

TOZERS

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PROUD SPONSORS OF



MOOR 2 SEA SPORTIVE

DATE

SAT 8TH SEP 2018

3 ROUTE OPTIONS

34
MILES

70
MILES

113
MILES

Dartmoor National Park & South Devon Coast
Incorporates KoM & QoM challenge on the iconic Haytor Hill Climb

In support of:

ssafa
the
Armed Forces
charity

Be Inspired!

www.moor2sea.co.uk

RIDE MANUAL

organised by

justevents 



Thank you for entering the Moor to Sea Sportive 2018.

IMPORTANT: Please take time to read this document thoroughly before you travel. It contains details that will ensure the event runs smoothly and that you get maximum enjoyment out of your ride!

REGISTRATION:

If you entered before Monday 27th August 2017 there is no requirement for you to attend the Registration Desk, your 'Ride Pack' will be posted to you at the address you have provided. If you have not received your pack by Friday 31st August please contact us immediately.

If you registered after Sunday 26th August, your 'Ride Pack' will not be posted. You will need to collect this from the Registration Desk on the morning of the Sportive. Please allow yourself a little extra time for this.

If you are planning on entering on the day. You will need to allow yourself time to complete the registration process. Please note there is a £5 admin fee for registration on the day and we can only accept payment by cheque or cash.

- Pack Contents:**
- Rider Number (Must be fixed to the front of your bike)
 - Disposable Timing Chip (Fix to the **OUTSIDE-LEFT** of your cycle helmet)
 - 2 x Cable Ties (to fix Rider Number to your bicycle)

Reg. Times: Registration Desk is open from 06:00 hrs to 08:45 hrs on Saturday 8th September.

VENUE:

- Address:** Exeter Racecourse, Kennford, Exeter, Devon, EX6 7XS
- Telephone:** Event Director: 07764 793122 (For contact pre and post event)
Event Control: 07548 946358 (Only use during event)
Please put the Event Support Number in your mobile phone contacts list.
- Email:** stewart@justevents.biz

DIRECTIONS:

- From Exeter:**
- Continue along the M5 to junction 31 where the road becomes the A38 at Kennford.
 - Keep in the LEFT LANE signed A380 Torquay to ascend Telegraph Hill.
 - At the top of the hill take the LEFT turn signed "Great Haldon".
 - At the 'T' Junction turn RIGHT to cross the A380.
 - At the next 'T' junction turn RIGHT and follow the road through Haldon Forest.
 - Straight on at the mini roundabout then First LEFT into Exeter Racecourse.

- From Plymouth**
- Continue along the A38 past Chudleigh and ascend Haldon Hill.
 - At the top, take the LEFT just past the Winning Post Services (Little Chef) Signed 'Exeter Racecourse and Dunchideock'.
 - At the 'T' junction turn RIGHT and follow the road under the A38.
 - Take the next RIGHT into Exeter Racecourse.

WARNING: If you are using this approach after 07:00 hrs you will encounter fellow cyclists who have just started. Please take great care [It's only for 300 meters!].

- From Torbay**
- Continue along the A380 until you reach the top of Telegraph Hill.
 - Take the LEFT turn prior to the Texaco Garage signed 'Exeter Racecourse & Haldon'
 - Follow the road through Haldon Forest.
 - Go straight on at the mini roundabout.
 - Take the first LEFT into Exeter Racecourse.

PARKING:

There is ample FREE parking at Exeter Racecourse.

Upon arrival you will be directed to a designated parking area by the Car Parking Stewards.

BREAKFAST:

The Jockey Club Catering Service will provide breakfast in the **Denman Room** from **06:00 hrs to 09:00 hrs**

There will also be a selection of Hot & Cold Drinks and various snacks.

CYCLE JERSEYS:

If you have pre-ordered a Moor 2 Sea Cycle Jersey, you will be able to collect it from the Denman Room at Exeter Racecourse either before or after your ride.

There will be an opportunity to purchase the Moor 2 Sea, KoM, QoM or Just Events Jerseys from the Denman Room, post ride. Stocks are very limited and will be sold on a first-come-first-served basis.

START PROCEDURE:

Riders for the longer routes will start first. Please do not start until your route choice has been called. If you start too early we may not have resources such as marshals, timing points or feed stations in place ready for you.

When you are ready to begin your ride, present yourself at the 'Start Gate', behind the large Orange Gantry. You will receive a short safety briefing before you begin your ride.

