



Roman Challenge

Pre start ride briefing notes

- Welcome to the RC and thank you for coming today
- The first and most important thing for today is for you all to return safely, intact and with no major injuries. So remember it's not a race and there is no need to go round like a mad thing. There is no prize for the fastest and we have plenty of buffet food to go round
- The two routes are the same as last year except for a small diversion at Lincoln Lodge. The route follows the bridleway and is NOT on the concrete road past the house. The route is marked and leaves the paved road on the right and runs briefly through the field. The Private sign on the concrete road should be respected.
- There are three fields that have been ploughed and rolled, but the track has not been reinstated. We have spoken to the way leave officer, and the farmers have been asked to drive a tractor across the area to mark the route. Worry not if this fails. The route will be marked in paint and you just have to follow your nose. Could be a bit muddy but it is rideable. The fields involved are as you approach Lincoln Lodge, at Lincoln Lodge (same place as in the point above) and for the Gladiators only, after the point where the route splits away from the Goldilocks route.
- There has been a road closure on the road leading away from the village of Castlethorpe. The work has been minor, and the road is now actually open, but the closure signs are still in place. So when you get there just ignore the signs and carry on.
- The Goldilocks route has one refreshments stop whilst the Gladiator route has two, both are available from 09.45 with 'A' (Gladiator only) closing at 13.00 hours and 'B' (Gladiator and Goldilocks) at 14.00 hours
- You will be riding on public bridleways, public highways & also will pass very close to some private houses, so please be respectful to other people and if necessary give them ample warning that you are approaching and pass them with care and caution. You must abide by the Highway Code when riding on public roads and please ride with caution
- Please stick to the bridleways even if it looks tougher to ride than an alternative route across the farm land. You may be on private land which has a right of way route across it and you mustn't stray from that right of way.
- Also, the route is on bridleways and does not use any public footpaths as they are for walking and not cycling. Please do not cycle on footpaths.
- On the return sections of the Gladiator and Goldilocks routes there are fields with sheep. Please take care to close the gates and check that they are secure.
- The routes have been marked with signs, waymarkers and directional arrows on the ground. The way markers are a new method of marking. Make sure you see one at the start so that you can recognise them. There are about 80 out there
- If you get lost and can't see the markings please use the map to navigate until the directional arrows become apparent again. It would be just as well to check the map and your position occasionally anyway
- There are first aid packs at both refreshments stops but if an emergency arises there are two mobile contact numbers on the map. Please use them if you need to. If an incident occurs and it's clear an ambulance is required then please phone for the ambulance first and afterwards contact one of the RC emergency numbers to keep us informed.
- Just before you set off check you have water, spares (tube, pump, tools etc.) and a mobile phone in every group
- Any questions? Thank you for taking the time to read this. Have a great ride.