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# LONDON to PARIS 24

## FINAL EVENT INFORMATION

16<sup>th</sup> - 18<sup>th</sup> July 2016

# LONDON to PARIS 24

## FINAL EVENT INFORMATION 2016 THE COUNTDOWN HAS BEGUN!

The **London to Paris 24** challenge is now just 4 weeks away, and we hope that you are now feeling prepared for the challenge! This year 148 cyclists will take on the 280 or so miles from London to Paris within 24 hours.

This '**Final Event Information**' document will enable you to join the event knowing what to expect, what to bring with you, and how the whole challenge weekend will unfold.

### BEFORE YOU GO – THINGS TO GET READY

- **BIKE IS IN GOOD WORKING ORDER** - ensure its fit for purpose – and has been checked over, this includes tyres, chain, gears, cables, pads, saddle and lights. Our Mechanics will be at the start – but are NOT there to carry out major servicing on badly prepared bikes.
- **SPARES & TOOLS** – bring sufficient inner tubes to last the event (the recommendation is 2 with you on the bike & 3 extra ones in your Day Bag). Please ensure that you have the correct tools to fix punctures, and a compact pump to re-inflate. A multi tool allen key (for saddle/bars etc) will be useful. Event Mechanics will be throughout the ride – but you must be prepared to fix punctures yourself – to enable our mechanics to deal with emergencies and the more complex mechanical problems on the route.
- **LEGAL REQUIREMENTS** – apart from riding on the right - in France you must have a bell!
- **LIGHTS** - ensure these work and are attached to your bike **before** the event and bring spare batteries in your Day Bag. Bring a head torch – to be used for night cycling and whilst at evening Rest Stops.
- **KIT / WEATHER GEAR** - if it rains we're going to get wet! Keep an eye on the weather forecast and bring appropriate wet weather gear in your Day Bag so you have access to it at the rest stops.
- **SNACKS/ENERGY BARS/POWDERS** – please bring your own snacks/energy bars/gels/powders if you have any specific items you've been training with and don't want to just rely on our **High 5** supplies and general snacks.

### GPX FILES /MAPS

We recommend downloading the GPX files of the route to your bike Garmin / GPS unit; these will be available from **Thursday 7<sup>th</sup> July**. A general map of the route and a Google map link will also be available.

**PLEASE NOTE** - there may be minor changes to the proposed route because of diversions/road closures on the day if required. You will also get an official printed **Route Map** at Registration – prior to the start.

### BOOKABLE PARKING AT THE O2

There is no available parking in Blackheath close to or around the start line or the Clarendon Hotel – however we've secured weekend parking at the O2 for just £21 for the whole weekend (from Friday night – Monday night) all you need to do is book online using the link here:

<https://tickets.aegeurope.com/theo2parking/scope-event-parking-2016.html>

## PLEASE DON'T FORGET

- **YOUR BIKE HELMET** – (must be worn whilst riding on this event – NO exceptions)
- **CYCLING SHOES**
- **MOBILE PHONE** - (you must store the event emergency contact numbers in it)
  - **Control Room Number – 0207 609 6695**
  - **Non – Life Threatening Emergency Number – 0207 619 7401**
- **PASSPORT IN DAY BAG** – (we've previously had riders 'rejected' in Dover by Boarder Control!!)
- **INSURANCE CERTIFICATE/CONTACT DETAILS** – (your travel insurance documents and/or EU card)

## JOINING INSTRUCTIONS, TIME LINE & START

The official start line will be in front of the **Clarendon Hotel on Blackheath** (Montpelier Row, SE3 0RW), and you will need to register onto the challenge prior to starting.

### EARLY REGISTRATION - FRIDAY 15<sup>th</sup> JULY

We will open 'Early Registration' between **4.00pm until 8.00pm** on the Friday prior to the challenge at the start location in front of the Clarendon Hotel on Blackheath - where you can collect your **Rider Pack**. Early Registration is **not** essential as the main Registration is Saturday morning, but may suit if you are staying in the Blackheath / Greenwich area.

