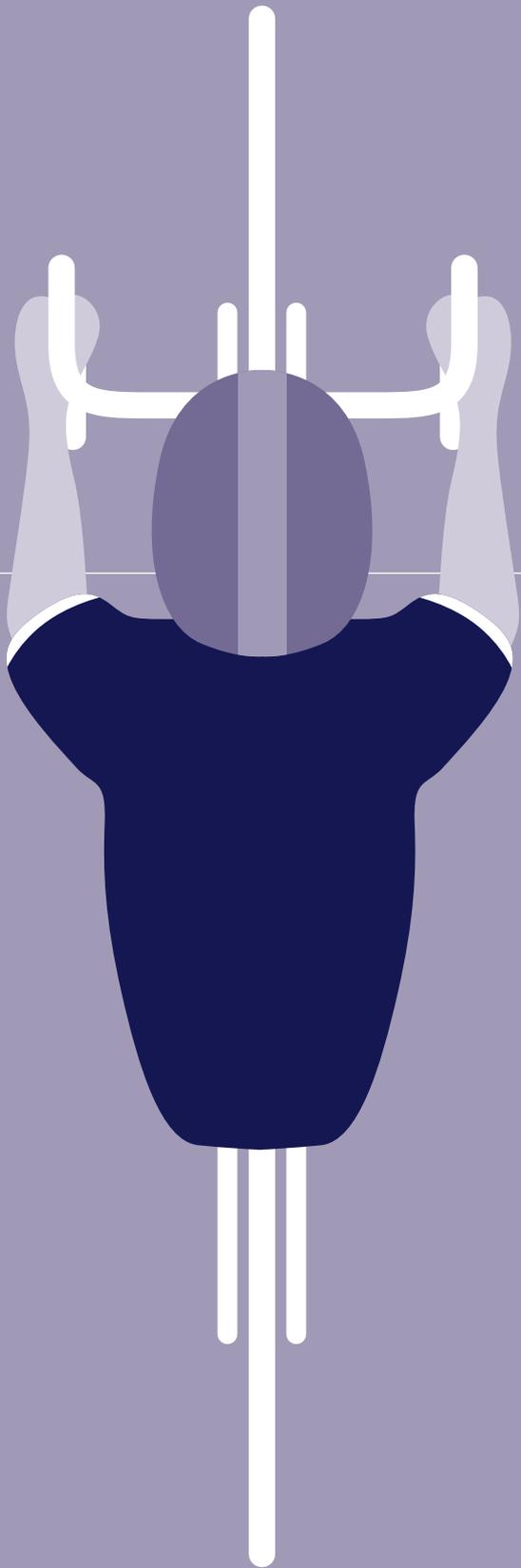


ride the north

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EVENT ITINERARY



ride the north

2019

Thank you for taking part in
Ride the North on Saturday 24th
and Sunday 25th August 2019.

As Ride the North takes place over two days there are more logistics than most events, so this document is intended to explain the crucial things you need to know and to tell you where you need to be!

The staging of the event is made possible with the kind support of event sponsors and many volunteers. Particular thanks are due to Walkers Shortbread, PD&MS Group, Roy Cowie LBS, SureVoIP, John Clark Motor Group, Fulcrum, Stena Drilling, Marathon Oil, Stronachs and Core Oil & Gas.

Fundraising

In eight years of Ride the North, participating cyclists have raised around £1.5m for charity. We are proud to be working with a number of different charities for Ride the North 2019. We have been working in partnership with, CLAN, The Sandpiper Trust, Charlie House, Stroke Association, SensationALL, Sue Ryder, Home-Start Aberdeen, Kayleigh's Wee Stars, Maggie's Centres, Alzheimer Scotland, Erskine Care Homes, Guide Dogs, Outfit Moray, Befriend a Child and Chest Heart Stroke Scotland. This work ensures our event has fundraising places which benefit the communities our cyclists pass through.

We expect many other charities to be represented on the event and are very grateful to all fundraisers who take the opportunity to use our event to fundraise for a cause they support. It's never too late to start fundraising and any of our partner charities would be delighted to assist you.