Riders will be set off in groups of approximately 50 at a time with 5 minute intervals.

START & FINISH TIMES:

- Participants for the **Extreme (Long)** route must start between **07:00 hrs & 08:00 hrs**
- Participants for the **Challenge (Medium)** route must start between **07:30 hrs & 08:30 hrs**
- Participants for the **Inspire (Short)** route must start between **08:00 hrs and 09:00 hrs**

All participants MUST start by 09:00 hrs and finish no later than 17:30 hrs.

There will be a **cut-off time** of **11:15 hrs** at the route split (40 miles) on the Extreme Route (approx 12 mph). Slower riders will be diverted onto the shorter Challenge route.

ROUTE INFORMATION:

We make every effort to ensure that our routes are all clearly signed and marshaled. However the onus of remaining on course remains with the rider.

ROUTE SIGNS:



Direction Arrow



Steep Descent
[Take Extra Care]



Hazard Warning
[Take Care & be ready to stop]



Route Split signs
[Follow arrows for your route option]

**EXTREME
CHALLENGE
INSPIRE**



Feed Stations



Toilets



Drinking Water



Notable Hill



Hazard - Go Slow

MARSHALS:

There are marshals at key locations around the route. They are there to help you remain on course and raise awareness of the Sportive. Marshals are NOT there to stop traffic or give you priority right of way. You must comply with all traffic signs & road markings. It is your responsibility to ensure that it is safe before you proceed.

MAPS & GPX FILES:

Route Maps are available online. Please click on the respective Route Option under the 'Information' Menu on the website www.moor2sea.co.uk

If you have a Bike Computer we recommend that you download the appropriate GPX or TCX file and use this as an additional backup to ensure you remain on route. Links for these can be found at the foot of the respective route information pages of our website.

RIDE SAFETY:

The Moor to Sea Sportive is a challenging event that takes place on open public roads. Cycle events of this nature will always have an element of risk, however, if you follow the advice we provide, those risks will be minimised.

- You must wear an approved cycle helmet on the course at all times.
- This is NOT a closed road event. Respect other road users.
- Always cycle at a speed where you are able to stop safely when required.
- Know the limits of your own bike handling ability. Do not be drawn into danger by following others.
- Always heed the advice of course marshals (stop if they signal you to do so)
- Do not ride more than two abreast and single-out on narrow or busy roads
- ALWAYS comply with Traffic Law & the Highway Code
- Take note of the normal road signs & markings in addition to the event signs.
- Pay attention to Caution Signs. They are for your SAFETY.
- Be prepared to stop at Pedestrian Crossings.
- Take particular care when passing through built up areas.
- DO NOT contravene RED Traffic Lights.
- It remains your responsibility to ensure it is safe to continue when negotiating marshalled junctions. Give Way when necessary and take extra care when merging onto main roads.

Some sections of road surface are less than perfect. Watch for pot-holes, loose gravel, and any other debris that may have washed or blown onto the carriageway.

ELECTRONIC CHIP TIMING:

You must stick the disposable timing-chip to the outside-left of your cycle helmet, ensuring that it is not stuck on top of any old timing-chips or metallic surface. The timing-chip will not damage your helmet and can easily be peeled off and thrown away after the Sportive.

When you start you will cycle past a row of Timing Antennas on your left-hand side. The timing-chip on your helmet will activate your start time. This will continue recording your individual time until you cross the finish line at the end of your chosen route.

There are additional timing control points on the Extreme and Challenge routes. There is a control point at Bovey Tracey, which is the start of the KoM / QoM segment and a further timing control point at the top of Haytor which is the finish of the KoM / QoM segment.

There are no timing control points located in the feed stations. You are not required to enter the feed stations if you do not want to.

Please note that the clock does not stop whilst you are at the Feed Stations. Any time you spend at a feed station is included in your overall medal time.

Results will be available at the Event HQ and will be published on the website within 48 hours of the event.

FEED STATIONS:

All Feed Stations will have a selection of sweet and savoury foods to choose from.

Hi Five Energy Drinks, Gels and Bars will also be available.

We recommend that you carry two 750ml Drinks Bottles to ensure you have sufficient fluids to last you between the Feed Stations.

Should you run out of drink, there are a number of places along the route where you should be able to obtain additional water.

