



### IMPORTANT

#### Please Read Before the Event

We are delighted that you have decided to join us for the Vale of Belvoir Gran Fondo and Piccolo Fondo cycle rides on the 8<sup>th</sup> May 2022.

The rides will start and finish at Hose Village Hall Melton Mowbray LE14 4JR

*Please download the free app 'what3 words'. Should you need any assistance you can use this app so that you can be found quickly and accurately, should you require medical or mechanical attention. You don't need your mobile data on.*

*These are non-competitive cycle sportives and as such no times will be recorded or published.*

*If the event needs to be cancelled on the day due to unforeseen circumstances, information will be posted via Facebook, Instagram and Twitter. We will not contact individual riders.*

- Please read the information below and on our website:  
[www.velobelvoir.com](http://www.velobelvoir.com)



### EVENT OVERVIEW

#### 1. Event Venue

- Hose village hall, Melton Mowbray LE14 4JR
- 8th May 2022

#### 2. Arrival

- If arriving by car, please follow directions to Hose Village Hall, where there is ample free car parking at the back of the hall on the field. Cars should access this via the tennis and bowls clubs and not via the main entrance to the hall as this will be solely for the use of cyclists. Please follow signs and directions from marshals on the day.
- Cars will exit the same way you came in, to avoid any tangling of cars and bikes!
- **All cyclists arrive and leave via the main entrance to the village hall.**

#### 3. What to bring

- A **helmet is compulsory** for this event.
- Please wear comfortable clothing and footwear, appropriate for the conditions on the day of the ride.
- We advise you ride with a minimum of a rear light at all times
- We also advise that you bring a full water bottle or two water bottles for the Gran Fondo, a form of ID in case of an incident, charged mobile phone, payment card and basic tool kit, (Allen keys, tyre levers, spare inner tubes and pump.)
- If it is sunny, please remember sun screen and sunglasses.
- Please try to ensure that your bike is in good working order before arriving at the event.



#### 4. Registration and Start times

- GRAN FONDO registration will be open from 08:00 to 09:30
- PICCOLO FONDO registration will be open from 10:00 to 11:15.
- It's vital that we stagger everyone according to their distance and speed to avoid too many people in the same place at the same time and to reduce queuing as much as possible in the village hall. We will not be giving out individual start times –

<b>Gran Fondo</b>	<b>Average Speed</b>	<b>Registration times</b>	<b>Start times</b>
Speed Merchants	>15 mph	08:00 to 09:00	08:30 to 09:30
Steady Eddie's	<15 mph	08:30 to 09:30	09:00 to 10:30

<b>Piccolo Fondo</b>	<b>Average Speed</b>	<b>Registration times</b>	<b>Start times</b>
Speed Merchants	>15 mph	10:00 to 10:45	10:30 to 11:15
Steady Eddie's	<15 mph	10:30 to 11:15	11:00 to 11:45

- **Please read the information on [www.velobelvoir.com](http://www.velobelvoir.com) about face coverings, one way systems and the limit on numbers inside the halls.**
- Entry for registration is a different 1 way system from the toilets. Please register inside at the appropriate time. One by one (or together if living in the same house – up to 6), you will be asked to confirm your details and sign that they are correct. You will be given your rider number on a wristband (allows access to feed stations) and a route map for each group. The wristband will have important telephone number for contacting HQ (Michelle) in case of first aid; mechanical assistance or to confirm directions.



### 5. Routes

Printed route A4 maps (1 per rider) will be available at the registration desk.

You may like to load these routes to your GPS device. The routes are available to download to your GPS device from our website:

[www.velobelvoir.com](http://www.velobelvoir.com).

#### **The Gran Fondo**

The Gran Fondo takes riders from Hose to Colston Basset, Kinoulton, Hickling, Long Clawson, Holwell, Scaford, Waltham, Wymondham, Castle Bytham, Little Bytham, Swinstead, Inham, Corby Glen, Burton Le Coggles, Skillington, Sproxton, Croxton Kerrial, Knipton, Woolsthorpe, Belvoir Castle, Eastwell, Harby and back to Hose.

The route largely avoids any major A roads however several A roads are crossed over.