Your Safety on Ride the North

The priority consideration during the event is to ensure the safety of everyone involved. We have a medical team on duty throughout the event and are grateful to Police Scotland and each of the Local Authorities for their input and advice over safety matters. The basic steps below are intended to provide a timely refresher of how we can all contribute towards a safe event.

As cyclists, we are of course particularly vulnerable, and need to be, at all times, acutely aware of our surroundings and what is going on around us.

By taking part in an event of this nature, we must also be aware of how it can impact on others. There will be times when riders form some relatively large groups, whereas at other points the field may be thinly spread out along the route. As always, be prepared for the unexpected from other road users – motor traffic or fellow cyclists.

In built up areas, pedestrians in particular may be caught unaware by large groups of cyclists, please keep a look-out for yourself and others, and be prepared for someone crossing or stepping onto the road without noticing you.

Above all, please ride responsibly, follow the rules of the road, show respect and consideration for other road users; whether they are other cyclists, those in cars, vans, buses or lorries, those on motorcycles or pedestrians.

Ride the North isn't a race and shouldn't be treated as such.

Effective communication and consideration will help keep you safe while out riding on open roads.

Clear hand signals and calls will help make others understand your intentions. If in doubt...SHOUT! Where necessary, warn others of oncoming or approaching traffic.

If you can do so safely, let others know of potholes, loose surface dressing or poor road surfaces.

Give yourself space while also offering consideration to other road users.

Where there are marshals, please respect and follow their advice.

Please adhere to the guidance contained in the Highway Code. It states that riders should not ride more than two abreast. On the stretches of narrow roads please ride in single file.

The use of earphones (e.g. MP3, iPod) by participants is strongly discouraged on safety grounds.

Please only pass other riders on the right.

Please ride with great care, and slowly, on the sections of shared paths. It is highly likely there will be pedestrians, including children, also using them.

Be mindful of the weather conditions, especially if they do become unpleasant. Riding during rain or high wind is obviously more hazardous, so please take extra care, even although you may be desperate to get to the next stop or to shelter.

Please exercise caution as you arrive and as you leave feed stations, there can be a lot of coming and going, so there could easily be a mishap if you don't pay attention.

In summary, please show courtesy and etiquette while on the road, communicate clearly with others around you and be aware of and respect other road users.

Friday 23rd August

Registration Desk at RGU Sport Aberdeen (optional)

There will be a registration desk operational at RGU Sport in Aberdeen. This is optional – there will also be a registration desk also available at Castle Fraser on Saturday morning. RGU Sport can be found at the Robert Gordon University's Garthdee Campus, Garthdee Road, Aberdeen AB10 7GE. This is on the south west edge of the city and is served First Aberdeen services 1 & 2 operating between the City Centre and the Garthdee Campus. There will be parking available.

Event Jerseys

For RtN 2019 we have a new jersey supplier. A new supplier means new sizing and we have decided to distribute jerseys at registration rather than send by post in advance. If you updated your jersey size online, we have allocated you the jersey size selected. Otherwise we have given you the closest match to the original size selected at registration. There are spare jerseys and in the majority of cases we should be able to exchange when they don't fit.

Arrival at:
Castle Fraser

There is a car park available at Castle Fraser for those taking part in the event. The car park is free of charge, however, the vehicle left is at the owner's own risk. There will be a registration desk at Castle Fraser from 0700-1000 hrs. All participants must register in person before riding.

See note on previous page regarding event jerseys.

