

**EXHAUSTION
TO ELATION**

RIDE 24

23.06.2012

GOODWOOD MOTOR CIRCUIT

24 HOURS. 1 TEAM. 1 GOAL



action.org.uk/ ride24

**CELEBRATING
60 YEARS
OF VITAL RESEARCH**



action medical research
for children, for life

Charity reg. nos 208701 and SC039284



“ RIDE24 is a great event and I urge you to put in a team! If you are looking for a personal challenge then this is ideal. Participating in an event like this is something you'll remember forever. I loved riding the track last year and hope to be back at the event again for 2012.

Do something amazing on your bike – RIDE24. ”

Chris Boardman MBE, Olympic and world champion

Event information

RIDE24

When: Saturday 23 and Sunday 24 June 2012

Where: Goodwood Motor Circuit, Claypit Lane, Westhampnett, West Sussex PO18 0PH

Registration open: From 9am, Saturday 23 June

Registration fee per team includes:

RIDE24 race event provisions for riders

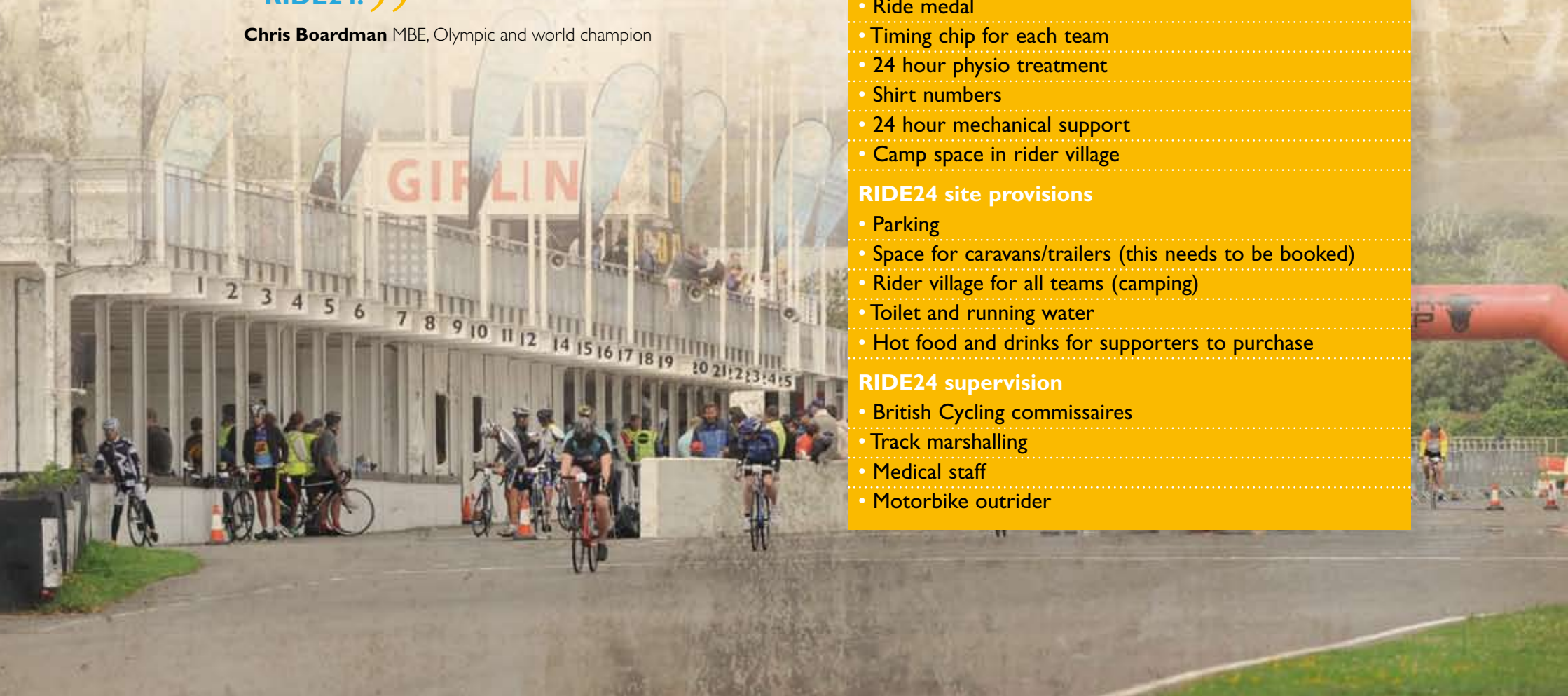
- 24 hour food and drink
- Ride medal
- Timing chip for each team
- 24 hour physio treatment
- Shirt numbers
- 24 hour mechanical support
- Camp space in rider village

