**Velo Belvoir Rider Safety Briefing**

**Staying Safe**

The rides will be on open roads, so you will be sharing the route with other road users. Please be considerate to other road users, including horses, other cyclists, be mindful or dog walkers and people who live in the villages you will pass through during the rides.

Riders should be no more than two abreast and in groups of six or less.

Please ride with control and take care of yourself, especially on steep descents.

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.

Routes are signposted with directional arrows.

If you see a SLOW sign please take care at this section as this will involve a steep downhill, sharp bend or pinch point in the road

Some signs may have moved or been moved on purpose. If you arrive at a junction with no directional arrow, please consult the map provided or call the number on your wristband for advice.

Use what 3 words to advise of your location

**Gran Fondo**

* There is a set of 3-way traffic lights in Waltham, please respect the traffic signals at this point.
* Follow the Red and White striped arrows until the first feed stop at South Witham village hall.
* When you exit the feed stop you will complete an additional 40 mile loop following Black and White stiped arrows arriving back at the South Witham village hall.
* Please ensure you have sufficient fluids and nutrition to complete the 40 mile loop.
* The Marshal at the feed stop will check all Gran Fondo riders entering and exiting the South Witham feed stop. You will be provided with an additional wrist tag before you complete the additional loop. This will allow the marshal to see who has completed the loop and to ensure you do not do this twice.
* After the second feed stop, you will follow the Black and white arrows.
* You have one major climb towards the end of the ride. This takes you up Terrace Hill, the only major climb in the midlands area. This has an average of 7.8% with the steepest section around 15%

Mezzo Fondo

* There is a set of 3-way traffic lights in Waltham, please respect the traffic signals at this point.
* Follow the Red and White striped arrows
* You have one feed stop after approximately 30 miles at South Witham Village Hall

Piccolo Fondo

* Follow the Blue and white striped arrows

Any difficulties, please call the number on your wristbands.

If you cannot finish the ride, please let us know via the number on your wristband.

We look forward to welcoming you back in a few hours

Enjoy the ride!