The Gran Fondo will be signposted via RED/WHITE striped directional arrows.

There is one feed stop on the route at Little Bytham after approximately 40 miles (see section 8).

#### **The Piccolo Fondo**

The Piccolo Fondo takes riders from Hose to Long Clawson, Eastwell, Eaton, Knipton, Harston, Woolsthorpe, Belvoir Castle, Redmile, Barkstone, Plungar, Granby, Barnstone, Langar, Colston Basset and back to Hose. No major A roads are crossed on this route.

The Piccolo Fondo will be signposted via BLUE/WHITE striped directional arrows.

There are no feed stops on this route.



### 6. Mechanical Assistance

Our mechanic, *Paul from 'Bishop Cycles'* based in Cropwell Bishop, will be at the venue before the start. He accepts contactless payment should you need to buy any emergency parts.

### 7. Medical and Emergency Assistance ('First aid')

- Our First Aid Team, NESST, will be in attendance on the day of the event. For minor incidents or accidents please call the phone number provided on your wristband. Our roving first-aiders may be able to reach you before the ambulance does.
- In the case of medical emergency, if in doubt, please call 999.

### 8. Refreshments and Feed Station

#### Hose Village Hall

- A range of hot drinks and pastries will be available to purchase at the start and end of the event via **CAFÉ ALLEZ**.
- A BBQ will be provided free for riders at the end of the event. Gluten free, vegetarian and vegan options will be available. Non-riders will be able to purchase food.
- A selection of beers, wines and soft drinks will be available to purchase at the end of the event (card purchases only). Please verify age via ID in order to purchase.

#### Little Bytham Village Hall feed station

**Note: Please remove all cycling shoes with exposed cleats before entering Hose village hall – please carry them, as you won't be going back out the entrance.**

- **This will be open to riders on the Gran Fondo route only.** There will be a one way system in operation. Please follow the signs. Our helpers will do their best to serve you as quickly as they can.
- **There may be limited seating at a table inside the hall –** If there are no empty seats, please move on out the hall and eat and drink outside.



- We have a **limited amount of gluten/dairy free, vegetarian and vegan options** available at the feed station – please do ask the friendly kitchen teams. Whilst we understand the need for strict care in avoiding cross contamination, we cannot guarantee they are 100% free of all traces.
- After refuelling, please leave the feed station, turning right onto the road.

### 9. Staying Safe

- The rides will be on open roads, so you will be sharing the route with other road users. The Highway Code applies as usual, so please follow it, riding no more than two abreast and being considerate to other road users., including horses and be mindful of dog walkers and their dogs.
- Please ride with control and take care of yourself and those around you.
- All of the routes follow relatively quiet country lanes with low levels of traffic, but there are small sections along the routes where you will cross, or turn right across a slightly busier road. Please use extra caution at these junctions.

### 10. Signage

- Our signs will be positioned at (or in advance of) each junction or turn on the routes. These will be brought to your attention before you set off. Please do not follow any other signs.
- It is possible that signs may be tampered with, so we recommend you carry one of our route maps, and/or have the route loaded within a GPS device. If you reach a junction and there are no signs please call the number on your wristband for advice and give your location via the **'what three words'** app.
- We will put these signs up on Saturday. If you know the route but spot a missing sign, please call Michelle at 'HQ' Michelle on the number on your wristband and let us know so we can come and rectify the situation for other riders.
- **If you see a "Caution!" sign on the map, please sit up and take care.** These signs are at locations where we have identified: a steep downhill; bad road surface (possibly gravel); a sharp bend (often combined with a fast section); a busy road crossing/junction or other risk.
- **Lost? – Don't keep going!** Track back to the last sign that you saw and get back on course. If in doubt, please give Michelle at 'HQ' a call (number on wristband).



### 11. Juniors 8-16 Parental consent form

- If you are riding with a young rider under the age of 18, please copy and paste this link into a new browser.  
[https://www.britishcycling.org.uk/zuvvi/media/bc\\_files/non\\_comp/FORM - Parental Consent Form TemplateLATEST.pdf](https://www.britishcycling.org.uk/zuvvi/media/bc_files/non_comp/FORM - Parental Consent Form TemplateLATEST.pdf)
- Please print out, fill in and bring with you on the day.