RIDE24 site provisions

- Parking
- Space for caravans/trailers (this needs to be booked)
- Rider village for all teams (camping)
- Toilet and running water
- Hot food and drinks for supporters to purchase

RIDE24 supervision

- British Cycling commissaires
- Track marshalling
- Medical staff
- Motorbike outrider



The track

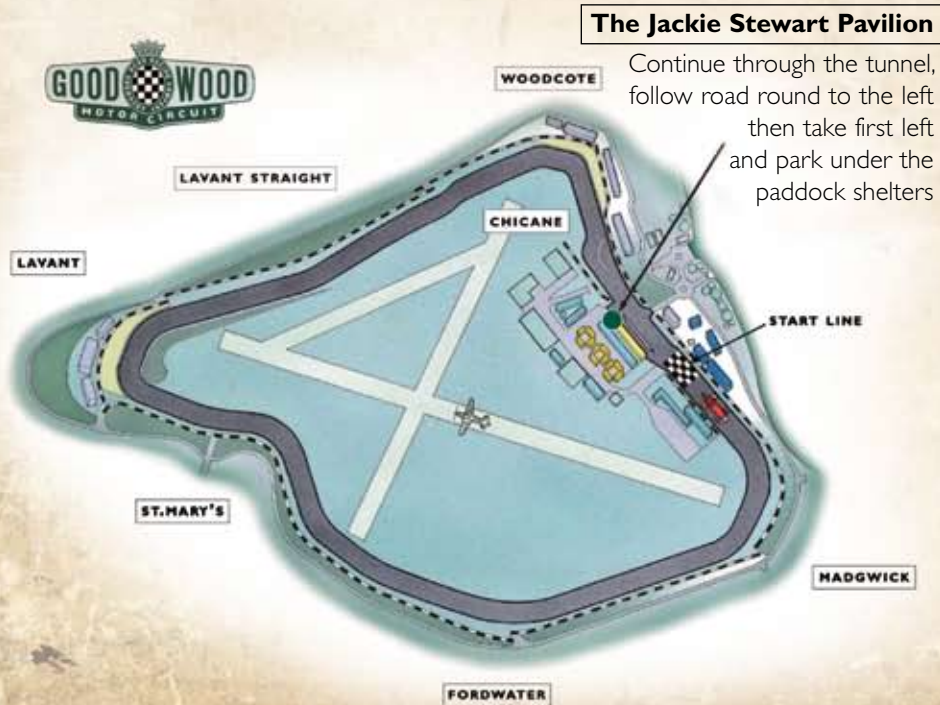
Goodwood Motor Circuit

Goodwood Motor Circuit is an extraordinary place. The only classic circuit in the world to remain entirely in its original form, it was sympathetically restored over a six year period in 1998 and will give our RIDE24 racers a 2.4 mile smooth, slightly undulating circular track that offers viewing platforms at all the exciting corners!



You will be part of history in the making as you race around this monumental site in the venues second 24 hour Le Mans style cycling event.

It is part of an airfield and therefore you can expect wide open stretches and some welcome tail wind and not so welcome head winds to make your challenge even harder. Be prepared!



Rider experience

If this is your first time for RIDE24 we can promise you one of the toughest and most memorable weekends of your life!

This is what you can expect from your weekend:

When you and your team arrive, you will be directed to the rider village where each team has an allocated tent space area. Parking will be separate so please expect to park your car and then carry your kit to your campsite.

Once on site, you will be directed to the Jackie Stewart Pavilion where you must register your teams arrival and collect your race information. If you are a fundraising team, you will also be asked how much your team has raised in sponsorship.

You will find on site: hot drinks, 24 hour hot and cold food and snacks, coffee, running water, toilets, massage area, first aid support, mechanical support, viewing stands, pit lane and bike storage, 24 hour water supply, energy powders for riders, some entertainment. There are no activities provided for children.

Every team is given an electronic chip which is handed between riders as they race. Scores are conveyed back in real time. This makes the event very competitive.

A test lap is carried out at 1pm for all teams to ensure timing chips are working. One rider wears the chip and hands this on to team mates on retiring.

At 2pm the race commences. Riders can race for as long or as little as they wish.

