



## **Rider Briefing**

### **The Coast and Clay Sportive 2022, from Cornwall Hospice Care**

Thank you for entering the Coast and Clay Sportive, in aid of Cornwall Hospice Care, sponsored by Clive Mitchell Cycles (Title Sponsor), Suez Cornwall and Brookland Sand & Aggregates. This briefing covers all the pre-event information you need and is there to make sure you are safe, informed and to give 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. *All riders must collect their own number & chip please.***

**You will have a set 1 hour arrival slot for the distance you have chosen.**

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



## COVID-19 Precautions

We have now been living with COVID for some time, and although many aspects of life are returning to normal, the recent surge in cases means that we will take some measures to keep event participants, supporters and our team of staff and volunteers safe, 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.
- The toilets at the St Austell feedstation are inside Mount Edgcumbe Hospice and so we ask you to respect the safety of those patients we are caring for on the day and follow all signage and instructions whilst you are on site.

## Registration, Arrival Times, and Wave Releases.

- When you arrive, please follow the marshals' instructions and signage to the registration desk to pick up your number with integrated chip. Registration will be by distance and surname, all riders **must** sign in individually.
- Registration is set for **1 hour** prior to your wave release, please respect this so we can manage crowding and allow time to arrive, register and collect your number:
  - **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

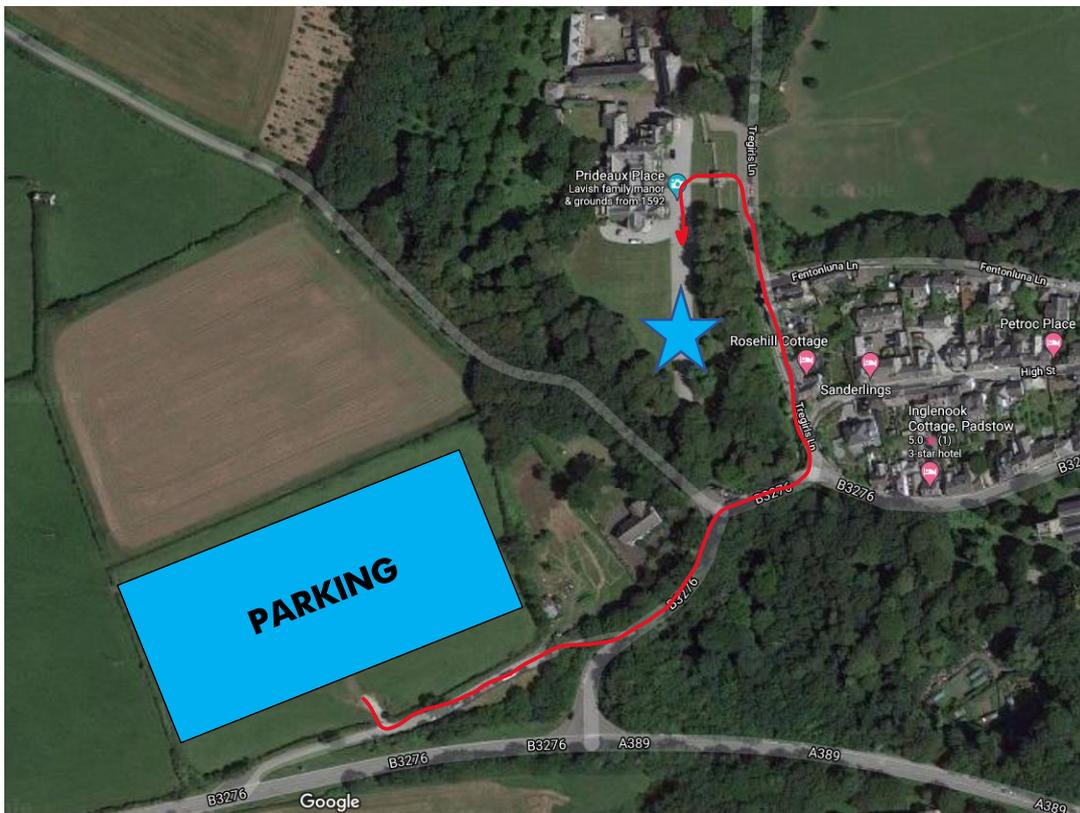
There will be new registrations on the day. If someone you know wishes to sign up please advise them to arrive in the above registration times. There will be a £5 additional fee payable.

We request all riders check their emergency contact details are correct, and that the person listed is not a participant in this event please.

## Getting There & Parking

The Sportive is held at Prideaux Place, Padstow. Once you arrive in Padstow please remain on the A389 and follow the event signs for the car park, which is as below,

some Sat Navs have sent riders along back roads which cannot handle the volume of traffic:



The What3Words location of the car park entrance is **rails.acoustics.pheasants**.

