



Harp House, 54 Wells Road Fakenham Norfolk NR21 9HJ
Tel : 07887 803091 E: f-a-b@dircon.co.uk

Ride North Norfolk 26 August 2018

Dear Rider,

All is looking good for tomorrow. We are sure you will enjoy your ride whatever distance you have chosen.

I am writing with some additional information and will also resend a copy of the original email attachment we sent to you when you registered. If you have any queries please feel free to contact me. We are regularly updating our website, Facebook page and Twitter.

- We are accepting entries on the day.
- Information about parking is available on our FAQ page. This year we have **additional free parking** about half a mile from the start at Becks Auction , Cattle Market St, NR21 9AW this is not supervised so please park sensibly. More parking info. is at www.activefakenham.org.uk/faq/ . The car parks are monitored even on Bank Holidays. Please vacate the **Becks Field by 5.30 when it will be locked.**
- Public transport in Fakenham is very limited. Rail stations: Kings Lynn (22m) and Norwich (26m)
- When you arrive at the Fakenham Community Centre, Oak St. NR21 9DY, collect your number, free drawstring bag, free water bottle and information pack at the registration desk. **Make sure you report back here after the ride** to tell us you have completed the ride, so we do not have to search for you.
- Food and hot drinks will be available from 7.30
- There are 3 feed stations, one at Little Walsingham (for 15, 36 and 100 mile routes until 4.00pm) and one at the Nelson in Burnham Market (36, 66 and 100 mile routes until 3.30pm). There is also a water stop at the Wiveton Bell (66 and 100 mile routes) from 8.30 to 10.30
- The route will be well signed, GPX and TCX files are on the website and maps/instructions will be provided in your pack.
- The 100 mile route is done with the longer loop first, followed by the shorter one .You must complete the Holkham part of the ride by 3.30pm.
- Packs/bags can be left in the Centre at your own risk.
- Bring plenty of fluids and snacks for the ride. There are feed stations but you need to make sure you have plenty of nourishment and water.
- There is a breakdown service but please sort out your own punctures and minor problems. Other riders will stop and help. Mechanic 07854707504 HQ 07887803091
- It is a condition of our insurance that you wear a helmet and no Tri Bars
- **On completion** please let the registration desk know you are back **otherwise we will be looking for you.**
- We welcome any feedback or suggestions.
- There is an after ride chill out event from 11.30 to around 4.30 with food, a Durban Grill with South African Street Food, beer tent with Norfolk produced ales and ciders from local farms, live music, massage, Smoothie Bikes etc. We hope you will join us for this.
- Please get in touch if you have any questions or feedback.

I hope you have a great day enjoying the best of North Norfolk cycling. I look forward to seeing you there.

Have a great day

Richard Crook



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These are some of the stalls that will be around on the day. There will also be live music in the walled garden.

Tea, cakes, bacon butties and more

[Fakenham Country Markets](#) is run by a co-operative of 20 members. Market manager Gillian, secretary Debbie, Lesley and Esther are all regulars behind the counter... Their home-made produce is always popular, so best to get there early for the most choice. They will be serving home-made cakes and more all day as well as Bacon Butties for breakfast from 8.00am

Beer Tent

We are pleased to say that this year the Norfolk Brewhouse (<http://norfolkbrewhouse.co.uk/>) will be serving real ale, craft beers, and thirst-quenching cider in a beer tent in the walled garden at the Fakenham Community Centre. You pass this micro-brewery on your return to Fakenham.

SAWUBONA!

Welcome to [The Durban Grill](#), Norfolk's finest South African street food. We provide a range of products including Exotic Meats, Homemade Biltong and many specialist drinks and confectionary imported from South Africa. All our meats are from suppliers who actively participate in environmental programmes, from necessary culls in game reserves to breeding programmes. All under EU welfare & CITES regulations.

Coffee Stall by Risi Bici Café Deli <https://www.facebook.com/RisiBiciCafeDeli/>

Ride yourself a fruit Smoothie [Active Fakenham Smoothie Bikes](#)

First Aid

First aid will be available at the Community Centre provided by local firm [MED-PTS](#)

Bike Help at HQ

Tri-Harder will offer pre ride bike help and checks <https://www.triharder.co.uk/>