



Roman Challenge 2010 prestart ride briefing notes

- Welcome to the RC and thank you for coming today and supporting the WI.
- The first and most important thing for today is for you all to return safely, intact and without injury or mishap. So please 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 almost the same as last year except for reroute just after crossing the motorway in Quinton, and a second for Gladiators only near to Linford.
- The extension of the Gladiator Maximus is a new venture for us. If you are not sure of your capability, then this is definitely not for you today. The Gladiator route for most riders is already a very significant achievement.
- The Chariot 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 Chariot) 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 and consideration.
- 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. Please do not cycle on footpaths. The route is on bridleways and does not use any public footpaths as they are for walking and not cycling.
- There is forestry work going on the Salcey forest area and there may be diversions at short notice. We will check during the week to see what about the latest position.
- One place that is difficult is at Lincoln Lodge which is a remote farm complex on the run south just before Castlethorpe. The route follows the bridleway on a diversion to the east side through the field 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. Last year there was a loose dog. We have asked that it be kept in on Sunday.
- There are three fields that have been ploughed and rolled, but the track has not yet been reinstated. We will be speaking the farmers to ask them 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 and it will be a bit muddy. The fields involved are as you approach Lincoln Lodge, at Lincoln Lodge (same place as in the point above) and just before the point where the route splits away from the Chariot route.
- On the Gladiator and Chariot routes there are fields with sheep. Please take care to close the gates and check that they are secure. Do not leave gates open even if somebody else is in view.
- The routes have been marked with signs, waymarkers and YELLOW directional arrows on the ground. Make sure you see a sample waymarker 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. It is not intended that you can ride the route like a velodrome without referring to the maps.
- 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. We will have a list of post codes if they are needed.

- 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.