**Velo Belvoir Rider Safety Briefing**

**You are responsible for your own safety and the safety of others around you. Please respect the highway code.**

**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.

Where the turning is off a main route, signs will be placed on a fluorescent yellow background to aid visibility

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**

* 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. You will also be provided with a few energy bars to see you through. Please pick these up from the Marshal at the feed station.
* After the second feed stop, you will follow the Red and White arrows taking you back towards Hose.
* As you approach Belvoir Castle on the final leg of your ride, there will be a donut and water stall.

**Mezzo Fondo**

* Follow the Red and White striped arrows
* You have one feed stop after approximately 30 miles at South Witham Village Hall
* As you approach Belvoir Castle on the final leg of your ride, there will be a donut and water stall.

**Piccolo Fondo**

* Follow the Blue and white striped arrows
* We have previously had some persons, mainly around Knipton and Harston purposely destroy the signs or turn the signs in a different direction. Around these problem areas, we have also marked the direction in road paint. Please also look out for directions on the road.

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.

Please note that all riders should aim to finish and be back at Hose village hall by 18:00.

Any issues during the ride, please call the number on your wristband and one of the team will help.

Enjoy the ride!