### REGISTRATION - SATURDAY 16<sup>th</sup> JULY

Will be open from **8.30am until 10.00am** outside the Clarendon Hotel on Blackheath – look out for our red gazebos & sail flags! There will be bike racking for you to rest your bike whilst you register, as well as space if you need to assemble your bike – our mechanics will be on hand for any final tweaks or adjustments – but not a full service!

- Collect your **RIDER PACK** (contains bike number, jersey bib, timing chip, helmet number)
- There will be baggage tags for you to attach to your **BAG FOR PARIS** and your **DAY BAG** (for the ride)
- You will need to complete **medical details** on your event bib should you have any **serious conditions**
- Collect your **route card** which will have full details of the route & emergency contact details

## START

At the start venue we will have a range of facilities to get you ready and prepared; our bike mechanics will help with any last minute issues, teas & coffees, water & energy drink refill stations (although we ask you to come prepared with full bottles for the first stage of the ride), a range of snacks & pastries, representatives from Scope as well as Event Management, Medical & Support staff. There will be access to toilets within the Clarendon Hotel also.

By arriving early you will have plenty of time to register, use the facilities and the bag drop (see below) and to make your final preparations without stressing! As we have a long way to cycle we will be keeping to the following schedule and ask that you are all fully prepared and ready – as we will all be setting off at 11.00am!

- **FINAL BIKE CHECKS: 10:30am**
- **CALLED INTO THE START PEN: 10:40am – 10:55am**
- **PRE EVENT SAFETY BRIEFING FROM EVENT DIRECTOR: 10:55am**
- **LINE UP FOR THE START AT : 10:45am**
- **START: 11:00am**

## **BAGGAGE**

### **DAY BAGS (for riding)**

Your 'Day Bag' will be made available to you at every Rest Stop along the route. You **MUST** store essential items that you'll need access to on the ride itself at the Rest Stops (e.g. passport, clothing layers, waterproofs, gels, spare inner tubes, suntan lotion, sun glasses etc). Day Bags must **NOT** exceed 30 litres and 10 kg, and you **MUST** be able to cycle onto the ferry in Dover with your Day Bag for security reasons - so a rucksack style bag is required **NOT** a suitcase, holdall or similar. Any Day Bags that are above 30L or are not sensibly packed (e.g. with items tied on to them or 'things' hanging off) will **NOT** be allowed and you will need to unpack! You will need to make sure your Day Bag is clearly and securely labelled with your rider number and dropped off in the right place prior to the start of the challenge as advised. There are strict procedures for 'picking up & dropping' your bag at each Rest Stop to ensure that they go on the correct vehicle to match your pace.

### **OVERNIGHT BAGS & BIKE BAGS/BOXES (for Paris)**

There will be a baggage service to Paris for your overnight / large bags, as well as any extra bike bags or boxes you might have – this is limited to one bag only and a box or bike bag. You will be given baggage tags for these as you register and remember not to pack your passport in this bag (needs to be in your Day Bag!!).

## **DURING THE RIDE**

### **TIMING / TRACKING CHIPS**

Your bike numbers have timing chips on them – please make sure they stay attached during the ride, they will need to be fitted to your handlebars with the cable ties provided. You will be scanned in at rest stops so we are able to account for all the riders – and calculate your ride time. All participants **must** follow the markers as they enter a rest stop, **slow down**, dismount and then be scanned by Action Challenge staff.

### **LIVE TIMING & TRACKING**

Your friends & family will be able to track your progress out along the route using our Live Tracking website – which links up to your timing chip as you are scanned into each rest stop. You can also opt in to linking your Facebook profile with our system – so from the moment you start – at timing check points, and the finish – your chip will send an automatic alert to your Facebook page updating your friends with your progress. A great way to incentivise more sponsorship! Full details on how to do this – and also the website will be posted into the Participant's Area on the 7<sup>th</sup> July.

