



Rider Briefing

The Coast and Clay Sportive 2021, from Cornwall Hospice Care

Thank you for entering the Coast and Clay Sportive, in aid of Cornwall Hospice Care, sponsored by Clive Mitchell Cycles. This briefing covers all the pre-event information you need and is there to make sure you are safe, informed and gives you the best chance of enjoying a fantastic day with us. We ask that you read this information carefully as it includes some essential rider safety and administration information that will help to ensure the event runs smoothly.

Your number with attached chip will be collected at Registration on the morning of the ride.

You will have a set 1 hour arrival slot for COVID precautions.

Please remember helmets are mandatory: No Helmet = No Ride.

COVID-19 Precautions

Cornwall Hospice Care have worked with Cornwall Council to deliver what is believed to be a COVID safe event. The outcome of this means that there will be some restrictions placed on the sportive that we are to adhere to, and we ask you to respect these. These are:

- All touch points will have a hand sanitation station present that we ask you to use before and after the touch point, this will be the registration desk, feedstations and the toilets.
- Social distancing in the Event HQ and at the feedstations is required.
- We have set 1 hour arrival slots that we ask you to adhere to, therefore supporting us to minimise groups mixing.
- Cyclist waving at the start will be a little more spread out than you may be normally used too. We will be releasing 20 cyclists every 5mins, details of this are below.
- Unfortunately, we must ask that spectators refrain from coming to support and cheer you on at any location. Despite the space offered by the Event HQ, we need to be mindful of numbers.
- The toilets at the St Austell feedstation are inside and so we ask you to cycle with a mask if you will be attending this feedstation. Some masks will be available.
- We no longer have access to the toilet provisions at the Roche feedstation, due to the extension of COVID restrictions, please see the detail below about the feedstations where you will be able to access toilets. This will affect the Extreme and Epic routes.

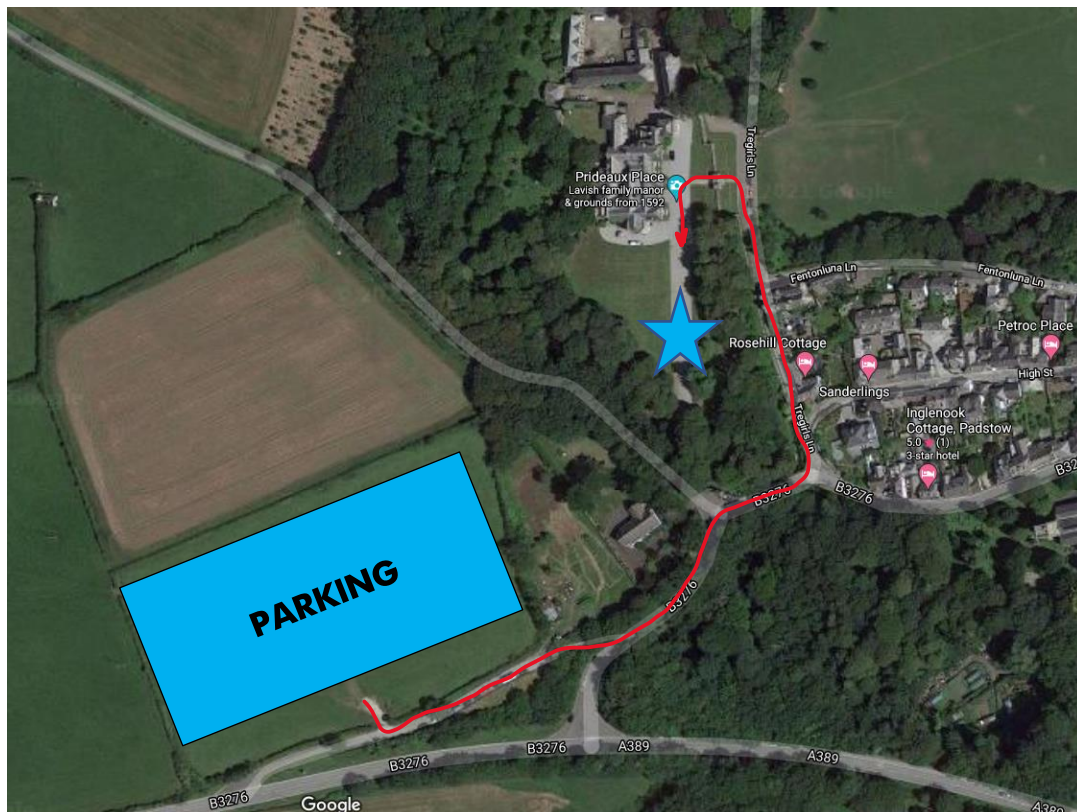
Registration, Arrival Times, and Wave Releases.