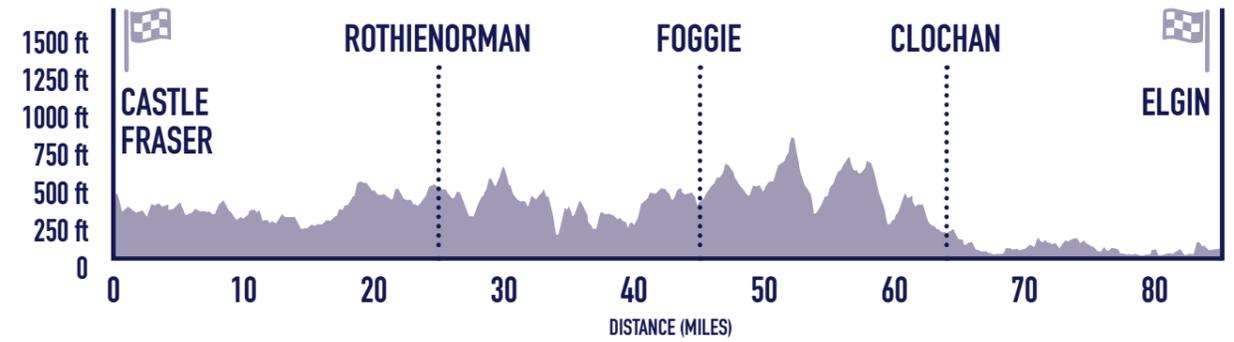
0745-1030 hrs:
Depart from
Castle Fraser

Having already registered, riders should report to the start line in the departure window shown – please do not join a queue at the start-line ahead of your allocated Start Wave time.

**Departure Colour
Waves:**
Average Speed
and Timings

Blue Wave	10 mph	Dep. 0745-0805 hrs
Green Wave	11-12 mph	Dep. 0805-0850 hrs
Yellow Wave	13-14 mph	Dep. 0850-0950 hrs
Orange Wave	15-16 mph	Dep. 0950-1015 hrs
Red Wave	16 mph +	Dep. 1015-1030 hrs

Location	Miles	Arrival Times
Castle Fraser	0	0745-1030
Rothienorman	24	0930-1200
Foggie	44	1140-1415
Clochachan	63	1345-1630
Elgin	86	1515-1830



Feed Stations

0930-1200 hrs:

Arrival at Feed Station, Rothienorman Village Hall
This feed station will provide water, coffee, snacks, bananas.

1345-1630 hrs:

Arrival at Feed Station at Clochan
This feed station will provide water, coffee, snacks, bananas.

1145-1415 hrs:

Arrival at Lunch Stop, Foggie
The lunch stop will be located at the sports pitches in the village of Aberchirder (aka Foggie).

1515-1830 hrs:

Arrival at Elgin
The Elgin riders will finish on the cycle path adjacent to Lossie Green Car Park. Bikes will be stored in the nearby Elgin Community Centre and bags collected from the Town Hall.



**Transport from
Elgin to overnight
accommodation**

#1 Elgin (south/east)

Shuttle transport (no timetable) to Premier Inn, Royal Hotel Car Park (also for Laichmoray Hotel) 1515-1815 hrs.

#2 Elgin (west)

Shuttle transport to Eight Acres/ Riverside Campsite, Northfield Terrace Car Park (for Sunninghill Hotel, Mansfield House Hotel, Heather Glen GH & West End GH, Moraydale GH & any other nearby establishments) 1515-1815 hrs.

#3 Lossiemouth

Departures at 1610, 1710, 1810 hrs to Stotfield Hotel. If you have an onward journey from Stotfield call Lossie Taxis on 01343 815999 to arrange (you will have to pay for onward journeys).

**#4 Forres
(Grant Park Car Park)**

Departures 1620, 1720, 1820 hrs to Grant Park Car Park. If you have an onward journey to Findhorn (or Brodie) call Mundole Taxis on 01309 673168 to arrange (you will have to pay for onward journeys).

#5 Fochabers

Departures 1600, 1700, 1800 hrs to The Square, Fochabers. If you have an onward journey from Fochabers call ACE Taxis on 01343 820820 to arrange (you will have to pay for onward journeys).

#6 Rothes/Craigellachie

Departures 1600, 1700, 1800, with set-down points of Station Hotel, Rothes and Craigellachie Hotel. If you have an onward journey from Rothes or Craigellachie call Tawse taxis on 07725 995277 to arrange (you will have to pay for onward journeys).

Return Transport
to Elgin

#1 Elgin (south/east)

Shuttle transport (no timetable) from Premier Inn, Royal Hotel Car Park (also for Laichmoray Hotel). Departures 0700-0930 hrs.

