

# Le Tour de Farcycles



## Pre-ride Briefing 2023

Dear FarCyclist,

We hope you are looking forward to **Le Tour de Farcycles (TdF)** on Saturday 8<sup>th</sup> July ; surely the *most brewtiful* Sportive on the Calendar!

Here are a few guidelines to help you get the most out of your *mocha-me-happy* day.

### Arrival

The TdF HQ address is: **Faringdon Community College, Fernham Rd, Faringdon, SN7 7LB** . (w3w: *///bagpipes.snapping.pocket* ) .

The Community College is easy to find, and if you're coming by car, also has a big car park.



## Registration

Your Event Number will be issued a few days before the event, and you'll be notified by email. But you'll also be able to look it up at the Registration Desk, where you will be able to pick up your electronic timing chip.

### Important instructions about chip timing

Advanced UHF-radio chip-timing is being used for this event. To enable the accurate recording of your ride times please observe the following:

- A) A self-adhesive timing chip will be issued to you by event organisers before you start. Affix this to the **LEFT SIDE of your cycling helmet only**. This is the only location where your chip will function effectively
- B) **Do not** fix the chip over any logos –or anything metallic or shiny in appearance, **this includes Scotchlite™** reflective strips.
- C) **Remove** chips you have from previous events and **do not** fix your chip over any previous chips
- D) **Do not** exchange your chip for a friend's – it is personal to you
- E) Your helmet, with chip affixed, must be worn by the person it was issued to for the whole duration of the event
- F) Your chip **will not function** and your times will not be recorded if the chip is directly attached to water filled or metallic items such as your body, water bottle, a bike frame or helmet logos
- G) Please follow the event marshals' directions

*Note: Although personal to you, no personal information is stored on the chip*

The registration times and start times for each route are as follows:

Ride	Registration time	Start time
Massimo-80	07:30 – 08:20	From 08:00-08.30
Medio-50	08:30 – 09:20	From 09:00-09:30
Primo-30	09:30 – 10:20	From 10:00-10:30

Please arrive in good time to help us (and you) avoid a last minute rush. If you are very late we may have to ask you to switch to a shorter route.

### Cut-off Times

The longer Massimo-80 loop (setting off from the Feedstation) **has a cut-off time of 11am**. If you leave the feedstation after this 11am cut-off then you will automatically be routed onto the Medio-50.

Last orders at the Quenington Feed Station **will be 1.30pm** .

Hot food at the finish will be served **until 4pm**.

## Helmets

It is a condition of our event insurance that riders wear helmets and you will not be able to start without one. If you do happen to forget yours, please see us at the registration desk as we will have a few spares and may be able to lend you one.

## Toilets

There are toilets both at HQ in Faringdon and at the feed station in Quenington.

## Younger riders

We welcome younger riders to our event. For safety and to ensure that all riders complete the course in a reasonable time there are some age limits that apply to each ride.

- **The Massimo-80** is only open to riders aged 18 and over
- **The Medio-50** is open to riders aged 16 and over
- **The Primo-30** is open to riders aged 12 and over

In addition, there are a couple of formalities that we ask you to observe to ensure the safety of younger riders.

- All riders under the age of 18 must provide a completed parental consent form (available on the "Info for Riders" Page: <https://www.farcycles.org.uk/le-tour-info-for-riders>).
- All riders under the age of 16 must be accompanied by an adult during the ride.

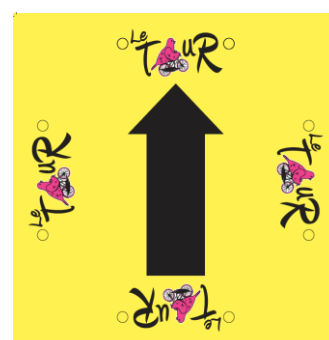
## ***Le Tour De Farcycles* Raises Money for Local Sustainable Transport Projects**

Farcycles is a cycling group with a difference. **All event proceeds go to building sustainable, healthy and inclusive transport facilities in our region.** By entering our sportive you'll be helping to support our projects, which in the past couple of years have included:

- Building a cycle training park
- Training more than 400 children, young people and adults to ride
- Commissioning infrastructure projects such as cycle repair stations
- Developing safer cycle routes (with town & district councils) in Faringdon
- Opening and running a Cycle Shop focusing on 2nd hand bikes and servicing

## Event signs

The route is fully signposted. GPX files are available on <https://www.farcycles.org.uk/le-tour-routes> if you wish to download these as backup. A GPS device is not essential however, as you will be able to complete the course by simply following the signs. Example signs will be shown at the pre-ride safety briefing and are also shown below.