- All riders must sign in before the ride at the registration desk.
- When you arrive, please follow the marshals' guidance to the registration desk to pick up your number with integrated chip. Registration will be by distance and surname.
- Registration is set for **1 hour** prior to your wave release, please respect this time:
 - **EXTREME** 104 Milers – Registration is 6:30AM – 7:30AM with your wave releasing from 7:30AM
 - **EPIC** 71 Milers – Registration is 7:00AM – 8:00AM with your wave releasing from 8:00AM
 - **CHALLENGE** 44 Milers – Registration is 7:30AM – 8:30AM with your wave releasing from 8:30AM
 - **INSPIRE** 17 Milers – Registration is 8:00AM – 9:00AM with your wave releasing from 9:00AM

On the day registrations will be allowed if there are places available. To check if there are please see our social media feeds the week prior and up-to event day. There will be £5 additional fee payable.

Getting There & Parking

The Sportive is held at Prideaux Place, Padstow. Please use the postcode: PL28 8RP for directions and then follow the event signs for the car park, which is as below:



From the car park, marshals will direct you along the B3276 road, please be mindful this not a closed road, past the main gate entrance to Prideaux Place (the star) which is the start point of the sportive, and up Tregirls Lane to access the Event HQ via the Eastern Gate of Prideaux Place (red line).

Drop Off

If you choose to be dropped off at the event, we ask that you kindly use the Link Road Car Park, PL28 8AX. Please note, the car park is not formally supporting the event, and charges apply from 9AM and are enforceable to all. Attendance at the sportive does not equal exemption.

Rider Briefing and Start

Once you have registered, riders will be called forward in preparation for their wave release and set off in 5-minute intervals in batches of 20 riders. There will be a rider briefing for your wave which will have updates on key information we need you to be aware of. The time you start is dictated by your distance:

- **EXTREME** 104 Milers – your wave releases at 7:30AM
- **EPIC** 71 Milers – your wave releases at 8:00AM
- **CHALLENGE** 44 Milers – your wave releases at 8:30AM
- **INSPIRE** 17 Milers – your wave releases at 9:00AM

Please do not be late! If you arrive after 9:00AM you may not be allowed to take part.

We start on the main drive of Prideaux Place and waves will be release down to the main gate. The chip timing mat will be along the gate and our marshals will signal you to cross or hold you depending on the traffic of the road you emerge onto, please respect their instruction as they will have a better vantage than you will.

Routes and Course Signage

GPX files can be downloaded from the route maps below. The routes will be extensively signposted and marked with the use of arrow and warning signs. Arrow signs will be on all approaches to and at junctions as well as route confirming signs after the junction. There will also be signage at regular intervals. There will also be marshals at a small number of key locations on routes providing extra confidence.

- **EXTREME** 104 Milers – <https://ridewithgps.com/routes/31529513>
- **EPIC** 71 Milers – <https://ridewithgps.com/routes/31529531>
- **CHALLENGE** 44 Milers – <https://ridewithgps.com/routes/31529608>
- **INSPIRE** 17 Milers – <https://ridewithgps.com/routes/31529620>

The event is entirely on the open road; however, we stay off the major routes in and out of primary tourist destinations where we can. When we come back through North of Newquay to head up the coastline back towards Padstow, most groups of cyclists will long be split, true also for Pentewan Road. We will be releasing people in waves to ensure minimal traffic and the early start will ease this too.

The route will be well signed to include signs for motorists for awareness that there is an event on and to exercise caution. Examples of this are below:



Kit List

Please ensure you wear your helmet. Helmets are a mandatory safety requirement at the Coast and Clay. Anyone without a helmet will not be allowed to ride.

We recommend you also participate with the following items:

- Spare inner tubes, we recommend two
- Puncture repair kit
- Pump
- Multi-tool
- Water
- Snacks (bananas, energy gels etc.)
- Suitable clothes – unfortunately it does rain sometimes!