- | | |
|-----------------------|--|
| Kingsteignton: | Located at Rydon Community Centre TQ12 3LP <ul style="list-style-type: none">• 18 miles Inspire Route only |
| Manaton: | Located at Heatree Activity Centre, TQ13 9XE <ul style="list-style-type: none">• 38 miles for Challenge & Extreme routes |
| Bridestowe: | Located at Bridestowe Village Hall EX20 4EW <ul style="list-style-type: none">• 78 miles for Extreme route |

MECHANICAL SUPPORT:

Mechanical assistance is available for emergencies only. You should aim to be self sufficient. Please carry your own spare inner tubes and a basic repair kit.

Mechanical support is provided by Bay Cycles of Torquay.

If you require Mechanical Support - Call **EVENT CONTROL** on **07548 946358**.

Make sure you have this number recorded in your mobile phone contact list.

We will need to know your location to be able to get a mechanic to you. You or another participant are likely to have a **bike computer** recording the distance travelled on the course. If you provide us this information we will be able to establish your precise location.

If you have a **GPS** or **Smart Phone**, these can also help identify your location.

If you are able to make your own way to the next feed station or nearest village, this can really help us provide a faster service for you.

EMERGENCY PROCEDURES:

If you should witness any incident where a fellow participant or member of the public appear to need assistance, we would urge you to stop and offer help.

If it is clear a casualty requires hospital treatment please call **999** first.

Call **EVENT CONTROL** on **07548 946358**. You should have this number programmed into your mobile phone in case you require any assistance.

We have Paramedics out on the course. We will direct them to you as quickly as possible.

We will of course need to know the location of the incident to be able to get a assistance to the scene. You or another participant are likely to have a **bike computer** recording the distance travelled on the course. If you provide us this information we will be able to establish your precise location.

If you have a **GPS** or **Smart Phone**, these can also help identify your location.

WELFARE:

TOILET FACILITIES:

There are ample toilet facilities available at Exeter Racecourse.

There are ample toilet facilities available at all the Feed Stations.

If you need a comfort stop away from the Feed Stations, please try to use public facilities at one of the many villages along the route. If you are unable to wait, please ensure you choose a location that is away from public view, where you will not cause offence to others.

RIDER SUPPORT:

Participants should always aim to be self sufficient throughout their ride. However, if you experience any difficulties and require assistance, please call Event Support on **07548 946358**. The Event Support Team will be able to provide advice or assistance as required.

UNABLE TO FINISH:

If you are unable to complete the ride or decide not to continue for any reason, please ensure you advise the Event Support Team (**07548 946358**) or an Event Official, so that we know you are safely off the course.

A support vehicle can be sent to pick you up and take you back to the HQ if necessary. Please get yourself to a place of safety, somewhere that is warm and dry along the route, then call our Event Support Team on **07548 946358**.

CLOTHING & EQUIPMENT:

- Bikes must be in a roadworthy condition. Please have yours properly serviced before attending.
- Cycle Helmets **MUST** be worn.
- Ensure you wear the correct clothing for the conditions. Check weather before leaving home.
- Carry a rear light if there is any chance of mist or fog
- Ensure you carry enough food and drink for your ride.
- We recommend you have 2 x 750ml water bottles
- Carry spare inner-tubes (2), a pump, tyre levers and a small repair kit
- Carry your mobile phone with our Event Control number programmed into your contacts list.
- Carry some cash (£20.00) for use in emergencies.

ACCOMMODATION:

- Exeter Court - www.exetercourthotel.co.uk
- Travelodge M5 Exeter - www.travelodge.co.uk
- Caravan Club (Exeter Racecourse) - www.caravanclub.co.uk
- The Devon Hotel - www.devonhotel.co.uk

FINISH PROCEDURE:

You must cross the finish line to record your official time.

All finishers will receive a medal & gift bag on completion of their ride. Once you have cycled under the finish gantry, please dismount. Then, make your way in to the Event HQ where you will receive your Finish Time, Medal and Gift Bag.

There will be food, drink, and a massage clinic available at the finish to help kick-start your recovery process. There will also be a pop-up Bike Shop provided by Bay Cycles, trade stands, and the SSAFA Charity Tombola Prize Draw.

MEDAL STANDARDS:

There are Gold, Silver, & Bronze Medal standards set for this event in respect of Age and Gender Categories. Your medal standard will be available via a live screen at the Event HQ and will be included in the results when they are published on our website.