#2 Elgin (west)

Shuttle transport from Eight Acres/Riverside Campsite, Northfield Terrace Car Park. Departures 0700-0930 hrs.

#3 Lossiemouth

Departures at 0710, 0800, 0850 hrs from Stotfield Hotel.

#4 Forres

Departures from Grant Park at 0700, 0750, 0840 hrs.

#5 Fochabers
(The Square)

Departures 0710, 0800, 0850 hrs.

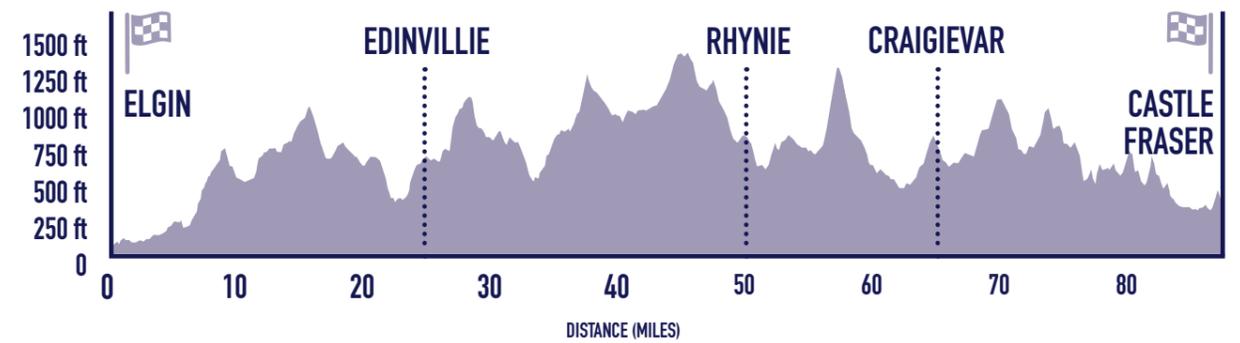
#6 Rothes/Craigellachie

Departures from Craigellachie Hotel at 0700, 0800, 0900 and Station Hotel, Rothes 0705, 0805, 0905.

Departure Colour
Waves:
Average Speed
and Timings

Blue Wave	10 mph	Dep. 0745-0805 hrs
Green Wave	11-12 mph	Dep. 0805-0850 hrs
Yellow Wave	13-14 mph	Dep. 0850-0950 hrs
Orange Wave	15-16 mph	Dep. 0950-1015 hrs
Red Wave	16 mph +	Dep. 1015-1030 hrs

Location	Miles	Arrival Times
Elgin	0	0745-1030
Edinville	25	0930-1200
Rhynie	51	1200-1445
Craigievar	67	1345-1630
Castle Fraser	87	1515-1830



Feed Stations

Start Wave times are listed opposite. You will appreciate that we need keep some structure to the start and therefore you will be started according to your selected start wave and these times. If you struggled on Day One and came in later than the times we had scheduled, we will move you to an earlier start time on Day Two.

0930-1200 hrs:

Arrival at Feed Station, Edinville

This feed station will provide water, coffee, drinks, bananas and snacks.

1345-1630 hrs:

Arrival at Feed Station, Craigievar

This feed station at Craigievar Primary School will provide water, coffee, drinks, bananas and bars.

1200-1445 hrs:

Arrival at Lunch Stop, Rhynie

The lunch stop will be located in the Square in Rhynie.

1515-1830 hrs:

Arrival at Castle Fraser

Families and supporters are welcome to come along and watch you cross the finish line. There will be food available for sale at the castle and there will be over 850 cyclists to cheer.



ride the north

Start Groups

Start Groups (and changing start groups)

The crucial elements of the start schedule are that those who need close to the maximum time, get that time by starting first AND that those who acknowledge they will be among the quickest, start out on a later schedule which will ensure support and marshalling is in place when they reach the latter part of the course. For the majority in the middle this matter is less significant, but being in the most appropriate start wave will help ensure you are grouped with others of similar pace.

