



# Rider pack

Version 2 issued 8/9/2017

**In this pack you'll find all the information you need for Tour de Jewson 2017. Please read it carefully.**

## **Introduction**

Thank you again for your commitment to Tour de Jewson 2017.

For 2017, Tour de Jewson will be taking a more regional format. Rather than following the traditional 'John O'Groats to Land's End' route, Tour de Jewson will see local events taking place up and down the British Isles, making it easier for everyone to get involved and raise money for our charity partner, Barnardo's.

Tour de Jewson started in 2009 as a way to raise donations for our chosen charity partner. As well as raising lots of money – £100k over the last six years – the event has become a unique occasion that brings together colleagues, customers and suppliers.

This year we're aiming to raise £20,000 for Barnardo's. As one of the UK's leading children's charities, Barnardo's works with over 248,000 children, young people, parents and carers each year. They run over 960 local projects including counselling for children who have been abused, adoption services, vocational training & disability inclusion groups.

In addition to supporting Barnardo's, we are also hoping to raise money for community defibrillators in memory of Rod Leigh a beloved colleague who sadly passed away in June 2016. Funds for two community defibrillators will be purchased from the money raised through Tour de Jewson 2017.

As a participant in Tour de Jewson, we're asking for your commitment on the following four things:

1. Please raise as much money as possible through your own sponsorship
2. Encourage your family, friends and colleagues to take part
3. Have fun!
4. And the most importantly, stay safe.



## Your chosen route

Details of your route will be provided by your route organiser once you have signed up.

Please contact [tourdejewson@jewson.co.uk](mailto:tourdejewson@jewson.co.uk) if you haven't received this information.



# What you need to do before the event

## Pay your registration fees

There is a rider registration fee of £5. All riders must pay their fee via the JustGiving site here, with their name clearly marked:

<https://www.justgiving.com/fundraising/tourdejewson2017registrationfee>

Rather than cycling jerseys, a finisher t-shirt will be supplied at the end of your ride. This is included in this fee.

## Please ensure you've paid this prior to the event.

## Fundraising

Do as much fundraising as possible! Tell everyone you know via Facebook / Twitter what you're doing. We all need to raise a recommended minimum of £30 for our chosen charities. Donate online at: <https://www.justgiving.com/fundraising/tourdejewson2017donations>. Please note this is different to the above registration fee page

A prize will be given to the person raising the most money therefore, encourage your donators to clearly state your name on their message.

## Preparing for the ride

Train: If you haven't already, start your training. You'll get so much more out of this event if you've prepared well.

Transport: make sure you've arranged your transport to your start point and from your finishing point

Prepare your bike: make sure your bike is safe – this is YOUR responsibility. Make sure tyres are pumped up. If you need new tyres buy new tyres - this will limit punctures. If your bike needs servicing please visit your local shop.

## Kit

Make sure you've got the right kit:

- **Helmet** - you won't be able to take part in the Tour without one
- **Water bottle** – suggested amounts are two 750/800ml bottles – with water! These should be in a water bottle carrier on your bike
- **Bike** – arrange for a suitable bike for the distance you're riding
- **Waterproof** – a light waterproof is advised
- **Warm clothing** – even when you're cycling you're still likely to get cold. It's better to have layers to remove rather than be cold
- **Spare tyre tubes** – carry two spare tyre tubes your bike
- **Lights for your bike**



If you're doing a longer route, you might want to consider:

- **Padded (bib) shorts** – if the weather is warm
- **Glasses** – always wear eye protection as it's important to protect your eyes whilst cycling, especially on main road
- **Short sleeve jersey**
- **Short finger gloves**- these will help to ease the pain from the handle bars and take vibrations from the road.
- **Arm warmers** - great if it starts to get a bit cooler as you can wear these rather than a long sleeve jersey top
- **Leg warmers** – if you're riding for more than one day these are a good recommendation. They can cost as little as £15 - £20
- **Shoes cover** – optional



# The day of the ride

What's useful to pack? If you're on a shorter route, you might not need all of this...

