**IMPORTANT**

**Please Read Before the Event**

**We are delighted that you have decided to join us for the Vale of Belvoir Gran Fondo (100 miles), Mezzo Fondo (60 miles) and the Piccolo Fondo (30 miles) cycle rides on the 25th June 2023.**

**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
* 25th June 2023
1. **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 cycles
* **All cyclists arrive and leave via the main entrance to the village hall.**
1. **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.
* A fully charged GPS device pre-loaded with your applicable route
* A fully charged Di2 gear assembly if applicable

**Please ensure that your bicycle is in good working order before arriving at the event.**

1. [**Registration and Start times**](http://www.2wheelsandapieceofcake.co.uk/blast-20-timings) **(approximate)**

GRAN FONDO

* registration will be open from 08:00
* start times will be from 8:30

MEZZO FONDO

* registration will be open from 09:00
* start times will be from 09:30

PICCOLO FONDO

* registration will be open from 10:00
* start times will be from 10:30
* 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 –
* Entry for registration is a different 1 way system from the toilets. Please register inside at the appropriate time. 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 route map will have important telephone number for contacting HQ (Michelle) in case of first aid; mechanical assistance or to confirm directions.
* Those riders on the MEZZO FONDO route will visit the feed station at South Witham once.
* Those riders on the GRAN FONDO route only will visit the feed station at South Witham twice. Please check in with the Marshal at the feed station where you will be given a second wrist band. This will confirm that you have completed the additional loop upon your return to the feed station.
* All riders will pass the DONUT STALL located on the approach to Belvoir Castle.
1. **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:

* Hose (START)
* Colston Basset
* Kinoulton
* Hickling
* Long Clawson
* Holwell
* Scalford
* Waltham
* Wymondham
* South Witham (FEED STATION – First Visit)

This part of the route is approximately 53 km long and will be signpost via RED/WHITE striped directional arrows (Same as the Mezzo Fondo)

Riders will leave the feed station passing through

* Stretton
* Clipsham
* Ryhall
* Braceborough
* Wilsthorpe
* Manthorpe
* Toft
* Edenham
* Grimsthorpe
* Irnham
* Corby Glen
* Castle Bytham
* South Witham (FEED STATION – SECOND VISIT)

This part of the route is approximately 65 km long and will be signpost via BLACK/WHITE striped directional arrows

Riders will leave the feed station for a second time passing through

* Woolsthorpe by Colsterworth
* Saltby
* Knipton
* Harston
* Woolsthorpe by Belvoir (Donut stall)
* Terrace Hill (MAJOR CLIMB 7.6% ave; 15% max)
* Eastwell
* Hose (FINISH)

This part of the route is approximately 47 km long and will be signpost via BLACK/WHITE striped directional arrows

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

The route overall is approximately 165 km long with 1502 metres of climbing.

**The MEZZO FONDO**

The Mezzo Fondo takes riders:

* Hose (START)
* Colston Basset
* Kinoulton
* Hickling
* Long Clawson
* Holwell
* Scalford
* Waltham
* Wymondham
* South Witham (FEED STATION)

This part of the route is approximately 53 km long and will be signpost via RED/WHITE striped directional arrows.

Riders will leave the feed station passing through

* Woolsthorpe by Colsterworth
* Saltby
* Knipton
* Harston
* Woolsthorpe by Belvoir (Donut stall)
* Eastwell
* Hose (FINISH)

This part of the route is approximately 43 km long and will be signpost via RED/WHITE striped directional arrows

The route largely avoids any major A roads

The route overall is approximately 97 km long with 911 metres of climbing.

**The PICCOLO FONDO**

The Piccolo Fondo takes riders from

* Hose (START)
* Long Clawson
* Eastwell
* Eaton
* Knipton
* Harston
* Woolsthorpe by Belvoir
* Belvoir Castle (Donut stall)
* Redmile
* Barkstone
* Plungar
* Granby
* Barnstone
* Langar
* Colston Basset
* Hose (FINISH).

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

This route is approximately 49km long with 412 metres of climbing

1. **Mechanical Assistance**

Our mechanic will be at the venue before the start. He accepts contactless payment should you need to buy any emergency parts.

1. **Medical and Emergency Assistance (‘First aid’)**
* Our First Aid Team will be in attendance on the day of the event. For minor incidents or accidents please call the phone number provided on your rider map. 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.
1. **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.***
* Food will be provided for all participants at the end of the ride. This will be a beef chilli / 5 bean chilli (suitable for vegetarian/vegan and gluten free) with various accompaniments. Whilst we understand the need for strict care in avoiding cross contamination, we cannot guarantee they are 100% free of all traces.
* A selection of soft drinks will be available to purchase at the end of the event (card purchases only).

**South Witham Village Hall feed station**

**Note: Please remove all cycling shoes with exposed cleats before entering the village hall**

**This will be open to riders on the Gran Fondo and Mezzo Fondo routes 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.

* **The Gran Fondo riders will visit this feed station twice**
* **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
* **Riders on the GRAN FONDO route, please check in with the marshal before setting off on the additional loop.**
1. **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 or 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.
1. **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’ 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 “Slow” sign on the map or en-route, 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).
1. **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.**
1. **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**

**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.