



## **The Wharfedale Ton**

**Friday 14 June 2019**

**Logistics, Timings, Food and other issues**

### **1. Where is the start point?**

The start and finish point is the Ilkley Rugby Club, Denton Road, Ilkley LS29 0AA which opposite Ilkley Swimming Baths.

You will need to register at this location on the morning of the event and we ask everyone to sign back in here on your return.

### **2. Is there parking nearby the start point?**

Parking is available at the Rugby Club. The Organisers do not accept responsibility for your vehicle or its contents during the event. Additional free parking is available at the Ilkley Pool and Lido opposite and also along Denton Road, Ilkley.

### **3. Timings: when should I register? How long will it take? When should I aim to be finished ?**

Registration will be from 7.00am but we won't release the first riders until 7.30am at the earliest. Please see the separate time estimation sheet available to download.

REMEMBER: this is not a race - it is meant to be a networking event. We want people to enjoy the ride, not treat it as a workout! As a result there are no prizes for getting back to Ilkley first - other than a couple of beers of course!

As a result we ask that you only set off at 7.30am if you consider yourself to be a slower rider. This is because our break stops, the lunch stop and tea are planned between certain times so if you arrive too early then we might not be ready for you!

The majority of riders tend to set off between 8.00am and 9.00am and this gets them comfortably back to Ilkley between 4.00pm and 5.00pm.

We have planned the event to include 2 break stops in Kirk Deighton near Wetherby (out and back) and a lunch stop on the way out of York, followed by a bit of food and a pint back at the Rugby Club in Ilkley.

So please, take your time for a break at the breaks and a relaxed sandwich or two at the lunch stop.

The planned timings are:

0730 - 0900 Depart Ilkley – Rugby Club Car Park 0 miles

0930 - 1100 Kirk Deighton Pie Stop – Kirk Deighton Village Hall approx. 25 miles  
1200 - 1400 LUNCH - Hungry Horse Pub, Rawcliffe, York 51 miles  
1300 -1530 Kirk Deighton Tea Stop – Kirk Deighton Village Hall 75 miles  
1600 - 1800 TEA – Rugby Club Ilkley 100 miles

#### **4. What about the route?**

The precise route will be notified immediately before the event to allow for last minute detours which are outside our control. But don't worry because the event will be professionally signed anyway by a very experienced crew.

#### **5. What about food - should I bring my own?**

We do urge you to bring:

- your own FULL water bottles;
- whatever energy bars and gels you particularly like to carry with you

We expect to have a limited number of OTE energy products available at the start.

**LUNCH & TEA** : We are supplying a sandwich lunch in York and a basic tea (bowl of chilli and rice and veggie option) in Ilkley.

**BREAK STOPS** : At the break stops we will have water to top up your bottles, some fruit and flapjack, some energy powders for you to dissolve in your water bottles.

In the morning at the first pit stop we will also have some pork **pies** courtesy of David Lishman Butchers, of Ilkley!

#### **6. What if I have a mechanical failure or I fall ill?**

Please think about how you would deal with such an eventuality were you out and about on your typical Sunday ride - that is how we expect most individuals to solve any issues. So please remember your puncture repair kit, and spare inner tubes.

We will supply an medical emergency helpline however and will do our best to assist if there is a major problem as we will have a roving medic out on the route.