Awards include, 1st, 2nd, Mixed winners, Vets winners, Female winners, and Solo winner.

At the end of the race at 2pm on Sunday, the awards ceremony takes place on the viewing stand.



RIDE24 kit list

Here is a list of kit you will need. This is the bare minimum, but there is also a list of non-essential items worth considering.

Team kit

- Tent (a two man tent will do – you'll never all be inside at the same time)
- Team cycling kit is recommended
- Track pump
- Spare inner tubes
- Combi-tool
- All appropriate tools
- Team tent sign or banner for identification
- Team cycling kit

Individual kit

For cycling:

- Road bike
- Helmet
- Drinks bottle
- Decent bike lights
(You might be thankful if your lights have a still beam as well as (or instead of) a flashing option)
- Cycle shoes
- Cycle gloves
- Cycle jacket (waterproof)
- 3 pairs socks
- 2 pairs cycle shorts
- 2 x cycle jerseys
(one short, one long arm)
- Arm and leg warmers
- Suncream
- Chamois cream
- Sunglasses
- Hi-vis jacket/kit for night riding
- Wash kit and towel
- (Ladies: sports bra)

For breaks:

- Tracksuit/a comfy set of clothes to change into quickly between rides
- Underwear and socks
- Shorts
- T-shirt
- Sunhat
- Flipflops
- Trainers
- Fleece
- Warm jacket
- Waterproof jacket and trousers
- Woolly hat (early morning can be cold)
- Roll mat
- Sleeping bag

Non-essential:

- Bike computer/ Garmin or similar (makes your circuits much more interesting)
- Energy bars/gels/ drinks (enough food and energy drink is provided, but you may wish to bring your own favourite fuels)
- Morale boosters – sweets and crisps
- One or two more cycle jerseys
- Umbrella
- Clear cycling glasses
- Camera

Weekend schedule

Saturday 23 June 2012

9am-12 noon

Registration

Number and transponder distribution

Tent setup

Open to public spectators

1pm

Mandatory briefing (all riders present)

Test laps for **all riders**

2pm

RIDE24 race commences

Live commentary throughout the day

Sunday 24 June 2012

9am

Open to public spectators

2pm

RIDE24 finish

2.10pm

Awards ceremony

2.30pm

Event ends

RIDE24 rules and regulations

Bikes

1. Only **road bikes** can be used for RIDE24.
2. The following bikes **cannot** be used in this event: recumbents, mountain bikes, time trial bikes, fixed gear bikes, Bromptons, Dahon and hand bikes.
3. Bar-end extensions and triathlon handlebars are not allowed.
4. It will be possible to park bikes in the transition area (lock recommended).

General conduct

1. Competitors must exercise sound, mature judgment and carry out all reasonable instructions from officials.
2. Competitors are ultimately responsible for their own safety and for the safety of others.
3. Competitors must take responsibility for knowing the rules and abiding by them.
4. It is the competitors' responsibility to be properly prepared for the event and to ensure that their equipment is suitable and fit for its intended purpose.
5. No competitor shall be permitted to continue racing who, in the opinion of any race official, is physically incapable of continuing without sustaining physical damage or loss of life.

Race conduct

1. Competitors must conduct themselves in a proper manner and not bring the sport into disrepute.
2. All other competitors, officials, volunteers and spectators must be treated with respect and courtesy.
3. All competitors must wear any official numbers as provided by the race organiser. These must be worn unaltered and be both visible and/or readable at all times.
4. Race equipment must not be discarded at any point on the course but must be placed in the athlete's allotted position in transition.
5. High visibility clothing will be worn by all participants during hours of darkness.
6. Front and rear lights will be shown clearly by all riders on the track during hours of darkness.
7. Riders must wear helmets at all times when riding on the track.



RIDE24 rules and regulations

Transition area

1. In order to avoid accidents, safeguard equipment and protect personal possessions, participants must not bring helpers, friends or family members into any transition area.
2. Cycles must be placed in their allotted position (or at your tent) and not where they may hinder the progress of other competitors. Equipment that is discarded will be regarded as a hindrance.
3. Riders are only permitted to tag riders within the designated zone in the transition area (which will be clearly marked).
4. Riders waiting to ride are permitted to mount their bike, but must be stationary at the time of being tagged.
5. The incoming rider must pass over their electronic chip to the outgoing rider in the zone and the outgoing rider needs to attach the tag before being allowed to set off.
6. Competitors must not interfere with another competitor's equipment in the transition area.
7. Riders will need to adhere to the minimum time set to remain in the allocated area to enable safe transition for all riders.