- Money
- Bank card
- Sun cream
- Phone
- Small camera
- Lip balm
- Pain killers
- Antiseptic cream
- Spare socks
- Helmet
- Sunglasses
- Plastic bag for dirty kit
- Water bottles
- Energy bars, gels, drinks, etc.
- Spare tyre tubes for your bike
- **A SMILE!**

## Advice for the day:

- Make sure you're ready to go in plenty of time before the Tour is due to start – leave in plenty of time to avoid traffic and to ensure you're prepared
- Check your bike over
- Make sure your bottles are filled
- Ensure you're wearing the appropriate clothing – don't forget to dress for the weather
- Warm up
- Have a hearty breakfast full of protein. Make sure you drink plenty of water and ensure nourishment throughout the day



## Cycling etiquette:

**For your and others' safety, please follow these pointers on cycling etiquette and health and safety guidance:**

- **Be vigilant:** this is important to be safe whilst bunch riding. Be aware of your surrounding riders and try not to make any sudden movement and keep a safe distance. Always be alert and responsive. Try and be clear on the level of experience of your fellow riders and allow them the time/space they may need, given that they may be less experienced
- **Cycle 2-abreast:** to help protect yourself and other road users make sure you don't cycle more than 2-abreast. If a motorist is trying to overtake you, it's a good idea to keep to single file particularly if the road is narrow
- **Follow your lead:** try not to interline out of your position from the edge of the road, particularly when cornering. Be sure not to cut up a fellow rider when passing as it may cause hitches with the rest of the group. Remember, going through a pot hole may be a result of these
- **Braking:** sudden braking makes it more difficult for the riders that follow behind. Try to keep a steady pace and change in speed
- **Signal:** when you spot something that needs a signal to other riders (turning, glass, train tracks) there are relevant signals that can be passed backwards via riders
- **Climbing:** to avoid your bike veering backwards when coming to a stop on a climb, apply slightly more pressure on the pedal to keep stagnant
- **Descending:** remain pedalling when on descent to stop other riders having to keep applying their brakes if you are at the front. Riders near the back will then be able to freewheel or soft tap
- **Don't look back:** keep looking forward even if you hear any sort of noise or crash happening behind you- the bunch will naturally slow down/stop if it's needed. Looking forward will ensure you don't swerve, causing you to change lane or change speed
- **Puncture:** when you have a puncture, raise your hand to display the problem to fellow riders. For a front puncture keep your hands on the handlebar and allow somebody to signal for you. Taking your hands off the handlebars when a front puncture has occurred is very dangerous. When stable, stop and fix your puncture or change your tyre.
- **Breaks:** there will be breaks for riders to take a well-deserved comfort break
- **Follow the Highway Code:** all riders will need to abide by the [Highway Code](#) when cycling in the Tour de Jewson
- **Talking:** when you interact in conversation with other riders, always look forward, just as you would if you were in a vehicle
- **Hazard alert:** situational hazards may arise for a callout to avoid incidents as there may be riders who are unaware of the incident as they are a few metres out of visual distance.



## After the ride

- **Make sure you cool down** – stretch your muscles to avoid cramp and later discomfort
- **Put on warm clothes** – always pack a warm kit for when you finish the ride as your body can get cold very quickly
- **Refuel**
- **Hit Twitter and Facebook** to promote what you've achieved and share your photos
  - Social media hashtag: #TourDeJewson17
  - Twitter: @Jewson
  - Facebook: JewsonUK
- So we can start using the money raised to make a difference as soon as possible, submit your donations to <https://www.justgiving.com/fundraising/tourdejewson2017donations> by **Friday 13<sup>th</sup> October**
- Give yourself a pat on the back



## Contacts / social media:

Email: [tourdejewson@jewson.co.uk](mailto:tourdejewson@jewson.co.uk)

Website: [www.tourdejewson.co.uk](http://www.tourdejewson.co.uk)

Social media hashtag: #TourDeJewson17

Twitter: @Jewson

Facebook: JewsonUK

