

# **SHARPENER**

## **SPRING / SPORTIVE**

Sunday 29<sup>th</sup> April 2018  
**INFORMATION SUMMARY**

## **GETTING THERE**

HADDENHAM COUNTY JUNIOR SCHOOL,  
WOODWAYS, HADDENHAM HP17 8DS

**GOOGLE MAPS** - <http://goo.gl/maps/BiQjm>

## **Parking**

There is ample parking at the school – we'll be onsite to guide you.

## **Registration**

- 1) Report to registration from **7:45 a.m.**
- 2) Check in and collect your timing chip
- 3) Have a cup of coffee/tea on us

## **Getting Ready**

Fit your timing chip to the **LEFT HAND SIDE** of your helmet as below.



# *Riding*

Report to the start line for **8:30 a.m. 'Sharp'**. Following the safety brief riders will be released in groups of 20 in accordance with British Cycling guidelines. Simply follow the direction arrows, or download the GPX files here - Sharpener <https://ridewithgps.com/routes/26572300>  
Short Sharpener <https://ridewithgps.com/routes/26572337>

**NOTE: We have made 2 small changes to the GPX files this morning after signing the route. If you've already download please update.**



## *Food Station*

Food stations are near to the halfway point on the Short Sharpener and again for the full distance at 2/3 distance at Ickford Village Hall; keep an eye out for the signs so you don't miss the refuel!

There will be plenty of food so you can travel light, and refill your bottle with Science in Sport Go Hydro as used by Rapha Condor Sharp.

We have a track pump at each Food Station in case you need a blast.

## *Emergencies*

Our Emergency contact number (**07766991512**) is printed on your helmet chip. If you encounter a serious accident or medical emergency on the route, call an ambulance immediately and call us second.

## *Ride Etiquette*

- ✓ Obey the laws of the road at all times.
- ✓ Support other riders and treat other road users with respect.
- ✓ Please don't drop litter. Keep gel wrappers in your jerseys.
- ✓ THIS EVENT IS NOT A RACE

Our insurer requires all riders to wear a helmet, and we strongly recommend helmet use for any cycling activity.

# *At the Finish*

Please don't go straight back to your car. At the finish make sure you ride back past our START/FINISH sensors so that you can get your event time - and importantly we know that you have made it back.



Then join us for some **FREE CARBOHYDRATES** and tell us how it was for you.....

**BUT MOST IMPORTANTLY – HAVE A GREAT RIDE!**

# *Show your Stripes*

You may see riders showing their 'Stripes' this Sunday – a great way of layering up at this time of year without overdressing.

We still have a few long sleeve Allez Jerseys *produced by Scimitar Sports* available at a discounted price of £20. Ask at the counter when you pick up your free tea/coffee.



[www.allezsportives.co.uk](http://www.allezsportives.co.uk)