

BF
ADVENTURE
Coast to Coast
Cycle

16th June 2018

100 Miles Endurance
60 Miles Challenge
35 Miles Pleasure

www.bfadventure.org

Introduction

A message from Adrian Richards, Chief Executive of BF Adventure

Whether you are riding for the challenge, riding for fun or supporting our charity with sponsorship, we welcome you and thank you most sincerely for your support.

Monies raised for BF Adventure will directly support programmes for young people in Cornwall who have a wide range of physical, mental, learning and/or behavioural difficulties; difficulties often compounded by experiences of poverty, neglect, abuse and other disadvantages. With a wide range of challenging and developmental adventurous activities and an excellent team, BF Adventure provides support, confidence and life skills which increase self-belief with the goal of achieving a more positive participation in society.

In the spirit of adventure we hope you enjoy the rides we have designed for you. Please stay safe and have fun!

Adrian



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Getting Here

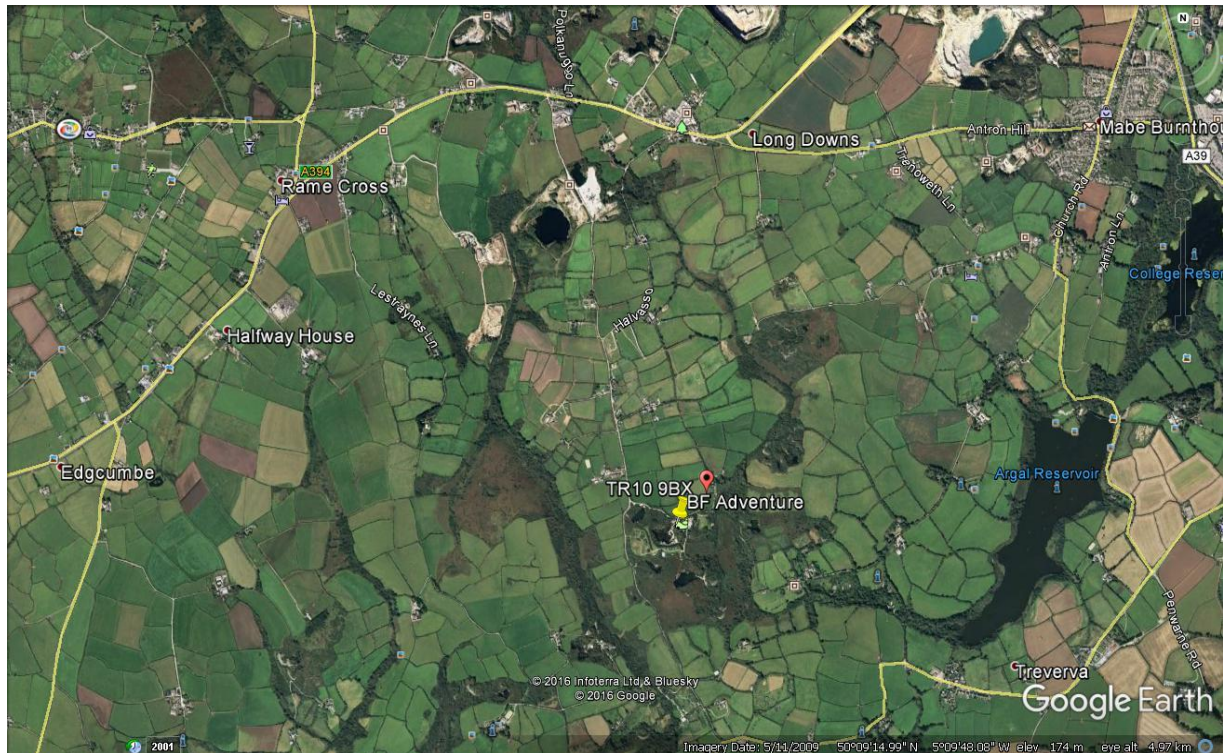
Road – From Truro pick up the A39 SP Falmouth/Helston/Penzance. Pass through Perranarworthal (Norway Inn on the right). In about 1 mile, go straight over the double roundabout (Treluswell) SP Helston and Penzance. Take care here! Drivers tend to charge across it. In a further mile at the next double roundabout continue to follow signs for Helston and Penzance. In 1 mile at Longdowns pass the Blacksmith on the left and in 50 yards turn left towards Halvasso. Follow the Event signage.