This year we have a relatively uneven split between the 5 start group options. There are relatively high numbers in the Yellow (middle wave) and far less having opted for Orange and Red (the later two). If you are a rider in the yellow wave and not overly concerned about keeping an average pace of 13 or 14 mph, there is much to be said for holding back to 1000 hrs rather than trying to leave at 0900 hrs.

In seeking to achieve some order to the start we will ask you to stick to the Start Wave you have selected. There is no problem with moving backwards, but previous experience suggests too many people wish to move forward. If you were outside of the published schedule on day one, we will help you move forward for day two.

Concerns About Completing on Time?

Ride the North is intended as an event for cyclists of all abilities. If you started from a low base, we assume that you will arrive at the event having prepared for it. Each day the event begins at 0745hrs and ends at 1830 hrs and you have between these hours to cover the course. You will need to factor in the time to take on fuel at the refreshment stops and a little contingency time. Our team will offer support to all participants, but in order to do this, we have to work to an agreed timetable and require you to reach the checkpoint within the intervals outlined overleaf to ensure you benefit from this support.

On both days, there will be a revision to the final few miles for riders that are outside of the published times. The objective is to have everyone complete by 1830 hrs on both days. If you reach 75 miles at a time when it is established that you will not reach the finish line before 1830 hrs, we will change the route to cut off around 5 miles. If at any point earlier in the day, you are making progress at a pace that establishes that you cannot complete 80 miles by 1830 hrs, we may deem you to no longer be part of the event. There will be support vehicles to assist.

Event Numbers

Every participant will be supplied with an Event Number (not a Race Number)! The number will be used as identification – your meal ticket for lunch and coffee stops! There will be a number of volunteers helping us during the event, including the supervision of bike parks. Your number will provide those performing this role with clarification that you are a participant.

Information packs will be issued at registration and these packs will contain both a number to be worn by the rider and one to be attached to your bike.

Kit Items

We don't recommend cycling with a large number of kit items. Here are some things to remember or consider:

- Your bike in good working order (Essential)
- Helmet (must always be worn on the bike)
- Cold/Wet Weather Gear (always required in Scotland)
- Phone (for mechanical or medical assistance)
- Sunscreen (You will be outdoors for many hours so sunscreen is recommended)
- Extra water cage and bottle (hydration is vital)
- Multi-Tool/Spare Tube & Pump (for routine mechanical issues)
- Small on-bike storage bag (to hold some of the above)
- Cash (albeit refreshments along the route are included in the fee paid)
- One Item of Luggage/Non-Cycling Clothes (Please come with one item of luggage to check-in at the start).

Route/Navigation

The entire route will be signposted and some junctions marshalled. We will endeavour to make the signposting as clear as possible to ensure you stay on the route. The maps of the route which will be in your registration pack are intended only for illustration rather than navigation.

For users of GPS devices digital will be issued along with this information. The route is all agreed with Local Authorities, but we will wait until close to the event date before issuing, just to be clear that all current road issues are understood/resolved.

Luggage/Luggage Transfers

We will have a check-in for your bags at Castle Fraser and Luggage will be transported to Elgin. The same format will apply again on day two, with bags checked in at Elgin and returned to Castle Fraser.

We will supply you with a luggage label at the check-in, where you should check-in one bag per person (a second is fine if you are bringing a tent). Please do not leave valuable items in your luggage.

Weather Conditions

If you know the local area (and if you were part of RtN in 2018!), you will know that we cannot predict what conditions riders will be faced with. If you are coming from further away, typical weather for late August in North East Scotland is 17-19°C, but a day of rain can be 10°C and a day of sunshine can be mid 20s. It doesn't rain all the time in Scotland, but there are plenty of summer days which have a shower!

The timetables set out for each day will be reviewed according to conditions and we will endeavour to take account of the weather in the support provided. In the event of very adverse weather conditions, the organisers will take a view, in consultation with Police Scotland, as to whether the event can take place safely in the event of very adverse conditions.

Clothing

It has been said, that there is no such thing as bad weather only the wrong clothes. As far as cycling is concerned, it is true that poor (wet) conditions can be countered greatly by good waterproof clothing. Padded cycling shorts and a lightweight rain jacket might be regarded as essentials.

