

**Devon Coast-Coast Challenge 2013**  
**The Landmark Tour**  
**Rider Support Pack**

1. CAR PARKS

**PLEASE NOTE THAT THE CAR PARK AT THE REAR OF THE LANDMARK THEATRE**

**WILL NOT BE AVAILABLE FOR THE DAY OF THE EVENT.**

**Riders**

The best car park for the day will be the Larkstone Lane Long stay car park in Ilfracombe, postcode EX34 9QG. Price is £3.10 for a days parking.

Please also allow a full 14 minutes for the walk from the car park to the start (it should only take 4 minutes to cycle) (depending on how fast you cycle).

**Spectators**

There is a short stay car park at the FRONT of the Landmark (EX34 9BZ), which will be ideal for spectators, although it is restricted to 49 parking bays (£1 an hour).

There is also a larger car park for spectators at Wilder Road (EX34 8BN)(£1 an hour). This car park is a 10 minute walk to the start/ finish.

2. THE START

This year's start is at the great venue of The Landmark Theatre, Ilfracombe EX34 9BZ. Registration starts at 7am, so please arrive early- the earlier you are, then the less of a queue there will be. There will also be tea, coffee and bacon rolls available for a minimal charge.

Registration this year should be simpler than ever (just as well with 400+ riders to sign up). Simply read the disclaimer, find your name, check your contact number, grab a wristband, and sign your name to accept the terms.

You will be supplied with a wrist band – this is for you to claim your food at the morning, lunch and afternoon stops. It also looks great when you go to work on Monday and try to call in your sponsorship!

Please then pop your bag into the Hospice Van (marked up). It will then be transported to the stops for you. Any medication should remain with you at all times.

### 3. YOU WILL NEED

- A roadworthy bike – tyres properly inflated, sufficient gears and reliable brakes
- Suitable clothing for weather conditions
- A helmet (**no helmet, no ride**)
- A water bottle (you will be able to refill this at each break)
- A mobile phone (to be programmed with our help number, advised on the day)
- Spare inner tubes, tyre levers (a multi-tool is also advised)
- **Knowledge of how to use them!**
- A small bag with personal possessions (no valuables).

### 4. Timings

Choose between 2 routes : D route (approx. 100km) or Z route (102 miles)

	<b>Estimated time</b>	<b>Mileage</b>
<b>D (direct) ROUTE</b>		
<b>Ilfracombe</b>	<b>0830h</b>	
<b>Libbaton</b>	<b>1045-1115h</b>	<b>22.5</b>
<b>Beaford (lunch)</b>	<b>1225-1325h</b>	<b>33.5</b>
<b>Barnstaple</b>	<b>1530-1600h</b>	<b>55.0</b>
<b>Ilfracombe</b>	<b>1715h</b>	<b>66.6</b>
<b>Z (zig zag) ROUTE</b>		
<b>Ilfracombe</b>	<b>0800h</b>	
<b>Libbaton</b>	<b>1020-1050h</b>	<b>32</b>
<b>Beaford (lunch)</b>	<b>1225-1325h</b>	<b>53.6</b>
<b>Barnstaple</b>	<b>1535-1605h</b>	<b>83.6</b>
<b>Ilfracombe</b>	<b>1715h</b>	<b>100</b>

Based on the following average speeds :

D route : 6 & 3/4 hours cycling @ 10ish mph (66 steady miles)

Z route : 7 & 1/4 hours cycling @ 14ish mph (100 speedy miles)

If you start in D and you're way ahead of schedule, you may wish to try a bit of Z.

Alternatively, if you start in Z and you're struggling to keep to schedule, we would suggest a bit of D.

**10.50 cut off at coffee – anyone arriving after this time will be advised to continue on the D route.**

Your choice of route should depend on your ability to maintain the appropriate average speed. You are welcome to “mix and match” the different sections on the day. The Z route is designed for experienced riders; If in doubt, you are advised to take the D route and enjoy yourself. You can always come back next year and tackle the Z route.

We are again offering a support van, but for this year, it will ONLY be for the D route, and just for the morning. This should be considered the **last** option. Also, the support van timings mean that **support will be withdrawn from each leg at the end of each of stop. Therefore (ie. No support van for the first leg after 11.15).**

**PLEASE ALSO NOTE- THERE WILL BE NO SUPPORT VAN FOR THE AFTERNOON FOR THE D ROUTE.**

**Therefore, it is worth riding in pairs, for support and assistance.**

## 5. BREAKS

- Start           **The Landmark Theatre, Ilfracombe**
- Coffee         Libatton Golf Club, Libatton EX37 9BS
- Lunch          Beaford Arts Centre, Beaford EX19 8LU
- Afternoon     The Strand, Barnstaple EX31 1EU
- Finish         **The Landmark Theatre, Ilfracombe**

Riders will be provided with food and drink (not including the finish). Friends and family are very welcome but should bring their own refreshments.

**We re-group at each break and set off together. Anyone setting off before the massed group starts will be deemed to have left the ride.**

## 6. MENU

- Morning       - Coffee, tea and biscuits
- Lunch         - Cheese and Chutney Sandwich  
               - Fruit  
               - Juice  
               - Muffin (mmmmm...muffins)
- Afternoon     - Coffee, Tea, Squash and cake (mmmm.....cake).

## 7. SAFETY

Riding a bicycle on the road can be hazardous and riders take part in the ride accepting that injuries (from minor to fatal) may occur. **The organisers will not be responsible for any injuries sustained.**

All riders must undertake to ride safely, taking care of themselves and their fellow riders, and follow the Highway Code. Please do not cross the white line. In particular, riders should not overtake except where safe to do so and not descend in a manner that endangers themselves or other riders.

We share the road with other users and riders should not obstruct vehicular traffic any more than absolutely necessary – ride single file except where safe to do otherwise.

Likewise, the Tarka Trail is shared with walkers (& dogs) and again riders should take care, keep to the left, use their bells and be courteous to other users.

IF YOU WITHDRAW FROM THE EVENT , PLEASE CALL 07791906433 TO NOTIFY US.

## 8. STRAVA

We are running a Strava competition this year (for those who compete this way), where the fastest for each route will win £20 of Southfork Vouchers- check out the website for the sections used.

## 9. Contact numbers

Rider Support Line- 07791906433 (to be rang on day if you are dropping out, or in event of an accident). IN EVENT OF A SERIOUS INCIDENT, PLEASE CALL 999 IMMEDIATELY.

Technical Director- 07891 384199 Ian Moon. Please call on the day for any technical queries.

## 10. THE FINISH

After you cross the finish line, you will receive your goody bag; you will then be free to enjoy the facilities (beer, tea, coffee and food- all at great prices)- and celebrate- you did it!

## 11.AFTER THE RIDE

Go home, rest, and get your money in the hospice! Remember to us the official sponsorship form from the website, so that we can claim Gift Aid. Send the money and the forms to –

Emma Lowe  
Devon Coast to Coast Challenge 2012  
**The North Devon Hospice**  
Deer Park  
Newport  
Barnstaple  
EX32 0HU

There is again a prize this year of £100 vouchers for Southfork Cycles for the person who has collected the most money (paid in to The North Devon Hospice with sponsorship form for Gift Aid by September 1<sup>st</sup> 2013); check out the website for more details.

Finally, please send any photos of the day to [simon@coast-coast.co.uk](mailto:simon@coast-coast.co.uk), so we can pop them in our online gallery.