From Helston follow signs to Truro and Falmouth. At Rame pass The Halfway House on the left. In about 1 mile turn right to Halvasso and follow Event signage.

From A30 after Chiverton Cross roundabout leave the A30 at Scorrier and follow the signs to Falmouth. After passing through Ponsanooth on the A393 in about 1 mile you reach the double roundabout at Treluswell. Take care here! Drivers tend to charge across it. Follow signs for Helston and Penzance. In 1 mile at Longdowns pass the Blacksmith on the left and in 50 yards turn left towards Halvasso. Follow the Event signage.

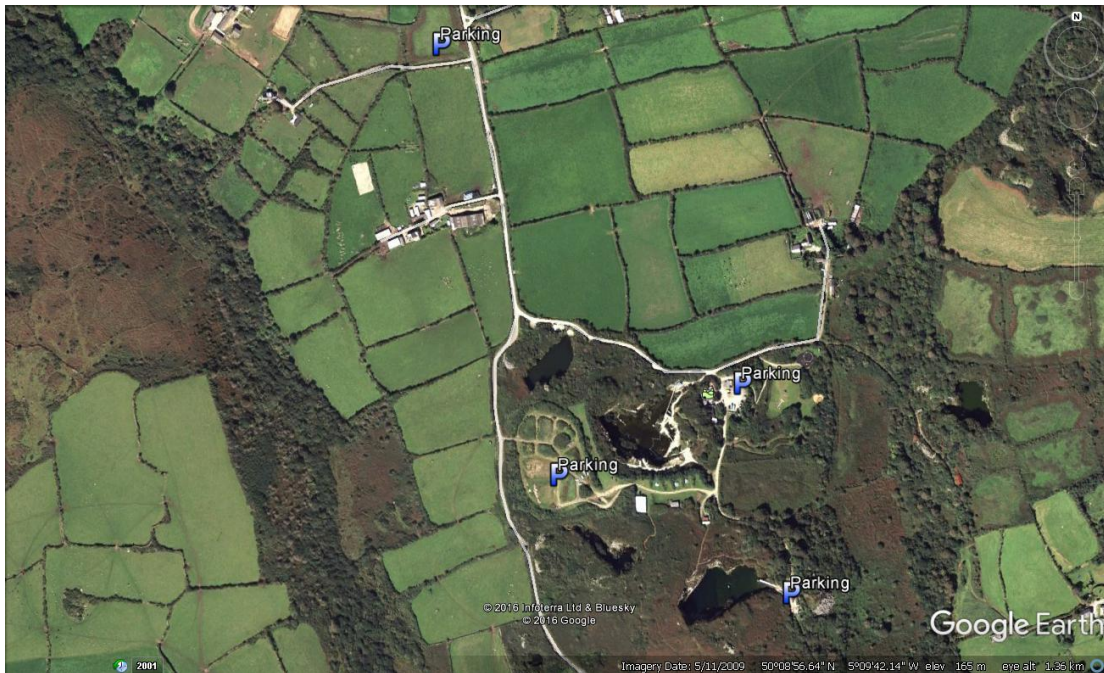
Train – Penryn is the nearest Station. It has a direct link to Truro Station and can be reached from all parts of the country. From Penryn you have a cycle ride of about 4 miles. After leaving the station turn left down Station Road and left again into Treliever Road. Continue under the railway bridge uphill for a mile passing Falmouth University on your left. Continue to the double roundabout and follow the signs for Helston and Penzance. In 1 mile at Longdowns pass the Blacksmith on the left and in 50 yards turn left towards Halvasso. Follow the Event signage. Do check with Network Rail to make sure there is a service as this is a single track line. You can check here: <https://www.networkrail.co.uk/.../engineering-works-service-alterations/>