Your Bike

The event will attract participants with varying levels of cycling experience. Most participants ride road bikes (it is all on surfaced roads), but please don't think that is a requirement. If you are riding something other than a road bike, you might consider the tyres you use, but as it's not a race, a slower, more comfortable bike is definitely an option. The main requirement is that you arrive at the start with your bike in good working order.

Mechanical Support

As noted above, it is essential you arrive with your bike in good working order. Mechanical support and essential spares will be positioned at each of the feed stations on the route (but not at water stations). If you have an emergency mechanical problem which prevents you from cycling to the nearest mechanical support station, we will have an emergency mechanical support vehicle to assist you. If the problem is easily fixed it will be addressed at the roadside, otherwise you will be transferred to the next mechanical support station.

Vehicle Support

There will be a support vehicle towards the rear of the field which will assist/transport any rider who is unable to continue with the ride. This may be the result of injury, illness or fatigue. If you feel unwell at any point, we strongly recommend you seek assistance, either from our support vehicle or from our First Aid colleagues.

Accommodation

Accommodation is not included in the registration fee. Please ensure you have the rooms you require booked before the event.

Spectators & Supporters

We are delighted to see supporters on the RTN route and at the finish-line. We would, however, invite spectators to do what they can from avoiding driving on the route – which will, naturally enough, be busy with cyclists!

Finish-Line Spectators: At Castle Fraser, cyclists will ride into the estate and finish right at the castle.

There will be parking at the castle.

Our event hub in Elgin has plenty of parking at Lossie Green Car Park.

Supporters on the Route: We have a support on the route to fuel you with food and drinks. We also have mechanics, medics, support cyclists, marshals, motorcycle support and sweep vehicles to offer you any help you need. We would like to try to persuade you not to engage your own support vehicles driving on the route. There are points along the way where spectators and supporters could meet you and we will publish suggestions ahead of the event. Naturally the roads are open for all traffic, but you will appreciate that we have sought to use roads which are quiet and conducive to the event. The safety of cyclists will be compromised if the event itself begins to generate traffic.

If you have friends of family that wish to see or meet along the route, our recommendations are:

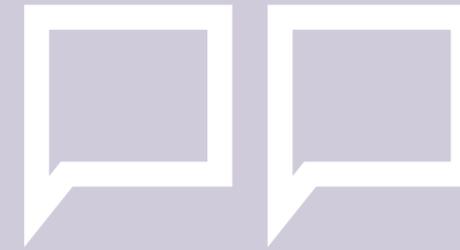
DAY 01

1. **Rothienorman** – There is parking around the village hall. It will be busy, but you can get in and out of the village without driving on narrow roads full of cyclists!
2. **Foggie (Aberchirder)** – Driving via Huntly means that you can enter/leave the village without being on the cyclists' route.

DAY 02

1. **Dufftown** – Can be visited without driving on the route (if you come/go via Huntly)
2. **Rhynie** – You can visit Rhynie on the A97 without having to pass cyclists
3. **Suie Hill** – Flying in the face of other suggestions, you can't visit Suie without driving along the route of the cyclists. That said it will be a great vantage point to watch riders on the toughest climb, just when they need our cheers and support. If you plan to come here, I'd urge you to commit to an afternoon on the hill and wait for all riders to pass.

Please note – Refreshment locations at Clochan, Edinvillie and Craigevar are all small sites with inadequate parking for more than event vehicles. It would be helpful if spectators would avoid driving to/parking at these locations.



Feedback

We would like to make the event as enjoyable as possible and we would also like to create an event which could bring more people to enjoy all that is good about cycling in the North of Scotland. We can only do this by ensuring we listen to the views of participants about what was good and what could have been better.



CONTACT

You can contact us by email via

neil@velodays.com

or by phone on

07810 410084

As the event gets nearer we will be spending more time out on the route. If you have a pressing question it might be easier to call.

Thank you again for taking part and please cycle safely.

Neil Innes

Ride the North Event Manager

