

Surrey Legs of Steel Rider Instructions 2009

Congratulations on entering the Surrey Legs of Steel: Dave Aitchison Challenge Ride 2009. The ride takes place on **Saturday 26th September, 2009**.

Getting there:

The ride starts and finishes from the Box Hill National Trust building at the top of Zig-Zag hill. You can either choose to drive there and park, or take the train to Dorking or Box Hill Westhumble stations and cycle up Zig-Zag to the start (see route map for station locations).

Trains run from Clapham Junction to Dorking & Box Hill Westhumble and take about 40-50 minutes. There is a train leaving Clapham Junction at 06:54am that arrives at Box Hill Westhumble station at 07:45am. For those arriving by train, there is an option to check a small bag in at registration which you can pick up at the end of the ride (it will be sticker-matched to your rider number). To check full train time listings, go to the National Rail website: www.nationalrail.co.uk

If you drive to the event, you can park in the National Trust car park at the top of Box Hill for £3 for the whole day, or there is another car park at the bottom of Zig-Zag next to Ryka's café. Parking at the top of Box Hill is limited, so please be prepared to park at the lower car park and ride up Zig-Zag if arriving late. Please follow the instructions of marshals who are there to assist with parking.

Registration & Start:

Registration opens at 7:15am with riders rolling out from 8am-9am, so please allow yourself at least 20-30 minutes to park, register and pick up your rider number and route map.

Registration takes place in the National Trust events room next to the café and will be clearly signed. Please make sure you know your rider number when you go to the registration desk – this will be printed on an alphabetical list outside the registration room.

At registration you will pick up your rider number and route map and confirm the route (long or short) that you plan to ride. You must secure your rider number to the front of your handlebars using the cable ties provided so that it is clearly visible to our timing marshals before you start the event. Do not attach it to any other part of your bicycle, or you will be asked to remove it and place it in the correct position before you start. Riders without a number will be pulled from the start queue.

Bike shop spares such as tubes and tyres will be available for purchase from **PROLOGUE BIKES** at the start along with track pumps for your use. There are also public toilets and a café available at the start/finish area. Please remember to bring small change for use at the café.

Once you have registered and are ready to start, please join the start queue where you will be instructed by the marshals. There is no mass start, but riders will roll out in groups of up to 10 per minute between 8am and 9am. Obviously the earlier you start, the earlier you will finish and the quieter the roads will be, but we will still only allow 10 riders to leave each minute, so you may have to queue and wait for your turn.

Timing System & Standards:

We are operating a laptop timing system, where batches of 10 riders will be processed each minute. Our start marshals will note your rider number, so please ensure this is clearly visible on the front of your handlebars.

When you return to Box Hill for the finish, the finish marshals will record your number and finish time and you will receive your medal and goody bag. The medals equate to the timing standard achieved as follows:

Category	Under 18 yrs	18-39 years	40-49 years	50-59 years	60+ years
Male Gold	03:10:00	03:00:00	03:10:00	03:25:00	03:35:00
Male Silver	03:30:00	03:20:00	03:30:00	03:45:00	03:55:00
Female Gold	03:30:00	03:20:00	03:30:00	03:45:00	03:55:00
Female Silver	03:50:00	03:40:00	03:50:00	04:05:00	04:20:00

All riders outside these finish times, and those completing the short route, will be awarded the bronze timing standard.

The Route:

Both routes are well signed with black arrows on yellow card indicating where to turn. There will also be marshals at strategic points, such as the A24 crossing, the route split point and both feed stations.

Participants should remember that **the event is not a race**, there are no road closures, and all riders are expected to respect the rules of the public highways and act responsibly to promote a good image of cyclists. Many sections of the route are single-track roads, and given the amount of climbing, there are a number of fast descents. Please take care on all these sections and be mindful not just of your own safety, but that of other cyclists and road users including horse riders.

Please pay attention to the safety briefing points from our start marshals.

The most hazardous section of the course is crossing the busy A24 road at the start and finish of the ride. Please exercise extreme caution at this section and obey the instructions of the marshals who are there to ensure your safety. If you prefer to avoid this road section, there is an underpass (also signed) that cyclists can use to cross the road in either direction. Please feel free to make use of this.

The route map you receive at registration will have two phone numbers on it:

- **Medical Assistance: 07768 352692**
There will be two first-aiders who will follow the bulk of the riders through the course and should be able to get to you fairly quickly, but you will need to be able to describe where you are on the course. These first aiders will also be available at the finish. Certain parts of the route have poor mobile reception, so be aware that you may need to relay requests for medical assistance on behalf of injured riders by cycling to a point with coverage.
- **Mechanical Breakdown: 07813 924441**
If you experience a mechanical breakdown and need to retire from the event, we will come and pick you and your bike up.

Some more general points for participants:

- Riders are responsible for the road worthiness of their own cycle;
- No accompanying vehicles are allowed to follow riders;
- Riders are strongly advised to wear a helmet;
- Riders are advised to carry a form of identification, mobile phone, spare inner tubes and working pump, as well as extra clothing to cope with possible adverse weather conditions;

- The use of tri-bars is discouraged. Where riders have these fitted they are not to be used when riding in a group.

Feed Stations:

Each feed station will have the following:

- Water
- Bananas
- Assorted snacks

There are public toilets available at feed station 2 and there will also be a track pump available for use at each feed station.

Finish:

When you finish the ride, you will need to **stop and dismount before passing through the timing station in single file**, in order that the timing marshals can record your rider number. Please do not stop and ask the timing marshals for your finish time, they need you to keep moving through in order not to clog up the finish line. Once past the timing station, you will receive your finish medal and goody bag with products from our sponsors. Please proceed through the gate to the café to allow space for other riders finishing.

A results sheet will be posted periodically on the wall by the café and a full list should appear on our website: www.fulontri.com within 24 hours.

Sponsors:

We would like to thank our sponsors for their generous support of our event:

Prologue Bikes: www.prologuebikes.com;

Infinnit Nutrition: www.infinnitnutrition.eu

Dave Aitchison Fund:

The Surrey Legs of Steel event, now in its third year, is held to commemorate Dave Aitchison, a rising star in British triathlon and Ful-On Tri Club member who died suddenly in January 2007 aged 29. The ride routes are geared towards anyone with a passion for cycling and the thigh-burning Surrey hills where Dave did so much of his training for his spectacular 2006 season. All profits from the event will go to the **Dave Aitchison SportsAid Fund** set up in Dave's name by his family and the Club to assist talented young triathletes in the Triathlon London region.

For more details about the fund and to make a donation, please visit:
www.justgiving.com/daveaitchisonfund

You will also be able to make cash donations on the day.

And finally:

Please avail yourselves of the delicious cakes and snacks available at the National Trust café.

We hope you have an enjoyable and safe ride!

Siobhan Brownlow
Event Director
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