### **ROUTE MAPS**

Route Maps will be given out at registration; you **MUST** carry these with you during the ride. The maps give key info about where we are heading, major known hazards, locations of Rest Stops, along with EMERGENCY CONTACT DETAILS and general procedures. Please read them before you head off from each Rest Stop and know about major turns – road numbers - towns – and hazards etc. Our signage team is fantastic – BUT our pink arrows sometimes get 'chopped' by locals - and it is vital that you have some sense as to where you should be heading and what landmarks / signage you should be expecting to come across.

## **EVENT SUPPORT**

### **MEDICS & MECHANICS**

We will have mechanics and medics in roving vehicles on the event who will be able to help you should you need any assistance. They will be available at all rest stops and will also be available on the route - however, please note, there may be a waiting time for them to reach your location, so we recommend to have basic first aid, toolkit and inner tubes.

### **PACE RIDERS**

Our London 2 Paris 24 pace riders will be spread throughout the group and they will be able to let you know what time they expect to reach Paris so you can join them and cycle together. Pace Riders will always give everyone a 5 minute warning when leaving a rest stop, should you wish to join them to keep on pace. Please note, all riders must stay behind the lead pace rider as they know the right pace for the event based on the 24 hr pace.

## BAGS DURING THE RIDE

Your Day Bags will be available at all rest stops and it is important to fully understand the system for collecting and dropping them off at the rest stops to ensure they are paced along with you. By following a couple of simple guidelines you will ensure that this runs smoothly and everyone has access to their bags. Please follow these simple steps:

- Locate the day BAG COLLECTION area by following the signs at each rest stop
- Day Bags will be grouped together in colours so it's easy to divide up - with your Bib number on it. You will be issued with this coloured / numbered baggage tag at registration – and this **MUST** be attached to your bag.
- You **MUST** collect your day bag and keep it with you whilst you are in the rest stop.
- When you are ready to cycle again, pick up your bike **FIRST** – then you **MUST** drop your bag in the **BAG DROP OFF AREA** which will be signed & located as you exit the rest stop.
- You **MUST** stick to these guidelines as we will have vehicles regularly leaving rest stops taking any bags in the drop off area onwards to the next rest stop. If you fail to leave your bag in the correct area at the correct time – your bag will not arrive at the next rest stop – and will end up on the last vehicle at the back of the ride. **SO IT IS YOUR RESPONSIBILITY TO ENSURE THAT YOUR DAY BAG IS LEFT IN THE CORRECT PLACE!**

## VEHICLE SUPPORT IF RETIRING / RESTING

There will be support vehicles on route should you (and your bike) need to either retire from the cycle, or wish to sit out a leg or two! For those hoping to sit out a leg or two of the ride we will endeavour to ensure that your bike is moved forward in order to meet your arrival at the following rest stop so that you can cycle on.

## SIGNAGE

The route will be clearly signed with **PINK ARROWS** (directional) and occasionally **PINK MARKER FLAGS** and **PINK RIBBONS** (non directional - means you are on correct route), with **GREEN GLOW STICKS** also during the night. In the outskirts of villages/towns signs may become harder to spot, so please familiarise yourselves with the route, and have the Route Map with you and track your progress on it. **HAZARDS** on the route will be indicated by a **PINK SQUARE** with a **BLACK CIRCLE** inside; take special care when you see these.

## IF LOST

It is your responsibility NOT to get lost along the route and whilst we endeavour to sign the route as comprehensibly as possible, and provide as many maps as possible – you must at all times be vigilant of your own location. If you do not see a pink arrow marker for longer than 5km you must be aware that you have likely gone off the route (we aim to arrows at least every 2km) . So pull over safely, and reorientation yourself back onto the route, or check your location using a GPS device.

We will have a 24 hour Control Room in operation which you can call if you believe to be lost who can aid guiding you back onto the route – but note we will not deploy search vehicles or resource to find you unless it is a medical emergency!!

## OS Locate App – **IMPORTANT!**

This FREE app from Ordnance Survey converts GPS readings from your phone into a grid reference - enabling you to determine your location even without a mobile phone signal. ALL participants should download this to use in case of emergency.