All finishers will receive a medal in accordance with their official finish time.

Time Limits for the medal standards are published on the event website.

KoM & QoM SEGMENT:

The Extreme & Challenge routes of the Moor to Sea Sportive both include a King & Queen of the Mountain Hill Climb segment on Haytor. This segment starts at the edge of Bovey Travey (24 miles). The segment is 3.6 miles long with 1,200ft of ascent at an average gradient of 6%.

Those who complete this segment within the qualifying time for their gender will receive one of our prestigious KoM or QoM Pin Badges.

12 lucky people, selected at random from the qualifying riders, will also receive a top-of-the-range Helix 2 cycle jersey from our sponsors, Primal Europe. These jerseys, in our own unique KoM / QoM design, will also be available to purchased at the finish by anyone who qualifies.

Qualifying times are 26 minutes for men and 32 minutes for women. These times are set against the official Moor to Sea hill climb segment on STRAVA, with those qualifying being placed within the top 40% of all-time achievements for their gender.

This is the same hill climb as used a number of times for the Devon Stage of the Tour of Britain so those who qualify can be very proud of their achievement having followed the wheel tracks of some of the world's top pro cyclists.

SPORTIVE PHOTOS:

Professional sports photographers from SportivePhoto.com will be taking official photographs around the course. You will be able to view your photos on their website using your Bike Number.

www.SportivePhoto.com.

SPORTS MASSAGE:

A post-ride sports massage service will be on hand at the racecourse HQ. This is a perfect way to relax and sooth away any aches and pains from your ride before driving home and is an excellent aid to promoting muscle recovery.

REFRESHMENTS:

Jockey Club Catering Services will have a selection of meals and snacks available for purchase in the **Denman Room** at the Conference Centre on the completion of your ride.

SSAFA CHARITY SUPPORT:

Just Events Ltd has chosen **SSAFA** (Soldiers, Sailors, & Airmen's Families Association) as its charity partner. A percentage of all entry fees are donated direct to them. The Moor to Sea Sportive supports SSAFA Devon, whilst our Taunton Flyer Sportive supports SSAFA Somerset and our Land's End 100 Sportive supports SSAFA Cornwall.

We will have some collection buckets at the event - please do show your support by dropping a couple of quid in one of the tubs - thank you.



EVENT SPONSORS



Tozers are the headline sponsor of the Moor to Sea Sportive.

Tozers Solicitors LLP is a leading firm of solicitors with offices in Exeter, Teignmouth and Newton Abbot.

With 25 partners and over 120 staff Tozers Solicitors LLP offer an extensive legal service to business and individuals both locally and nationally.

Call 01392 207020 www.Tozers.co.uk



TFS are a key sponsor of the Moor to Sea Sportive.

Temporary Fencing Solutions is a local, independent firm based in the South West, they supply new stock nationally and hire throughout the South West, supplying Anti Climb Panels & Pedestrian Barriers.

Temporary Fencing Solutions offer an excellent delivery & collection plus installation & removal services for all your event needs, however large or small.

Call: 07984 456062 www.TFSfencing.com



Primal Europe Ltd sponsor the Moor to Sea Sportive King & Queen of the Mountain Hill Climb Stages, with their director, James Smith, providing light entertainment to the riders as they reach the top of Haytor :)

Primal Europe Limited are based in Plymouth and they're a leading manufacturer and supplier of quality cycling apparel for all ride disciplines. They produce and supply their own unique range of designs and also specialise in design and production of custom kit for events, clubs & teams.

All Just Events Ltd custom cycle jerseys are produced by Primal Europe Ltd.

Call: 01752 696290 www.PrimalEurope.com



Bay Cycles Limited are support partners for Just Events Ltd.

Bay Cycles is a family run, independent bike shop, based in Torquay. Owners, Jez & Lisa have over 30 years experience in the cycle industry and strive to deliver a first class service for their customers. They are Cytech qualified mechanics, Trek Precision Fit Technicians, and Trek product specialists.

Call: 01803 316785 www.BayCycles.co.uk



High 5 Sports Nutrition are energy product sponsors of the Moor to Sea Sportive.

High5 have been developing and supplying sports nutrition products for over 20 years. They are one of the UK's leading Sports Nutrition companies and the innovative products they develop have often been at the forefront of sports nutrition globally.

Call: 01273 303817 www.HighFive.co.uk