



Hercules Festival of Sport - Northwood Cyclo-Sportive Race Day Briefing

Date of event:	Sunday 27 th May
Registration:	Saturday 26 th May 14:00 – 17:00 (Recommended) Sunday 27 th May (Race Day) 05:30 – 09:00
Briefing:	09:15
Start:	09:30

This is your race briefing to bring you up to date on the event and what to expect on the day.

Start Time and Briefing

Please ensure you assemble at the Sportive assembly point at 9:15am for your race and safety briefing. This will be clearly marked and signed so please ensure you are there in good time, if you are not present for the safety briefing you will not be allowed to start. The Cyclo-Sportive 100KM will start at 09:30 prompt.

Registration

Registration will take place in the event office in the Old Merchant Taylors Club House in the rear carpark near the lake. There will be signs to lead you to registration. Registration will be from **14:00 – 17:00 on Saturday 26th May** and will also be available on **Sunday 27th May between 05:30-09:00**. **We strongly urge competitors to register on Saturday afternoon**, so that you can orientate, ask questions and focus all your attention on race day to your race and not to last minute queuing.

At registration you will be issued with your race numbers, chip timer, T-Shirt. **You will need safety pins for your race number**. Chip timers are to be worn around your left ankle. If you wear the chip timer in any another position we cannot guarantee that your time will be recorded. Please bring some form of ID with you for registration and you will not be able to collect the race pack of another person without prior consent sent by email to: admin@herculesevents.com

Parking

Parking is free for all competitors and spectators on event day and our allocated parking area is in the top field. On entering Merchant Taylors turn left and parking for the event is on the left in the top field which will be clearly signed from the entrance.

When entering or leaving Merchant Taylors please drive very carefully as there may be competitors on the road.

Cycle Course

The 100KM route can found here: [100KM](#)

You have the option to download a GPX file of the route from the above link as well. Although the course is well sign posted, **it is your responsibility to know the course.**

The cycle course will take place on the open roads. As such, you MUST abide by the Highway Code. You do not have right of way, there are no closed roads and you must keep to the left and comply with normal safe cycling standards.

Your cycle route directional signs will be high visual yellow, with a black arrow and orange circle.

The 100KM course is an out and back course with a safe turnaround point. It is clearly marked and marshalled. The first and last 6km is on urban roads, the remainder on country roads. The route is very beautiful, but also very challenging with a number of significant climbs and descents. Please exercise caution.

You will cycle to your half way point where you will take the turn before returning along the route you travelled out. There will be a feed station at the turn around point and we suggest that you use this time to refuel for the journey back.

Water and nutrition

Please ensure that you carry sufficient nutrition and water for the cycle. There will be a marshalled water and nutrition feed station at your turn around point which we encourage you to utilise. Items available are water, fruit, energy gels and nutrition bars.

Changing rooms and toilets

There are excellent male and female changing rooms available at the venue with ample hot showers and toilet facilities. There are no lockers in the changing rooms. Do not leave valuables in the changing rooms. **Competitors who do will do so entirely at their own risk as the event organisers have no control over security in the changing areas.**

Finish

At the finish you will receive your medal; your chip timer will be removed and you will be able to view and print your results with your "splits" from the timing van. This will not be your official result as all times have to be checked by the chip timing provider and the race official before the winners are announced.

Please note that you will be charged £5.00 if you don't return your chip timer to a member of the Hercules Team.

Hot showers will be available in the changing rooms so that you can relax and get refreshed, grab something to eat in the clubhouse restaurant and come out for the presentation and to clap other competitors home.

There will be other races taking place, on the morning of your event. Your support for those competitors would be greatly appreciated. Please also show support for your fellow competitors by remaining for the prize giving ceremony that will follow.

Refreshments

There will be hot food and refreshment upstairs in OMT bar above Registration and also other vendors on site for event day in the sports village.

Photos

New Pixels Events Photography will take your photographs on the day and provide a view and buy website [here](#), where you can view and purchase prints or downloads of your images after the event.

Conclusion

It is important to us that this is a highly enjoyable and safe event. Give yourself plenty of time to register and to look around the course. If at all possible, register on Saturday the 26th May between 14:00 and 17:00. Be on time for the race briefing and follow the directions of the marshals.

Look out for and take care of, fellow competitors and they will look out for you.

Most importantly, we will be working flat out to ensure you have a great day, so enjoy yourself!

If you have any questions or special requirements, please email us as soon as possible so that we can try to help and support you. Good Luck!

We look forward hosting you and we hope you have a great race.

Contact information:

Website: www.herculesevents.com

Email: admin@herculesevents.com

Telephone – 01923 883 177

Regards,

The Event Team