Race numbers

1. Race numbers provided by the organiser must not be altered, cut down, folded or in any way mutilated.
2. Race numbers must be affixed to the competitor's clothing or to a suitable race belt or bib so that the number is clearly visible at all times.
3. A number must be displayed on your back and must be visible at all times.
4. Electronic tagging will measure your teams' ride. A transponder will be issued, one per team. It is each rider's responsibility to ensure the tag is passed on at every transition and handed in at the end of the race.

Cycle conduct

1. Every competitor must ensure that his or her bike is in a safe and roadworthy condition.
2. During the event, competitors/teams are individually responsible for the repair of their machines.
3. Competitors shall at all times cycle so that they do not deliberately obstruct or interfere with other competitors.
4. Drafting is allowed.

Training tips

Supplied by Andy Cook of Andy Cook Cycling

Regular consistent rides

Typical weekly plan:

- Monday rest day
- Tuesday 2 hours riding at a sustainable pace
- Wednesday 3-4 hours riding at an easier pace to get used to long hours in the saddle.
- Thursday 2 hours riding at a sustainable pace
- Friday rest day
- Saturday 2-3 hours
- Sunday 4-5 hours with a coffee stop!

Obviously much will depend on available time and particularly family and work commitments. It is very difficult to prescribe a general plan for such events. However, the above example would be the “top end” of a fit cyclists’ plan. Someone completing such a schedule should be easily able to finish RIDE24.

Many people new to the sport come from other sports with an aerobic background, such as runners and triathletes.

Consequently their fitness and conditioning is not in doubt. This often means they need to concentrate more on technique and time in the saddle.

The beginner will require an altogether different approach where progression is the name of the game.

Please see our suggested training plans overleaf.



Training tips

Supplied by Andy Cook of Andy Cook Cycling

- Build up the distance
- Select the correct bike with gears, tyres, brakes. Take advice from experienced riders or bike shops or clubs. Clubs directory can be found at British Cycling: www.britishcycling.org.uk
- Correct and suitable clothing must be worn. Take advice from experienced riders, bike shops or clubs
- Plan a programme working back from the event in 3-week blocks. Concentrate on distance at a sustainable speed
- Try to build the quantity of mileage by no more than 10 per cent per week
- Recover properly by resting adequately. This is when adaptation takes place and the effect of the training effort is absorbed. By continuing to do more you become more tired and run the very serious risk of becoming over trained
- Break training down into manageable chunks. Work out the available time when other commitments such as work and family have been considered. Rather than riding for hours at a time it may only be possible to ride before or after work and maybe even a midday ride of an hour is useful
- Consider an indoor session when the weather is bad either at the local gym on a spin bike or by using a turbo trainer. Don't forget to use a fan and drink regularly
- Build in two or three other Sportives or even long races as building blocks
- Try to ride in a group where possible as this will build confidence in group riding
- Practice slip-streaming (to take shelter), pointing out obstacles, (parked cars, potholes etc)

Novice: 12 week training plan

week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		2 x 30 mins on turbo or 1 hour on the road				1 hour	2 hours easy/medium on hills
2		2 x 30 mins on turbo or 1 hour on the road				1.5 hours	2.5 hours
3		2 x 30 mins on turbo or 1 hour on the road				1 hour easy	3 hours brisk
4		2 x 30 mins on turbo or 1 hour on the road				1 hour easy	65-70 miles with cake
5		1 x 1.5 hours on road + 2 x 30 mins on turbo				2 hours	2 hours
6		1 x 1.5 hours on road + 2 x 30 mins on turbo				2 hours easy	80 miles
7		1 x 1.5 hours on road + 2 x 30 mins on turbo				2 hours easy	50-60 miles
8		1 x 1.5 hours on road + 2 x 30 mins on turbo				2-3 hours	70-80 miles
9		1 x 1.5 hours on road + 2 x 30 mins on turbo				2-3 hours	80 miles 2 x 40 with cake
10		1 x 1.5 hours on road + 2 x 30 mins on turbo				1 hour easy	100 miles 2 x 50 with cake
11	Rest	2-3 hours	2 x 30 mins on turbo		Rest	1 hour brisk	3 hour brisk non stop
12	Rest		2-3 hours		Rest	RIDE24	RIDE24