- A foil blanket
- Suncream (if conditions suggest so)

Emergencies

Medical cover is provided as follows: One Paramedic with ambulance based at Event HQ. Two Medics with two response vehicles on the route based at feedstations but mobile to treat any casualties, as necessary. The Medics will move along the course as the feedstations close.

In the event of an emergency, all event numbers have the emergency contact number to **Event Director, Oliver Hoare: 07817 004 430**, who will liaise services to support as required.

Mechanical Support and Sweeper

There will be mechanical support offering basic repairs, at the start of the event. Mechanical support should not be relied on to fix any existing problems with your bike but is there to help resolve any problems that have occurred on the way to the event.

Punctures are the likely issue many sportive riders face so please ensure that you do have spare inner tubes with you – we suggest 2 per rider as a minimum.

A sweeper truck is placed at Event HQ to collect riders unable to continue for any reason. The truck is not back marking the event and needs to be called via the **Event Director, Oliver Hoare: 07817 004 430**, to action.

Route Clearing

The route will not be cleared until the following Monday morning.

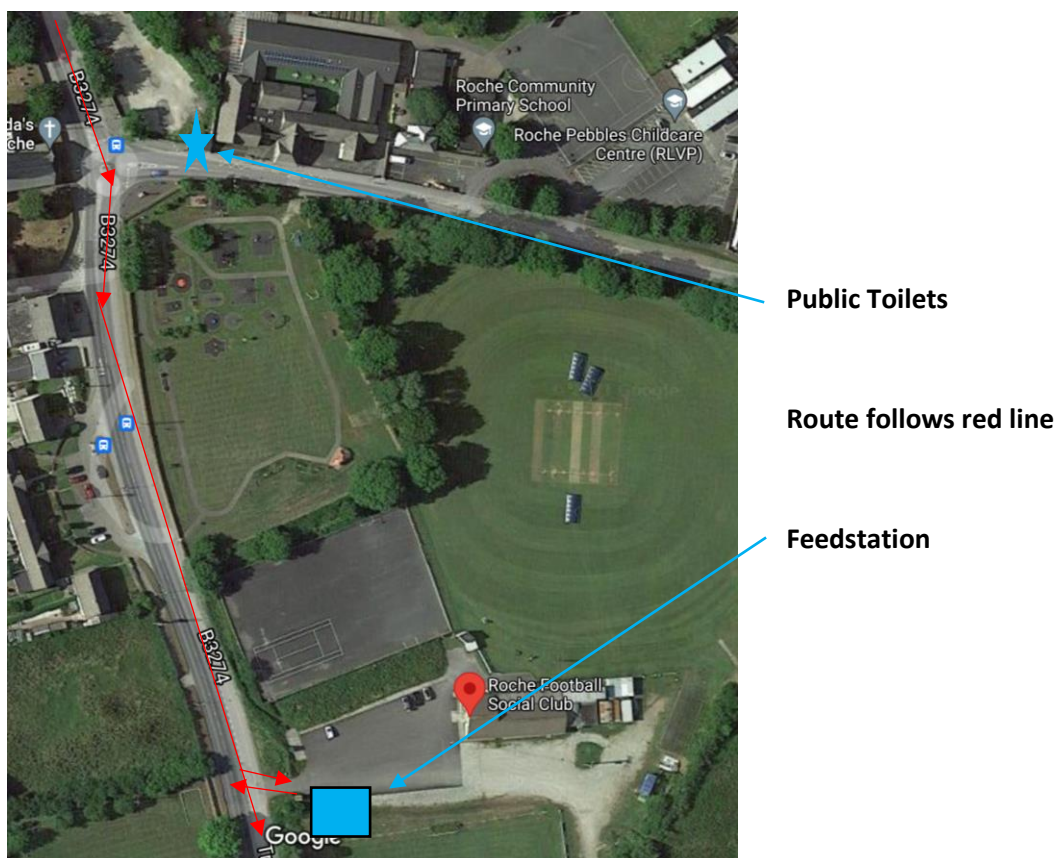
Feedstations will pack down 1hr after their last rider exits.

