



Dear Rider,

Below is everything you need to know for a great day at JET Ride on 22<sup>nd</sup> September!! **Before riding you will need to have read this guide, and signed as having read the terms and conditions.**

**You must:**

- **Believe that you are capable of completing your chosen route**
- **Have a bicycle that is maintained and capable of completing your chosen route**
- **Understand that this is an open road, non-competitive event**
- **Follow the rules of the road at all times. For British Cycling advice on road riding, click [here](#)**

## **Arrival and Parking**

Parking is Free – please car share if you are able to.

From the West:

From the A1 take the Exit for the A17 and head towards Sleaford. After 5 miles take a left turn onto Cranwell Avenue B1429. Follow this road for 300 meters and turn left into JETRide Parking.

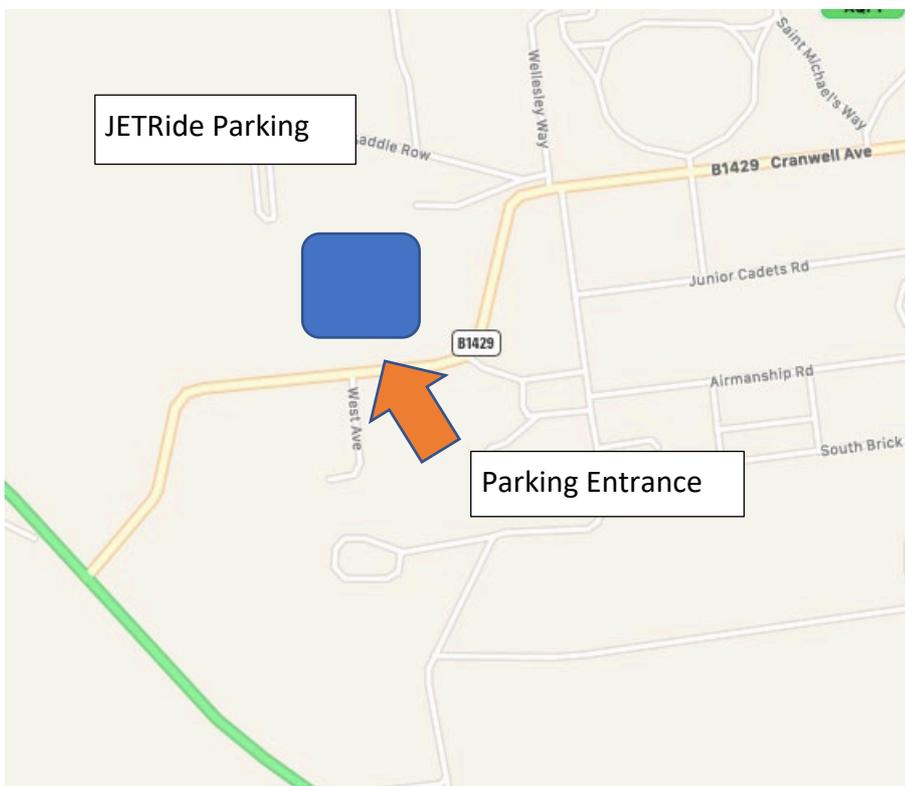
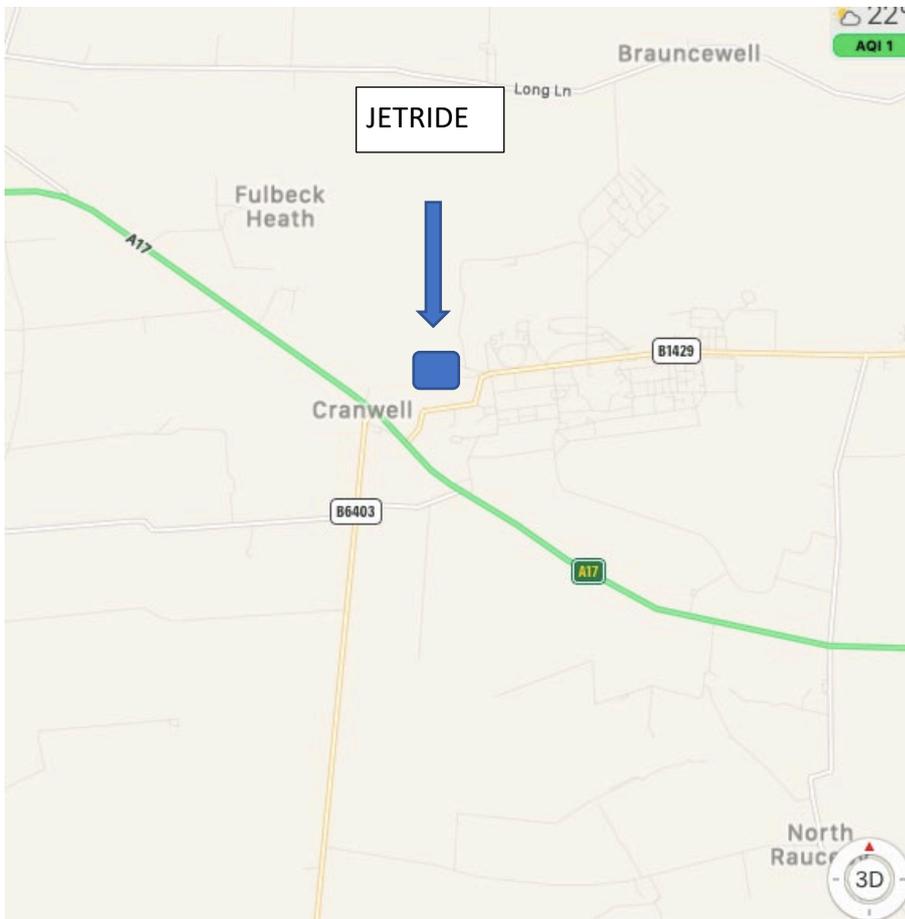
From the East:

Take the A17 direction Newark on Trent and turn right after passing Cranwell Airfield on your right onto Cranwell Avenue B1429 as above.