Location Map



Parking and Event HQ

Event Site Map



Parking

We have 1 car park exclusively for riders. This is located in the lane on the right hand side as you approach from the North. There will be Marshalls to direct you. **Please drive slowly and with care as there will be a great deal of pedestrian movement.**

There is a drop off point located at BF Adventure main carpark, proceed to the BF Adventure main entrance, down the track to the main carpark. Please be aware the lane is narrow and you will likely meet oncoming traffic. **This area will be sign posted or you can ask Marshalls for directions.**

Only staff and volunteer parking will be allowed on site.

Event HQ

Our event organisers can be found at the event HQ and are there to help resolve any queries you may have.

Event Organiser	– BF Adventure (Green uniform)
Incident Officer	– Alex Brown/ Brian Ellison
Event Coordinator	- Clare Davison
Briefing and Safety	- Adrian Richards
Start line, timing	- Simon Beckham

Site Facilities

Toilets and showers

1. Male, Female and Accessible toilets in the lower car park
2. Male and Female, Accessible toilet and showers at the bottom of the camping cabin area just below the kitchen
3. Male and Female, toilets and showers in the Portacabin above the camping cabin area

Kitchen and Catering

Our fully equipped kitchen will be serving hot drinks and light snacks throughout the event. Outside we will be running a BBQ from Middy

Physiotherapy

We are hopeful of having a group of student physiotherapists on site under the supervision of a qualified physiotherapist to help relieve your aches and pains.

Mechanical Support

We hope to have mechanical support on site on the day.

Baggage

We will have a baggage drop facility at the HQ building but at your risk. Vehicles are left entirely at the owners own risk and BF Adventure will not accept any liability for loss or damage however caused.

Photography

Why not have a permanent reminder of your efforts and reward? A photographer will be available as you are presented with your medal and will be on the route to capture you in action. These will be available to purchased following the event from the BF Adventure website.

Site Safety

We occupy a 60 Acre site, formerly used as a quarry and many are water filled. We use the entire site for outdoor activity under the close supervision of qualified instructors. You are welcome to bring family members to cheer you on. With large numbers of people on site please ensure that children are kept under close supervision at all times as the surface area is uneven and of gravel and rock structure and there are vertical quarry sides. Some areas will be out of bounds on the day and will be suitably marked.

Accommodation

Camping Cabins – We have a number of Camping Cabins which can accommodate groups or individuals. Contact Adrian on 01326 340912 for information

If you are thinking of using our event for a club ride, ask for details on the above number.

Local B&B's – Cornwall abounds with B&B's. There are a number within easy reach of our site.

Medical Support/Cover

- We will have provision for **basic first aid support** (minor cuts and grazes) at our Head Quarters. At Marshall Points and Feed Stations our staff can offer you items for minor scratches and grazes.
- **NHS Minor Injury Clinics available on Sundays** as follows:-
 - **Redruth** – Camborne/Redruth Minor Injuries Unit, Barncoose Terrace, Redruth **TR15 3ER** Tel 01209 318010
 - **Helston** – Helston Community Hospital, Meneage Road, Helston **TR13 8DR** Tel 01326 430200
 - **Penzance** – Urgent Care centre, St Clare Street, Penzance. **TR18 2PF** Tel 01736 874000
 - **Falmouth** – Falmouth Community Hospital, Trescobeas Road, **TR11 2JA** Tel 01326 430000
- **Full Accident and Emergency** provision is at Royal Cornwall Hospital, Truliske, Truro **TR1 3LJ** Tel 01872 250000. However, for serious incidents call an ambulance on 999.

