance.
- All riders will carry a form of identification showing their name, address and/or contact details of a person to be advised in the eventuality of an accident. It is also advised that all participants carry two drinks bottles, energy bars, tools, replacement inner tubes, a working pump, suitable wet weather gear, money, and a mobile phone as well as extra clothing to complete the ride being undertaken, taking into account the route and possible adverse weather conditions.
You will be required to attach your rider number for identification purposes and health and safety reasons. To be attached to your handlebars (number facing forward), where appropriate.

Entry Terms & Conditions

- I understand that I participate completely at my own risk and that the organisers will not be held responsible for any damage, injury or loss however caused by me outside of the third party insurance in place for the duration of the event.
- I agree to wear a safety approved cycling helmet complying with latest ANSI Z90/4 OR SNELL standards for the duration of the event.
- Entry fee(s) are non-refundable and non-transferable.
- I declare myself medically fit and able to participate in the ride. By entering the ride(s), I waive any liability on the part of the organiser due to medical grounds.
- Cycle sportives are designed as events for serious cyclists who have the strength, endurance and stamina to successfully complete the challenge. Please ensure you have done the right level of training to go for your standard and/or chosen distance.
- If I am under 18, I have the written consent of my parent or guardian to ride the Expert or Enthusiast ride. If I am under 12, I have the written consent of my parent or guardian to ride the Enthusiast ride. If I am under 16, my parent or guardian will also accompany me throughout the duration of the event by bicycle.

Participants must agree to have read the event regulations and signed to agree to abide by the regulations and accept the entry terms and conditions as stated above by the organiser.