From the car park, marshals will direct you along the B3276 road, please be mindful this is 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). Registration is a quick and simple process with ample racking for your bike – please come to registration with your bike, ready to ride.

### **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, this 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, you will be called forward in preparation slightly ahead of your release time. 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. To minimise congestion, we reserve the right to release riders in smaller groups:

- **EXTREME** 104 Milers – your wave releases from 7:30AM
- **EPIC** 71 Milers – your wave releases from 8:00AM
- **CHALLENGE** 44 Milers – your wave releases from 8:30AM
- **INSPIRE** 17 Milers – your wave releases from 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 released down to the main gate. The chip timing mat will be across 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 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 through Newquay to head up the coastline back towards Padstow, most groups of cyclists will have dispersed, we expect this to be the case for Pentewan Road in St Austell as well.

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 (in 2021 this event fell on the hottest day of the year, so this is very important) We suggest carrying a minimum of 1500ml. You can refill bottles at all four of our water/feed stations.
- Snacks (bananas, energy gels etc.)
- Suitable clothes – unfortunately it does rain sometimes!
- A foil blanket

- Sun cream

## **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 bibs will have the emergency contact number to **Event Director, Jane Appleton: 07539 152560**, who will liaise services to support as required. *In a Medical Emergency please dial 999.*

*We also recommend downloading the what3words app. If you get into difficulties and need to be picked up, this will enable you to provide us with a precise location and our team can be accurately and quickly directed to you.*

## **Mechanical Support**

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 vehicle will be based 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, Jane Appleton: 07539 152560**, to action.

## **Route Clearing**

The route will not be cleared until early the following week.

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

## **Ride HQ and Feedstation Facilities**

### Event Village:

Prideaux Place – Over the Wedge Catering will be on-site providing hot food 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 remain open to the public.

Event toilets will 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.

Also in attendance at our Race Village will be Lesley from [Zenara Therapeutics](#) providing pre and post event massage (between approximately 7.30 – 3.30) and [Stick Legs Cycling](#), a local brand of cycling merchandise.



Your supporters are very welcome at our Race HQ this year. The formal gardens are open on the day and your family and friends may like to visit them whilst they wait for you to return from your ride. The cost to visit the gardens is £5 per adult, £2 per 12 – 16 year olds. Under 12 years are free and dogs are welcome on a lead (entry to the Race Village remains free).

#### Feedstations/Water

Brookland Sand and Aggregates Feedstation (Extreme and Epic routes – 32 miles) – 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 drink will be provided. Outside event toilets are provided. We are grateful that staff from our sponsor, Brookland Sand and Aggregates, are volunteering on this feed station.

Summercourt, Clive Mitchell Cycles Feedstation (Extreme route – 80 miles, Epic route – 48 miles and Challenge route – 20 miles) – 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 drink will be provided. Savoury options will be available for just this feedstation. Outside event toilets are provided. Please note the one-way system for traffic to leave the feedstation, this will be signposted. We are grateful to Clive Mitchell Cycles for the use of their venue.

St Austell, Mount Edgumbe Hospice Feedstation (Extreme route – 54 miles) – 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 drink will be provided. Toilets are in the Hospice, this is inside, so please follow instructions regarding any precautions. 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.

Trevarrian Waterstop (All routes – 6 miles from the finish) – Pink Cornwall Hospice Care sail flags will mark the entrance to the waterstop. Refreshments of water, gels and energy drink will be provided. There are no toilets here.

Feedstations and the waterstop 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 **07539 152560**. 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. If riders remain on the route after 5:00PM, Event HQ will pack down, but the Event Director will remain on site to ensure your safe return.

### **At the Finish**

When you arrive back at Event HQ, please complete the course through the finish arch and collect your rider's medal. There will be recovery shakes and water available, as well as hearty congratulations.

### **Event Photos, Social Media and Chip Timing**

[www.charleswhittonphotography.com](http://www.charleswhittonphotography.com) will be providing event photography. Please see their website after the event, which is searchable via your event number, to see your photos that can then be purchased.

If you take your own photos en-route, we'd love to see them! Tag us on Facebook @CornwallHospiceCare or Instagram @cornwallhospicecare or Twitter @CornwallHospice

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 2023 or transfer your place to another cyclist. Please note deferrals and transfers will be accepted up to **Monday 11th 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 Edgumbe and St Julia's. To raise much needed sponsorship, follow this link: [Coast and Clay Sportive 2022 - JustGiving](#)

### **Sponsors**

A huge thank you to Mr and Mrs Peter Prideaux-Brune for their donation of Prideaux Place for its use as 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 Brookland Sand and Aggregate, <http://brooklandsand.co.uk/>



**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.

**Jane Appleton**

**Event Director, Cornwall Hospice Care**

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