## Quenington Feed Station

Quenington Village Hall serves as the central feed station for all three rides. The Massimo-80 (a figure-of-eight) hits Quenington twice. There are also toilets at Quenington.

<b>Massimo-80</b>	<b>TWO STOPS</b>	<b>At 26 and 57 miles</b>
<b>Medio-50</b>	<b>ONE STOP</b>	<b>At 26 miles</b>
<b>Primo-30</b>	<b>ONE STOP</b>	<b>At 18 miles</b>

First aid kits and track pumps will be available at Quenington.

We aim, as far as possible, to avoid disposable plastics. For this reason, we won't be using plastic cups at the feed stations, so please bring a water bottle on your bike to drink from at the feed station.

## Marshalls

Marshalls are stationed at key points along the route. They are there to warn you of potential hazards. They are not authorised to stop traffic. Remember that the person ultimately responsible for your safety is you.

## Rider Etiquette

Help us run a safe and enjoyable event by following these guidelines:

- This is a non-competitive event and is not a race. Please ride accordingly and obey the Highway Code.
- Show consideration to your fellow riders.
  - Communicate with those around you.
  - Avoid close passes when overtaking slower riders. Be aware that other riders may not be as confident on a bike as you.
  - Try to avoid sudden manoeuvres and abrupt braking (except in emergencies).
- On narrow roads, split into smaller groups and ride single-file to allow cars to pass.
- Do not drop litter, especially wrappers from gels and energy bars or banana skins.
- Please pay particular attention to potholes and flag them to riders behind you. (Unfortunately some of our local roads can be particularly bad in this respect.)

## In Case of Emergency

In the event of a serious accident dial 999 or 112 immediately and request help from the emergency services, following any instructions you are given. When you have finished speaking to the emergency services, call the LE TOUR PHONE below to let us know what has happened.

LE TOUR PHONE: **07831-762358** (why not plug this into your phone now?)

We would also strongly encourage all participants to download the WHAT3WORDS app before the event so that you will be able to share your exact location in case of emergency.

If you are unable to complete the course or have a mechanical problem which you cannot fix, or there are other minor incidents that you need help with, please let us know by contacting the LE TOUR PHONE.

We do expect you to be able to fix punctures yourself. If you are not confident about this, try to arrange to ride with a friend who can help you. We will have a selection of inner tubes, water bottles, etc. available to buy at Quenington if you do find you've forgotten something.

There will also be mechanical assistance available at Quenington. And If you have any last minute questions, please call the LE TOUR PHONE .

### **Faringdon Follyfest**

Faringdon's Pink Pigeon isn't just a cyclist – but also loves Music, and Arts, and Entertainment!

**Le Tour De Farcycles** takes place in the middle of Faringdon's Annual Music & Art Festival: **FOLLYFEST**.  
See [www.faringdonfollyfest.co.uk](http://www.faringdonfollyfest.co.uk) .



The Feast of Festivities not only takes in the Market Place, but also many different venues close to the Town Centre. We do hope that you will take the opportunity to stay and enjoy the fun.

### **And just to finish...**

We all know that cyclists need feeding well and we pride ourselves on offering delicious home-made food both at the Quenington feed station and when you finish. Lunch for all riders will be provided afterwards at the HQ to refuel those tired legs, providing an opportunity to relax and mingle with your fellow cyclists. All finishers will also receive a medal. We would like to thank Bewley Homes and their "Bewley Backs Bikes" campaign for sponsoring the medals and the electronic timing!

Finally, we really look forward to seeing you on the day and hope you all enjoy a very special day of cycling in the beautiful Cotswold countryside.

The Farcycles - [farcycles.org.uk](http://farcycles.org.uk) - [cycle@farcycles.org.uk](mailto:cycle@farcycles.org.uk)