- [CLICK HERE for the app in the Google Play Store \(Android\) >>](#)
- [CLICK HERE for the app in iTunes \(Apple\) >>](#)

Or search for 'OS Locate' in either store

### Using the app on the Challenge:

- Use on the Challenge if you are lost - to communicate to our Challenge Control Room
- Open the app – your location is marked by the Longitude (number) and Latitude (number)
- Use the left hand share widget to then SMS us your location – or better to write it down and call our Control Team.

## ROUTE & REST STOPS

REST STOP	STAGE Miles	TOTAL Miles	Stage Ascent Feet	FOOD / CATERING
START: Blackheath		0		Tea, coffee, biscuits, pastries, energy drink, & water provided.
	48		2510	
REST STOP 1: Lenham Community Centre		48		Variety of snacks, tea, coffee, energy drink & water provided.
	38		1950	
REST STOP 2: St Martin's School, Dover		86		Full Meal, tea, coffee, energy drink, water and a range of snacks provided.
	5		150	
REST STOP 3: Calais		91		Water and energy drink provided.
	35		1400	
REST STOP 4: Therouanne		126		Variety of snacks, soup, tea, coffee, energy drink & water provided.
	30		1890	
REST STOP 5: Frevent		156		Full Meal, tea, coffee, energy drink, water and a range of snacks provided.
	55		2060	
REST STOP 6: Froissy		211		Variety of snacks, tea, coffee, energy drink & water provided.
	30		1080	
REST STOP 7: Meru		241		Bacon rolls, variety of snacks, tea, coffee, energy drink & water provided
	39		1130	
THE FINISH: Paris		280		Full meal, tea, coffee, water provided.

Please note: final mileage distances & elevation may change and will be confirmed once the final GPX files have been issued on the 7<sup>th</sup> July.

### FERRY PROCESS

- All riders will depart the Dover rest stop together at approx 5.45 pm - led by our pace riders.
- Any riders beyond a cut off time for this will be picked up and moved forward to meet the ferry.
- **PLEASE NOTE:** due to new security regulations we will have to be in the Ferry Terminal 2 hours before departure. This has added an **extra hour** to the timings and will be **deducted** from the official rider times. If the ferry is delayed departing Dover, we will also accommodate this.
- All riders MUST carry their PASSPORT on them – if you do not have it you will be left in Dover!
- Please ensure that you have warm clothes and waterproofs in your day bag for whilst you are waiting for the ferry.
- Riders MUST cycle onto the ferry with their own DAY BAGS for security reasons (Port Authority rules). You will be instructed by the ship's crew as to where to leave your bike.
- There should be sufficient time to take on more food while waiting for the ferry and in the various restaurants on board the ferry (these can get busy, so don't leave it too late) and it's a good time to use the toilets!
- Make sure that you listen to the ship's announcements regarding disembarkation, and are

positioned with your bike as soon as possible. Upon disembarkation all riders will be re-grouped in a safe area within the port before passing through passport control.

- All riders will cycle approximately 4 miles to a mini rest Stop area outside of the port, where day-bags can be deposited, and anyone not cycling the next stage can get on the coaches.
- **Do not leave valuables in any saddle or bike bags, and remember what deck you're on.**

