

New Forest Rattler – Saturday 24<sup>th</sup> August 2019

## Rider Brief

The New Forest Rattler team look forward to welcoming you to Moyles Court School on Saturday 24<sup>th</sup> August 2019

The following information has been put together to provide riders with all the information they need to know about the event, and also offer advice regarding the routes and the condition of your bike.

Getting to Moyles Court School Moyles Court School is a superb boarding school set in the heart of the New Forest. For a route map detailing how to get to the school please use the following link:  
<http://www.moylescourt.co.uk/index.php?page=contact-us>

Free car parking is on the walled sports field. Please follow the signs and a marshal will meet you there.

Friday camping area will be available from 2pm onwards on the Friday for those who paid to camp when booking. Please go to the main entrance of Moyles Court School on arrival and someone will be on hand to assist you.

If you have not booked to camp, but would like to, we still have a limited number of pitches available at a cost of £25 per group (up to four people).

Registration will open at 7:30am on the day of the event.

Breakfast is included as part of your entry fee. There will also be complimentary tea and coffee available at the start. The choices of cereal will be Granola, Muesli and Cornflakes.

After your ride there will be tea, coffee, soft drinks and cakes available for you to purchase.

Start We aim to get riders away as quickly as possible. Riders for all routes will start departing at 8:30am. Riders will depart in groups of about 20-25 and set off at 3-5 minute intervals. To arrive at feed stations before they close, we advise all riders to have left Moyles Court by no later than 9:30am.

**Timing** Electronic chip timing for the Rattler will be provided. The chip is attached to the back of the rider number. This number has to be pinned to your back. This ensures that we comply with the New Forest Cycling Charter. No number on your back, no time and no stops at the feed station. Riders will collect their timing chip/rider number when registering. The Rattler is not a time trial – however if you are interested in viewing your personal overall time you will be able to view this from 6pm on the website. A full list of results will then be posted on the event website one-two days afterwards.

**Route** The Rattler routes will be marked with black and yellow corrugated A3 plastic signs. At no point should you need to consult your route card – however there is always the possibility that a sign could be removed or obstructed from view. If you approach a junction and miss the sign there will be an arrow painted on the floor.

**Route Splits** The Rattler routes are inter-linked. Riders should follow the clearly marked instruction arrows for their ride distance.

**Marshals** Although the routes are clearly signed, we will have marshals out on the course. The marshals are in place for your safety and will be located in areas with a higher volume of traffic or where there are moderately dangerous junctions or bends in the road. Each marshal will be wearing a high-visibility bib. We have roaming marshals in vehicles checking on the course and riders.

GPX routes can be downloaded [HERE](#)

EPIC 102 <https://ridewithgps.com/routes/30894429>

Long 84 <https://ridewithgps.com/routes/29568860>

Short 47 <https://ridewithgps.com/routes/8473249>

IF you have a bike computer with GPS we recommend that you load the routes.

**Feed stations** There will be three feed stations on the EPIC course, two on the 82 mile course and one on the 47 mile course.

The first feed station is located at 26.5 miles on the main road into Bransgore and will supply the 82 mile and EPIC riders only.

The second feed station is located 57 miles into the 82 mile and EPIC routes / approximately half way through the 47 mile route.

The third feed station will be located near the beautiful village of Whiteparish at 80 miles and will cater for the EPIC riders only.

Each station will be stocked with Bananas, flapjack, High Five Source, gels, biscuits, jelly sweets and water – however, we do recommend that riders carry some of their own provisions such as an energy gel, oat bar or banana just in case you run out of energy before the feed stations. We also recommend that each rider starts the event with 2 full water bottles.

Please note the feed station close times:

- Feed station 1 – 12:00pm • Feed station 2 – 2:30pm • Feed station 3 – 4:30pm

Your bike Before setting out on a ride such as the Rattler it really is worth checking that your bike is in peak working condition. The last thing you want is your ride ruined due to a mechanical problem.

Here is a quick checklist you can do yourself:

1. Starting at the top make sure your saddle is at the correct height and that the fixing bolt is tight, always check for a torque setting on your frame seat bolt especially on a carbon frame.
2. Check your handlebars are correctly positioned and all bolts are tight.
3. Check your headset at the same time by applying the front brake and rocking the front of the bike. If play is felt then you will need to refer to your bike owner's manual or ask a cycle mechanic to tighten your headset.
4. Check that the bottle cages are tight as you don't want your much needed fluids falling off.
5. Check the drive-train on your bike to make sure that your chain, sprockets, chain wheels and all moving parts are not too worn.
6. Check your chain is clean with some citrus degreaser and apply some good wax / dry lube to stop any squeaking and to help with shifting.
7. Check your gears to make sure they are shifting well by lifting the wheels. If in doubt then try to get a bike mechanic to look over your gears before the ride.

8. Check your tyres for any cuts or potential problems. If your tyres are worn, getting new ones before the ride is a good investment.
9. Finally check your saddle bag or pockets and make sure you carry at least 2 inner tubes, tyre levers, a puncture repair kit, some form of pump and a multi-tool with Allen keys.

Photography Charles Whitton and his team will be located around the routes and will be taking shot and the mages will eventually be here:-

<https://www.charleswhittonphotography.com/group26668.html>

#### Rules of the Rattler

1. Wear your helmet at all times on the course. Follow the HIGH WAY CODE at all times
2. Remember this is not a race, be a good advert for cycling and show consideration to other road users, even if they don't respect your space.
3. Never ride more than two abreast and don't attempt dangerous passing.
4. It is absolutely forbidden to cross the centre line of the road.
5. Some riders will be inexperienced so keep your distance at all times.
6. Don't go mad down hills as some have tight bends.
7. Please signal any intention to turn left or right and don't stop suddenly; there may be riders behind you.
8. Make sure your bike is in good working order, especially the brakes!
9. Cars or other support vehicles are forbidden from driving the course.
10. Any rider seen with a vehicle on the course will be disqualified.
11. Please do not urinate outside people's houses – try to find somewhere more discreet and out of public view.
12. Do not drop litter. The New Forest is a place of natural outstanding beauty and we like to respect this wonderful land.
13. Be mindful of the animals and take extra care when navigating areas occupied by them.

The finish Once you have completed the Rattler make your way to the BBQ for a well-deserved burger! (vegetarian option will also be available) You must had your burger token in to receive your food. If you have friends and family camping they can purchase food here.

Please note that the catering staff on site will stop serving food at 4:30pm

Additional information Contact number for HQ/SAG Wagon: 07912964255 In the event of an emergency dial 999.

SAG support and Rider HQ will close at 5:30pm Right, that's enough detail for you – we hope you enjoy your day!