### 12. Finish Line

- Please make sure that you **check in with our welcome back team at the finish line.**
- If you decide to abandon the event for whatever reason, or if you change route mid-event, please let the event organisers know so that we don't go out searching for you!
- We ask you to be **patient** as whilst we have done our best to spread you all out at the start and at each feed station, as well as at the end, we may have to ask you to wait, accepting no more than 6 riders back at a time.

**We are really looking forward to a super event!**  
**If you have any questions, please get in touch with The Velo Belvoir Team**  
**info@velobelvoir.com**



### COVID MEASURES

#### VELO BELVOIR COVID INFORMATION 2022

##### Introduction

The following measures outline our measures to minimise the spread of COVID-19 at our cycle event. Please note this may change depending upon current government guidance and risk minimisation measures.

Please take the time to read this PRIOR to the event and do not hesitate to ask any questions beforehand: [info@velobelvoir.com](mailto:info@velobelvoir.com)

#### **1. Before you arrive at Hose village hall on Sun 8<sup>th</sup> May**

- All riders are requested to NOT attend Velo Belvoir if they display/ have displayed any recent [COVID symptoms](#)/ are within isolation guidelines (foreign travel/ from a lockdown area/ in a household with anyone displaying symptoms). In this case riders will be offered a no quibble full refund. The same is true for all non riders involved in the event. Please email [info@velobelvoir.com](mailto:info@velobelvoir.com) if you cannot attend.
- Please read the rider information email which will be emailed to you and available on the website.

#### **2. Throughout the day**

- We all need to take care of each other.
  - REGULAR WASHING/SANITISING – Hand sanitisers will be available on the entrance to all village halls for all riders and event helpers to use.
  - SPACE – give space to each other inside as well as outside. There is plenty of space around the village hall. The start area is to have no more than 24 riders.

#### **3. Hose village hall**

- Car Parking – There is a huge amount of space for car parking on the back field. There is a separate car entry point to cyclists.
- No one will have been in the hall apart from event staff within 24 hours. We will hand sanitise before entering.





- Breakfast items, teas and coffees will be available for sale outside from 08:00 via Café Allez. Contactless payment only.
- All main access doors will be left open, to aid ventilation and avoid unnecessary contact points.
- Toilets – there will be a separate 1 way system for the toilets. In the foyer area there will be one way markers. 1 in, 1 out. Please use the hand sanitiser provided. Main doors and toilet doors are to be kept open to aid ventilation throughout.

#### **4. Registration**

- Registration and start times will be staggered over approx. 3 hours, with 2 waves per distance. Riders will be emailed the information about staggered registration and start times based on their distance and approx. finish times. This has been devised to avoid too many people at the start; in each village hall enroute and at the finish. Riders to arrive with who they want to ride with in groups of no more than 6.
- There will be a separate entrance to the hall for registration – please follow the signs. There will be one way system for registration inside the hall and a strict limit on the number of people inside the hall at any one time (1 in, 1 out).
- Self- registration will take part in the main hall. Riders can bring their own pens and we will have a supply of pens. The hall will be exited via the north door. Exiting the hall everyone will be directed anticlockwise, so as not to double back, walking past the queue to get in.
- Registration queue will be from the car park/ field outside the hall and should be socially distanced. Riders not to stand close to other riders unless they are from the same household/group.

#### **5. The Start**

- This will be staggered over 3 hours. Within each wave, riders will be set off in groups of 6 approx. 2 minutes apart. A safety briefing will be given to each group at the start. No more than **24** riders are allowed in the vicinity of the start line at any one time.

#### **6. Riding the Sportive**

- No more than 6 riders to ride together in a group.
- No more than 2 riders abreast.
- Overtaking to be done safely giving plenty of distance as riders pass.
- Give other riders warning of approaching traffic or areas of bad road conditions



### **7. Little Bytham Village Hall**

- Start times have been staggered to best plan and spread out arrivals at the village hall.
- All touch points to be cleaned with antibacterial wipes prior to the event.
- Riders and event team only are allowed inside. Sorry, no members of family this time.
- **PLEASE NO TOUCHING** of food or drinks. Event helpers will serve all cakes using designated cake servers onto paper plates. Hot and cold drinks will also be served to minimise multiple contact on surfaces.
- Water bottles can be refilled at the village hall.
- There will be limited tables in the hall.
- All remaining riders to eat and drink outside, socially distanced in groups of no more than 6.
- Doors to be secured open to aid ventilation.