Do's and Don'ts

Do

- Enjoy the ride
- Challenge yourself
- Follow the Highway Code
- Wear your helmet
- Single out on narrow and main roads
- Bring a friend

Don't

- Impede traffic flow
- Ride in large groups in the middle of the road
- Ride on the wrong side of the road
- Wear earphones
- Bring personal Support cars. However, we would love you to meet your friends at designated feed stations and BF Adventure HQ

Age restrictions

- Riders less than 18 years of age at the time of the event will require consent of an appropriate adult who must complete the consent on the day in our presence at the time of registration. Forms are available on request
- Riders under 16 years of age at the time of the event will only be allowed to ride with an appropriate adult
- Minimum age for all rides is 13 years on the date of the event

On the Day

Sign in and briefings will take place up to 1 hour before the event start. As a rough guide to avoid congestion we suggest the following times for starting:-

38 Mile "Pleasure" – Briefing from 7am for 9.00 am start

60 Mile "Challenge" – Briefing from 7am for 8.30 am start

100 Mile "Endurance" – Briefing from 7am for 8.00 am start

Riders will not be permitted to start unless they have signed in.

At sign in you will be handed your ride which is a number unique to you and your bike. Please attach it to the handle bars so that it hangs in front of the handle bar stem as in the picture below:



Your rider number plate will also include this additional information:-

- Emergency Contact Name and Number
- A & E Hospital and Lesser Injury Clinic location details
- HQ Incident Contact Number

Please contact the HQ Incident contact number if you require assistance, we are here to help and support.

Rider Briefing –

- Will take place in the Adventure Barn. Please come in and take a look at the route map on the wall, take photos, sign in and join the briefing. We advise you to listen to the briefing for the latest route safety information.
- The general briefing will cover issues common to all rides including safety information. Briefings will commence when sufficient numbers have assembled.
- You will be asked to sign in to evidence you have attended the general briefing and have read and understood all Terms and Conditions.
- Hard copy route maps will be available.

Start Line Process –

- Once attended the general briefing and signing in, riders will be asked to proceed to the start line when they are ready to roll.
- Riders will be assembled in group of approximately 10 and released every 2 to 3 minutes. This is to avoid over saturating the roads close to the start point
- We will do our best to keep personal groups together

Timing Method

Overview

- Timing marks are at the start and finish lines. There will be no intermediate timing or timed sections
- The start times will be manually recorded and as riders return, they will be handed a card with their time on it. Please take it to the finish line desk to have your time formerly recorded.
- Groups arriving together will be given the time of the lead rider.
- Times will be published after the event on our British Cycling Event Pages

What to bring

- ID In case of an incident
- GPS or hard copy route map
- Food – Gels, Energy Bars, Electrolytes, etc. Drinks bottles and/or rucksack based drinks
- Money
- Mobile Phone
- Bike Multi Tool Kit
- Spare and Appropriate clothing
- Working Pump and 2 x spare tubes
- Puncture repair kit and tyre levers
- Prepare your gear and ensure it is in good working order
- Suitable BS Conforming Cycle Helmet, Working Lights (In case of poor visibility)
- Suitable eye protection
- Our Marshalls on the road and at Feed Stations will have a first aid kit but can only offer items for very minor cuts and grazes.
- WHAT KIND OF BIKE SHOULD I USE? Dedicated road bikes are of course most suitable. The routes are all on road. Mountain bikes may be used (to make your life easier replace your wide knobbly tyres with skinnier road tyres for less resistance but be careful as they can be more susceptible to slip!) Your bike needs to be the right size for you, in perfect working order and suitable for long distances on the road.

Useful Article Links Here

- **Horses** https://www.britishcycling.org.uk/zuvvi/media/Quick_Guide_-_Rider_Education_Links_for_Event_Organisers.pdf
- **Cycling Safe** https://www.britishcycling.org.uk/zuvvi/media/Quick_Guide_-_Rider_Education_Links_for_Event_Organisers.pdf
- **General Guidelines** : www.britishcycling.org.uk/sportives
- **Training Plans**: <https://www.britishcycling.org.uk/knowledge/training-plans>

During the Ride

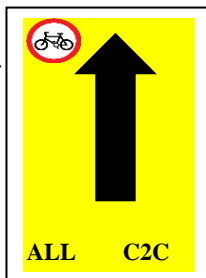
Signage Examples

- Signs will have a bright yellow background with black text.
- We will place a sign after a junction to provide you with confirmation you are on the right road. Once on the right road you may not see another sign until the next junction or turning point.