Alternatively:

From the Holdingham Roundabout at Sleaford, follow the A17 for 2 miles and take a right turn off the A17 onto Rauceby Lane. Follow Rauceby Lane until a T junction and turn left onto Cranwell Avenue. After 1.5 miles follow the signs for JETRide Parking.

Postcode for SatNav NG34 8HB



When you have parked, please **walk** your bike to the Qaboos Pavilion to the North of the Car Park for registration, as there may be cyclists starting their ride and you will have to cross the road. Marshalls will guide you.



## Registration

Registration is in the Qaboos Pavilion to the north of the Parking Area and opens at **0730hrs on Sunday 22<sup>nd</sup> September**. On registration you will be asked to sign that you have read the Terms and Conditions. If you are under 18 you will be asked to produce or sign a consent form and those under 16 will have to ride with a nominated adult. The consent form is attached to this e mail. Please print it and bring it with you. You will be given your rider number and a chip that will stick to your helmet that will time your ride. Please make sure you affix the number to the front of your bike such that it is visible and put the chip on the top of your helmet.

## Departure

Eighty mile riders will depart first in a wave that has first launch at **0800hrs and will close at 0915hrs**. Riders will then set off in groups of around 20 riders at 5 minute intervals. If you would like to see the fly past\* which is planned for 1450hrs and you know the speed you are expecting to ride then plan your wave departure time as appropriate, leaving enough time for a couple of stops. If you are not a fast rider, try to set off in the earlier groups.

Fifty mile riders will depart in a wave with first launch planned for **0920hrs and will close at 1000hrs**. Riders will set off as above.

## Route Signage

If you do not have a GPS, you can follow the signs for your chosen route. They will look like this:

**JET RIDE**



If you see a sign has been tampered with (the words JET RIDE are not the correct way up or don't correspond to the gps route) or you are lost then please call the number on the front of your rider number.

## **What to bring and what to carry**

All riders should bring with them the basics of repair kit – A multi-tool, a spare inner tube (of the correct size!!), and a puncture repair kit with tyre levers. There will be mechanical support should your steed need more complex repair, but you will have to pay the mechanic for parts and labour.

As it September, the weather is likely to be changeable – please bring suitable clothing for the forecast weather. Even if it is forecast to be dry, it is a good idea to take a packable waterproof top. This can provide warmth if you have to stop pedaling for any length of time, even if it isn't raining. Sunscreen should be worn if it going to be a sunny day and whatever the weather, water bottles should be carried. A suitable helmet is required for the ride. **You will not be permitted to ride if you do not wear a helmet.** Water will be available both at the start and at the food stop, but please bring your own energy supplements if you require them. Nutrition will be available at the food stops which are at approximately 25 miles for both 50- and 80-mile routes, and 53 miles if you are doing the full 80 mile course. If you use energy bars or gels, please bring these with you. **Please ensure that you do no litter on your ride. Please bring any wrappers you may have back and place in the bins provided.**

There will be a cake stall at the end of the ride, so if you fancy a slice of cake at the end, please bring a few quid – all proceeds will go to the Jon Egging Trust!

## **Route**

The route is the same for both 50 and 80 mile routes until the feed station at Corby Glenn. **After you have refueled, those doing the 50 will turn LEFT from the feed station, those doing the 80 will turn RIGHT.** The 80 mile route then follows a loop bringing you back to the feed station. **Once you have refueled for a second time, please turn LEFT from the feed station and continue en route.** A file will be sent with the final route a few days prior to the event, so please look out for it in your inbox!!

## **Medical Assistance**

**For serious medical emergencies, please dial 999 and then inform event control on 07984433111.** Should you require less urgent medical assistance on your ride then please call event control and, if possible, make your way to either the start/finish or feed station.

## **Feed Stations**

There is one feed station that will cater for the whole event that is at the Ron Dawson Memorial Hall at Corby Glenn. This is at 25 miles for the 50 mile route and riders who are completing the 80 mile route will stop again at approximately the 53 mile point. There will be various high energy foods and sandwiches. Please note that we cannot cater for food allergies, so food consumed is at the rider's own risk.

## **Flypast**

To welcome you back from your ride there will be a fly past by the Battle of Britain Memorial Flight, weather permitting. At present it is planned for 1450hrs at the event HQ.

## **Further Tips, Training and Advice**

If you require further advice, it is advised to follow the links to the British Cycling videos below.

[Climbing](#)

[Descending](#)

[Cornering](#)

[Group Riding](#)

[Etiquette](#)

[Bike Preparation](#)

## **Photography**

There will be a photographer positioned at locations on the route and at RAF Cranwell College Hall to capture you as you pass in front of the magnificent building at the end of the ride, so don't forget to smile. You will be able to download your photo after the event.

## **At the Finish**

At the finish you will ride a triumphant lap of the parade square at the imposing College Hall Officers Mess at RAF Cranwell and then will be greeted at the finish by the JETRide Team. You can then go and relax at the Risi Bici Cafe Deli where you can pick up some delicious food. Bring a few quid for a coffee or tea from the cafe and then visit the cake stall where you can stock up on some extra calories! All there is to do then is relax and wait for the fly past from the Royal Air Forces Battle of Britain Memorial Flight\*.

## **Finally...**

We think we have thought of everything to ensure that you have a safe and enjoyable day. Please ride safely, stick to the rules of the road, and if you see anything that you think is unsafe or needs attention, please call the emergency number on your ride number.

**Have a great ride!!**

\*Fly past is weather dependent and timings may change.