Ride HQ and Feedstation Facilities

Prideaux Place – two vendors will be on-site providing hot food, cakes, and hot and cold drinks. The venue will also have their Tea Room open, however we are asked to prioritise our own vendors given their capacity limit. The Tea Room will also remain open to the public.

Event toilets will also be on site; these, our registration desk, the food vendors and mechanic will all be contained to a small event village with bike racking on the southern lawn.

Roche Feedstation (Extreme and Epic routes) – Pink Cornwall Hospice Care Sail Flags will mark the entrance to the feedstation with the refreshments under a gazebo. Refreshments of bananas, jellybeans, flapjacks, water, gels and energy tabs will be provided. **At the time of this briefing (28th June 2021), we have lost access to our toilet provisions due to the extension of the COVID restrictions.** We are working to secure additional porta-loos for the site, however, if we cannot source something, the nearest public toilets are 150m prior to the feedstation, see map below. We will advise provision on the day:



Summercourt, Clive Mitchel Cycles Feedstation (Extreme, Epic and Challenge routes) – Pink Cornwall Hospice Care Sail Flags will mark the entrance to the feedstation with the refreshments under a gazebo, at the back of the Clive Mitchell Cycles Store. Refreshments of bananas, jellybeans, flapjacks, water, gels, and energy tabs will be provided. Outside event toilets are provided. Please note the one-way system for traffic to leave the feedstation, this will be signposted.

St Austell, Mount Edgumbe Hospice Feedstation (Extreme route only) – Pink Cornwall Hospice Care Sail Flags will mark the entrance to the feedstation, along with the fixed branding of the hospice. The refreshments will be under a gazebo, at the lower left

side of the car park. Refreshments of bananas, jellybeans, flapjacks, water, gels, and energy tabs will be provided. Toilets are in the Hospice, this is inside, so please wear your mask. You will be directed up to the left side of the building, avoiding the main entrance to use the side fire exit, this will be signposted.

Feedstations will pack down 1hr after their last rider exits.

Abandoning the Ride

If you cannot complete the ride, please tell a Marshal at a check point or phone 07817 004430. Do not go home without telling someone or we will assume you are injured and have the emergency services out looking for you. You will have to pay any costs incurred.

End of Event

The Event will close after the last rider returns, or at 5.00PM, whichever is earliest.

At the Finish

When you arrive back at Ride HQ, please complete the course through the finish arch and collect your rider's medal. You will be asked to self-collect, again as a COVID precaution measure.

Event Photos and Chip Timing

www.charleswhittonphotography.com will be providing event photography. Please see their website after the event, which is searchable via you event number, to see your photos that can then be purchased.

Chip Timing results will be posted on our website as soon as possible after the last rider is back.

Cancellations and Transfers

Registrations are strictly personal; firm and binding and fees shall not be refunded for any reason.

If you are unable to take part, please let us know as soon as possible by calling 01726 66868 (option 3). You may defer your place for 2022 or transfer your place to another cyclist. Please note deferrals and transfers will be accepted up to **Monday 12th July 2021 at Midday**.

Cornwall Hospice Care

This event is run by and for, Cornwall Hospice Care. The profits of the event are used to fund the care of those terminally ill in Cornwall. For those who wish to further support our work, raising sponsorship is an excellent way to fund our nurses, whom, whilst you will be taking part in this event, will be at work in our two hospices, Mount Edgcombe and St Julia's. To raise much needed sponsorship, follow this link:

<https://www.justgiving.com/campaign/coastandclay2021>

Sponsors

A huge thank you to Mr and Mrs Peter Prideaux-Brune for their donation of Prideaux Place for its use at the venue of choice for the Coast and Clay Sportive.

An enormous thank you to Title Sponsor Clive Mitchell Cycles for their help and support and for provision of the event mechanic.

<https://www.clivemitchellcycles.co.uk/>



A further thank you to sponsors Suez Cornwall, <http://www.suezcornwall.co.uk/>, and Tregonings of Cornwall, <https://www.tregoningsofcornwall.com/>.



tregonings of Cornwall

ENJOY!

Enjoy the ride! Remember this ride is not a race and you are on public roads that are open to other traffic. Respect other road users and be vigilant!

See you all at the Start...and the finish.

Oliver Hoare**Event Director and Head of Fundraising, Cornwall Hospice Care**

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