Examples



Directional



Refers to All Routes

Route Maps – Download GPX links:-

Garmin 100 miles - <https://connect.garmin.com/modern/course/17132667>

Garmin 60 miles - <https://connect.garmin.com/modern/course/17131910>

Garmin 35 miles - <https://connect.garmin.com/modern/course/17132116>

Strava 100 miles - <https://www.strava.com/routes/11409105>

Strava 60 miles - <https://www.strava.com/routes/11409056>

Strava 35 miles - <https://www.strava.com/routes/11408803>

Ride Support

Water and Snacks

- All rides Poldhu Beach Layby,
- 60 and 100 Praa Sands Lower Car Park, Philips Bakery, Hayle
- 100 Lands' End Airport

Basic First Aid support and supplies

- Feed station teams will have First Aid Kits but are not permitted to administer first aid. Instead items will be offered.
- Only basic first aid kits will be available to treat minor injuries cuts and scrapes
- In the event of more serious injuries riders will be directed to minor injury clinics which will be open on Sundays or to A & E at Treliske.

Marshalls

- The routes have all been fully risk assessed. A number of junctions have limited vision and as a result Marshalls will be in attendance to support.
- Marshalls will wear fluorescent tabards and carry red warning batons
- Marshalls have no powers to stop traffic
- Marshalls are there to assist but riders are responsible for their own decisions as to when it is safe to cross

Locations

All routes

- At 14.6 miles. Junction of the Cadgwith Village road.
- At Poldu Beach Layby

100 Mile Endurance

- At 95.2 miles. Junction off the A393 Falmouth/Redruth Road and School Hill/Tubbon Hill
- At 99.9 miles junction off the A394 Helston/Truro road and the Halvasso turn.

60 Mile Challenge

- At 56.0 miles junction off the B3280 (where it turns sharp left) and continues straight ahead to Farms Common
- At 57.3 miles junction off the B3297 and Helston Road
- At 61.8 miles junction off the A394 Helston/Truro road and the Halvasso turn.

38 Mile Pleasure

- Porkellis, Star Inn junction
- Junction off the A394 Helston/Truro road and the Halvasso turn.

Broom wagon

- There will be a broom wagon out on the route following the last riders on each route and if needed will collect riders unable to complete the ride.
- Riders that are following behind our event completion schedule may be moved on or directed onto a shorter route to ensure that they complete the ride.
- A cut off time of 4pm will be set after which no further time recording will be made
- After 5pm all support will be withdrawn. However BF Adventure staff will remain on site in the event help is needed.

Post Ride

- After the event you are welcome to make use of our shower facilities
- Our kitchen will be serving hot drinks, light snacks and BBQ

Finish Line/HQ What to expect

Medal
Drink
Some Goodies
All day BBQ

British Cycling Membership

- For those riders who are not BC members we strongly recommend you join.
- British Cycling is the governing and representative body for all matters cycling in the UK
- As a member you gain insurance cover and the means to access British Cycling

Devon and Cornwall Police

We are pleased to say that Devon and Cornwall Police will be officially supporting us on the day and will have a presence on the site subject to operational demands.

Sponsors/Event Partners

Our thanks go to the following organisations who have given their support to make this event possible in particular Serco International for their direct financial support.

Serco International – For their sponsorship

Phoenix Signs – For their generous donation of promotional banners

Lands' End Airport – provision of feed station location

Philps Bakery – provision of feed station location

Norman Coward, Praa Sands – provision of feed station location

Devon and Cornwall Police

Keith and Caroline Trickey for providing car parking space