## NIGHT CYCLING PROTOCOL

- During darkness all cyclists must adopt **CAUTIOUS RIDING** practices and be particularly careful.
- All cyclists should have cycle lights fitted front and rear prior to boarding the ferry in Calais, and lights must be on when we disembark in Calais as it will be dark.
- When leaving Rest Stop 3 (Calais) all cyclists will be issued with a fluorescent snap band which **MUST** be secured clearly to the LEFT ankle (off-side to traffic) by **ALL** riders.
- All riders must have fully functioning, fixed mounted cycle lights front and rear before leaving Rest Stop 3 – this will be checked. The use of a head torch is also recommended as an additional aid (not instead of fixed lights), as this can be used to identify hazards on the road, and provides greater awareness to oncoming traffic of your own position. Head torches are also essential at any of the night-time Rest Stops to identify your day-bags and to read the Route Map.
- All cyclists **MUST** be wearing at least one piece of hi-visibility clothing or reflective material.
- Drafting or use of tri -bars is not allowed at any time during night stages.
- Single file riding must be adopted in urban areas or in presence of traffic - **BE SENSIBLE!**
- Signage with reflective strips will be marked by glow-sticks to warn you of a directional change, hazard, or as re-assurance. Please note that the glow sticks do not illuminate the sign but rather announce its presence to riders, and riders are advised to slow down accordingly and positively identify the sign and exactly what it means. Remember – our signs are PINK, others colours may be seen (hard to differentiate at night) because of other rides heading to Paris. **Be careful!**
- Please note on occasion signage may have been tampered with/glow sticks removed, so riders are advised to check for signage at critical junctions and if in doubt refer to the Route Map.
- Please show consideration to other road users and local residents – keep noise to a minimum particularly when passing through urban areas, towns, villages – and when assembled at Rest Stops.
- Riders are reminded that in addition to reduced visibility caused by darkness, depth perception also reduces at night, and all riders advised to exercise real caution, reduce speed, and remain particularly alert and aware when on the road.

**Any rider breaching any of the night cycling rules, or they are deemed un-fit to continue riding (through tiredness, medical reasons) will be removed from the Event and precluded from participating in any further night stages. Everyone's safety is paramount!**

## THE FINAL PUSH INTO PARIS

Beyond Rest Stop 7, we expect, unless there are good reasons not to, that all participants will cycle the final 39 miles to the finish near the Eiffel Tower. Cycling in any city can be dangerous, so CAUTIOUS RIDING procedures must be adopted – slow down – keep it sensible! This is potentially the most dangerous section of the ride! The route into Paris will be signed as best possible (keep looking for the PINK arrows and don't follow any other colours as there are a number of other charity cycle rides that finish in Paris). The Route Map details our way into Paris, so please familiarise yourself with it, and of course if you find yourself 'off-route' or even lost, it's probably best to ask for directions towards the key landmarks in central Paris – **The Arc de Triomphe or The Eiffel Tower** itself.

The finish point is at the Mecure Hotel, Rue Jean Rey, and it will be identified by banners and flags – please note this is **not** the hotel we will be staying in. This area is likely to be busy with tourists, so **NO** manic dashes over the last few hundred metres please.

The very **latest arrival time into Paris is 4pm** (French/local time) – riders who will not meet this time, or are riding at a pace slower to meet this time will be swept up in the support vehicles during the final stages of the cycle. This is entirely at the organiser's discretion for the safety of the event.

## THE FINISH

Once the ride is completed and all cyclists have sufficiently recovered, you need to be aware of these arrangements.

- **RACK YOUR BIKE** - as instructed – depending upon where your bike is heading, Kings Cross / O2.
- **FINISHERS PACK** - **compulsory!** Please go to the 'Information Point' to pick up your Finishers Pack. It includes your Eurostar ticket, details of your hotel, and the schedule for the rest of the event.
- **LUGGAGE** - You are then free to pick up your main item of luggage (last seen at Blackheath), your day-bag if you rode the last stage without it, and your bike bag/box if appropriate.
- **BIKE BAGS/BOXES** – If applicable - It is **YOUR** responsibility to dismantle your bike, fully pack it in your bag, and then put it back in the **CORRECT** racking area as instructed.
- **TOILETS** – These will be available in the Mercure Hotel by the finish line.
- **LUNCH** – Will be available when you finish and will be served inside the Mecure Hotel.
- **LOCAL RESTAURANT/BARS** - we recommend taking a stroll around, stretching those muscles (before they get too tight).
- **HOTEL** – We will be staying at the **Novotel Paris Centre Tour Eiffel** (which is a 10 minute walk from the Mecure where we will be finishing) check-in will be open from 15:00.
- **ROOM SHARE** - has been assigned as per the information you provided on your Rider Details Forms and we have accommodated all room share requests. You will be asked to sign for your room keys and please **note** no participant can charge extras on their rooms.
- **CELEBRATION DINNER** - Dinner will be served at the Novotel Hotel for all participants at 20:00 in the evening, and should last approximately 2 hours. All are free to visit the night spots of Paris afterwards, to really celebrate your achievements.
- **RETURN TO THE UK - Please note** – Paris is generally busy and you must leave plenty of time to arrive at the Gare du Nord in good time. If you miss the Eurostar time on your ticket, the ticket is **NOT** valid for later departures. It is your responsibility to get to the Eurostar check-in on time. Your Eurostar will depart at 14:33. You will get your Eurostar ticket in your Finishers Pack and please **don't lose this** – we don't have spares.
- **Please remember that you must have your passport and ticket with you to check-in at Eurostar.**
- Your bikes will be awaiting your arrival at a site close to London St Pancras (Kings Cross), except those who have parked at the O2 arena, in which case your bikes will be awaiting your arrival there.
- Bikes will be available for collection from 4:00pm on Monday 18<sup>th</sup> July until 8:00pm. Any bikes left uncollected will be taken to our Store where you will have to arrange a courier to come and collect them and you will evoke a charge of £10 per day for storage.
- All bikes must be collected this date, or would like someone else to collect it on your behalf, please let us know at the finish line so we can make the appropriate arrangements.