### **8. Finish**

- Start times have been staggered to also stagger finish times. Riders may have to queue to be checked back in and be handed their finishers medal, and meal voucher from designated event volunteers.
- Toilets will be available – same one way and restricted numbers as before.
- There should be no need to go into Hose village hall. The doors will be closed.
- Drinks (Lager/Bitter/Cider and soft drinks) will be available to purchase, contactless payments only, ID may be required to confirm age.

### **9. Wet Weather**

- If it does rain, we can't allow any more than a maximum in the village halls at any one time, unless you are eating and drinking at one of the few socially distanced tables available. Please only stay as long as you need to drink/ eat, so that others can benefit. It's for everyone's benefit.



### Terms and Conditions

The Terms and Conditions below apply to all Riders in events organised by VELO BELVOIR. By purchasing an entry into an event, the Rider acknowledges acceptance of these Terms and Conditions.

1. The Rider accepts that the event is non-competitive. Any Riders deemed to be racing shall be banned from the event, and any future events promoted by VELO BELVOIR.
2. All Riders are provided with public (third party) liability insurance cover through British Cycling for duration of the event subject to their compliance with the terms and conditions of that insurance policy.
3. A Rider will be fully liable for any fees or costs arising from any accident caused by the Rider. Individual insurance will only be provided to Riders who take up individual membership of British Cycling.
4. All Riders must wear an approved cycle helmet which complies with ANSI Z90/4 to SNELL standards. Any Rider not wearing such a helmet will not be covered by the event insurance and will immediately be disqualified from the event.
5. Velo Belvoir reserves the right to refuse entry into the event to any Rider with inappropriate equipment or clothing.
6. The Rider accepts that by signing in on the day of the event, they are sufficiently physically and mentally fit to complete the route that they have selected.
7. At the signing on point, Riders must provide British Cycling with details of emergency contact and all relevant medical information.
8. The events are on "Open Road" and Riders will share the route with other road users. All Riders must obey the Highway Code during the event and to extend courtesy to other road users. Due to the location of the events, Riders are specifically asked to ride no more than two abreast and are requested to give way to horses.
9. Any Rider displaying antisocial, inconsiderate, abusive or other unreasonable behaviour will immediately be withdrawn from the event and banned from all future events.
10. Please respect the beautiful countryside, please dispose of all litter within the bins in the village halls.
11. Riders shall not deviate from the official, signed route. Maps and signage will be provided.
12. The event organisers will provide a pre-ride briefing and will place warning signs along the route where any dangers are deemed to be present. However, the absence of a warning sign does not indicate no danger. It is up to the Rider to determine whether or not the section of the route is safe to ride.
13. Riders must be aged over 18 years on the date of the event in order to ride unaccompanied. Riders aged under 18 must provide written parental consent. Riders under 16 must ride accompanied by a parent or guardian with written parental consent.
14. Riders agree to return to the event HQ, or to contact the event organiser before the close of the event. A search will be conducted for any Rider not accounted for at the close of the event and the Rider will be billed for the cost of any search.
15. The event organisers reserve the right to cancel or postpone the event in the case of updated guidance from the government and or British Cycling or in extreme windy weather conditions. In such circumstances, the Rider's will be offered a refund.
16. Riders must display their rider number on their wristband at all times. Event organisers may refuse access to feed stations if a rider number is not visible.
17. Entrants have a 14 day cooling off period from the date of payment of their entry fee to request a refund. No refunds can be given after the end of the cooling off period.
18. Entries are not transferable.
19. For marketing and/or publicity purposes, Riders agree to assign and grant the right and permission for Velo Belvoir to use and publish any photographs, film, video, electronic representations of the Rider on any event.
20. These Terms and Conditions are additional to those set out on the British Cycling website at the point of entry into the event.