



To Ride North Norfolk Riders, 26 August 2018

Dear Rider,

Thanks for joining us on Ride North Norfolk. We have devised some great routes that go through the beautiful North Norfolk countryside. Our routes range through 15, 25, 36, 66 and 102 miles (approx.). All the routes avoid the bank holiday traffic and go along the country roads and have some fantastic sights.

We will communicate by email but if this is not convenient please let me know. I will email you prior to the ride with more details, but feel free to get in touch.

If you would like to know more, and keep up with progress, details of the day are on our website: <https://www.activefakenham.org.uk/ride-north-norfolk-2018/> the Active Fakenham Facebook page www.facebook.com/Fakenham50/ or follow us on Twitter <https://twitter.com/Fakenham50> . There is a Ride North Norfolk event on Facebook. I am happy to talk on the phone, just ask for Richard 07887 803091.

Information

- When you arrive report to the Community Centre, Oak St. NR21 9DY, to register and collect your numbers and welcome packs. You can register from 8.00. (7.30 for 100 milers)
- Set off is anytime between 9 to 11.00. or 8 if you are doing the 100 miles.
- There will be a route and safety briefing before you ride.
- Parking. See the Frequently Asked Questions (FAQ) on the website for parking details. There is very little parking at the Community Centre but plenty nearby. The Car park at the Community Centre has now been made a pay and display by North Norfolk District Council. We will have free parking at James Becks Auction (Olivet Way) which is 4 minutes ride from the start
- Accommodation. See the FAQ on website. Plenty available but book early. Also, you can contact the Fakenham Info Hub or <http://fakenham.info/>
- The route will be well signed, and you will be provided with a map. The route will be on the website and a link to "Ride with GPS" will be put on the website before the ride. GPX downloads will be available.
- Although the route is all "on road" some roads are minor and may not be suitable for very soft tyres.

- Food and drinks will be available at the Community Centre from 11.00. Coffee/hot drinks, snacks/breakfast rolls from 8.00am. This year we will have a South African style Durban Grill and a Beer tent with locally brewed beers, ciders and soft drinks as well as homemade tea and cakes. There will also be live music.
- As in previous years, we are trying to reduce our usage of plastic and will be giving every rider a reusable souvenir water bottle and we use compostable 'plastic' for our smoothie bikes and disposable cups etc. <https://www.activefakenham.org.uk/smoothie-bike-bar/>
- Water/refreshment stops are on the route with our homemade flapjack and fruit and more.
- Support –we will provide a breakdown and rescue service.
- On completion report back to the Community Centre to **let us know you have finished** and collect your medal or trophy.
- Information, breakdown and emergencies (please carry stuff to sort out your own punctures and minor problems). Being North Norfolk, the mobile signal is a bit dodgy in places. Local riders are riding the route and will offer to help.
- HQ 07887 803091
- Mobile breakdown numbers will be notified and issued before you ride.
- Please note there is no mobile first aid provided but it will be available at the HQ
- Details of the route will be put on the website before the event and the outline map is on the site now.
- Remember it is a condition of our insurance and British Cycling events that you wear a helmet and do not use tri bars. Also, that this is not a race – just have some fun and enjoy the special Norfolk countryside.
- This year's official charity is <http://firstfocus.org.uk/> . You are welcome to support First Focus or your own charity or just enjoy the ride.
- We welcome feedback before, during and after the event.
- Photos will be free and available through our Facebook page and website.
- After the ride join us for music, food, tea and cakes, bar, massage, stalls, and more in the Community Centre walled garden. **This event is free and open to all**

This is a local ride and we like to think it is friendly and efficiently run as well as enjoyable and a little challenging. Our food and drink are locally sourced (as far as possible) and the ride supports local charities and the Fakenham Community Centre.

Ride North Norfolk ends a week of events in Fakenham. Why not have a look at what else is taking place by checking out the Active Fakenham social media and website.,

We look forward to seeing you on the day and hope you have a great time.

Best wishes and have fun

Richard