Experienced rider: 12 week training plan

week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		2 x 2 hours either on turbo or on the road at pace that is "comfortably hard not hardly comfortable"				2-3 hours	3-4 hours easy/medium on hills
2		2 X 2 hours as above				2-3 hours	3-4 hours easy/medium on hills
3		2 X 2 hours as above				2-3 hours	60-65 miles with cake
4		2 X 2 hours as above				2-3 hours	3-4 hours easy/medium on hills
5		2 X 2 hours as above				2-3 hours	80 miles target 5-6 hours
6		2 X 2 hours as above				2-3 hours	80 miles target 5 hours
7		2 X 2 hours as above				2-3 hours	60-70 miles with cake
8		2 X 2 hours as above				2-3 hours	80 miles target 5-6 hours
9		2 X 2 hours as above				2 hours	85-90 miles
10		2 X 2 hours as above				2 hours	100 miles
11	Rest	2 hours	1 hour		Rest	2 hours	3 hour brisk non stop
12	Rest		2-3 hours		Rest	RIDE24	RIDE24

Fundraising

1. Online sponsorship

If you are an email user then this is the quickest, simplest and most painless way to raise funds rapidly and you won't have to chase for the money after the event. If you are registered for your place on action.org.uk using our online registration system then you already have an online sponsorship account for your team. To view your sponsorship account go to **action.org.uk** and click on the 'sign in' link at the very top of the page. Your username is the email given at registration. You will also need to enter your password. If you have forgotten this, simply press the lost password link and we will send it to you via email. Once signed in, you will be taken to your account screen, from here you can:

- see your sponsors and good luck messages
- customise your fundraising account with images and your appeal
- manage your account details
- see all your events on one account
- access various supporter tools including bespoke banner ads to help with your fundraising.

You will be able to use your account for all the Action fundraising you take on.

2. Sponsorship forms

You will be able to download your own sponsor form; it's an opportunity to raise money from friends, family and those who would rather sponsor you "offline". You will see that your sponsorship form has a gift aid box. Make sure that your donors tick this and ensure that they/you have entered their home address including the postcode. Gift Aid cannot be applied without a proper home address – a company address will not allow us to claim.

Gift Aid is a tax-effective way to increase the value of donations you receive of **£5 and above**. Action Medical Research can reclaim the tax **at no extra cost to you**. This increases the value of gifts given to you on behalf of the charity. Unfortunately, money reclaimed from Gift Aid cannot be added to your sponsorship total but is greatly appreciated by the charity.

So what does this mean? It means that sponsors can make their gift 25 per cent more cost effective. For every pound that sponsors give you, we can claim an extra 25 pence from the taxman.

To be eligible for Gift Aid sponsors must be a UK resident paying tax.

Money that cannot be Gift Aided:

- Donations from anyone who is not a UK tax payer
- Money raised via events, raffles, collections
- Donations from companies.

(Companies will be able to claim tax relief on charitable donations when calculating their profits for corporation tax. This will be between 10 and 30 per cent of the gross donation, depending on the company's size and encourages many businesses to adopt a matched funding policy. This is where they match the sponsorship you receive pound for pound.)

When you are ready, please send your sponsorship forms and payments to us. Please make sure your name and your **team name** appear on all forms you send.

Every team is required to raise £1,300 in sponsorship and this must be with us no later than 3 August 2012.

Remember to take your Sponsorship Form with you when you're out and about fundraising!



Why you do it

Action Medical Research is celebrating 60 years of vital research for sick babies and children.

Since we began in 1952 we've spent more than £100 million on medical breakthroughs that have helped save thousands of children's lives and changed many more.

Thanks to people like you more babies have been born healthy and thousands more children have been protected from life-threatening infections. But there is still so much to do and we can't do it without you.

Your support will help fund research into preventing brain damage in babies, tackling the urgent need for new vaccines to prevent infections like meningitis, and developing cutting-edge therapies for children with rare conditions for which there is no cure.

We know that there are children suffering today who could be helped by medical research. Every mile you ride will fund studies that could one day help children like Katie, who was born two months early and needed resuscitating at birth; little Cieran, who was left scarred for life by meningitis, and six-year-old Jack who was diagnosed with a brain tumour at just 14-months-old.

With your help we can make 2012 an extra special year and fund even more life-changing research for some of the UK's sickest babies and children.



Contact Sarah on **01273 735788**
or at **ride24@action.org.uk**

 raising funds for
action medical research
for children, for life

Charity reg. nos 208701 and SC039284