## EVENT RULES & REGULATIONS

- The Event is an endurance rally, **NOT** a race. The Organiser reserves the right to exclude any riders found racing or riding dangerously. If a participant is excluded they will be offered transportation to the finish line by the vehicles supporting the Event; no special arrangements will be made.
- All participants must have appropriate insurance. (More information available in the participants area of the website)
- All signage, directions by event staff, police, and other official authorities must be followed.
- Participants must not pass in front of Action Challenge '**Pace Team Riders**' who will be leading the cycling group throughout the Event. They are expert at this event and will get the front of the group in well under 24 hours!
- Riders must not cycle more than 2 abreast. Please think about cars - be good to them and they will be good to you!
- Riders must obey the Highway Code and local laws at all times.
- Helmets are compulsory at all times when riding.
- Use of mobile phones or headphones when cycling is prohibited.
- All riders must carry a mobile phone and Route Map with them for use in case of emergency.
- The procedures set out within The Route Map document in case of loss, mechanical issues, or any other incident detailed must be adhered to by all participants.



- Use of tri-bars is **NOT** permitted in proximity to other riders, urban areas, during hours of darkness, or where visibility/road conditions make it un-safe to do so.
- Where a rider fails to meet the 24 hour schedule the Organiser reserves the right to transport that participant forward, as appropriate, by a support vehicle.
- Riders may not leave a Rest Stop or commence the next stage until released by Event staff.
- All riders must ensure they are adequately hydrated, fed, and rested before commencing any cycling stage and report any concerns to the event medic(s) or a staff member.
- If in the opinion of the Event Doctor, or an Event Medic a participant is considered as unfit to cycle the next stage, or any further stages, that participant will be excluded as necessary.
- The protocol for 'Night Cycling' must be strictly adhered to.
- The Organisers reserve the right to amend the route to ensure the safe delivery of the ride.
- Whilst the Event mechanics will endeavour to resolve mechanical issues that may develop with participant's bikes, there is no contractual or implied obligation to do so, and any work they choose to carry out will be done in a manner, place and time that they feel is best suited to enable the Event to continue running as close to its schedule as possible. Spare parts will be charged for.

**WE WANT TO RUN A 100% SAFE EVENT. BE SENSIBLE – DON'T TAKE STUPID RISKS – THINK AHEAD – THINK OF OTHERS AROUND YOU – LOOK AFTER YOURSELF!**

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*If you have not yet completed your Rider details form – please do so immediately as otherwise we will be forced to allocate your hotel room and return bike pick up for you. [CLICK HERE](#) for the Rider Details form.*

*If you have any questions, please email: [l2p24@london2paris24.com](mailto:l2p24@london2paris24.com) or call 0207 609 6695.*

**GOOD LUCK AND SEE YOU ON 16<sup>th</sup> July!**