



we are
cycling
Stevenage UK



Dear Cyclist

EMITREMMUS DESREVER 29th OCTOBER 2017

Thanks for your entry for Emitremmus. It really helps when people enter in advance. The ride is on Sunday 29th October and starts from Costello's Café at the Sailing Centre, Fairlands Valley Park, Six Hills Way, Stevenage, SG2 0BL. The ride maker team will be based in the training centre but the café will be open.

Here is the information I promised to send out soon after the closing date (23rd October). Your route sheet is enclosed. Please note that your bike number and brevet card will be given out on the day. Brevet cards will be in last name alphabetical order with separate queues for the 100K and Lite. Cable ties will be available. Watch out for the free wallets and any last minute information before you start.

Arrival and Start

Please try to arrive at least twenty minutes before the ride. You will need to collect your number and get it on your bike. The number is designed to be seen from the side but put it on the front or back if you wish. The main start is at 10a.m. and the Lite at 10.30. The entrance to Fairlands Valley Park is off Six Hills Way. If you come by car please park in the large car park on your left soon after you enter. Then cycle down the rest of the access road to the start area. Please do not ride down the footpath. Fairlands Valley Park (SG2 0BL) is about two miles east from Stevenage railway station (SG1 1XT) on cycleways.

As soon as you are given your brevet card please look inside and check the locations of the controls. There are some differences between the Lite and the full Emitremmus 100.

Route and Route Sheet

The ride is mostly on quiet country lanes. The route is similar to that enjoyed in previous years. Once again the controls with refreshments will be at the Old Swan (Hare Street, SG9 0DZ); Mocha's (Saffron Walden) and the Fordham Memorial Hall (with cakes by Therfield WI) but watch out for information controls.

The course is not way marked or marshalled. The route sheet should get you round but you may like to trace it on Ordnance Survey Landranger Maps (166, 167, 154 and a very small part of 153). It was checked on 15th October. If for some reason you go off course please retrace until you pick up the route again. Gpx files of the routes are available for download on www.stevenagectc.org.uk

Controls

The controls are to ensure everyone follows the correct route within the time limits and to give you the chance to get some refreshments. It is **essential** that you get your brevet card timed and signed at every control including any information controls and the finish. Your brevet card confirms that you have completed the whole ride.

Do remember the co-operation of the Old Swan, Mocha's, the hall and WI at Therfield, and Costello's have made this event possible. Please support the cafés and tea rooms by **buying something** and please do not abuse their hospitality by eating your own food in their premises or blocking access for other customers - we want to go again in the future! Lots of people are expected. There may be times when the cafés are trying to cope with large numbers of cyclists. Please park your bikes considerately and please be patient.

There should be an event helper at every control (except the information control). If for some reason there is not please ask one of the café or tea room staff to sign your card. Be kind to our volunteers. No helpers, no event.

General

I hope you have a good day out. Here are a few organisational notes. The ride is organised by Cycling UK Stevenage / Stevenage CTC according to Audax UK's regulations. It is included in Cycling UK's tourist competition calendar and is the final event in this year's Cycle Challenge series.

For the benefit of those who have not ridden a randonné before please remember:

1. These are not races. Please ride safely. If you are in a group please do not stop without warning.
2. Please familiarise yourself with the route and controls using the route sheet before you start.
3. You should be able to fold the route sheet inside the waterproof plastic wallet.
4. Do not start before time. Take care if you are in a large bunch for the first few kilometres.
5. 100K cards will be in last name alphabetical order at the start with a separate queue for the Lites.
6. To reduce congestion leaving the park and in Stevenage we will start the event in waves. Everyone in the 100km will be called to the start line for 10a.m. You will be released about twenty at a time with about a one minute gap between waves. If you want to ride with others please line up with them. Initially the bunch will stretch back onto the café and sailing centre patio. This is a different arrangement to previous years. Please help our volunteer ride makers to make a success of this. Lists of advance entries will be available on www.stevenagectc.org.uk.
7. Your average speed from start to finish and between controls should be between 12.5 and 28 kilometres per hour (about 7.5 to 17mph) for the 100K ride. A little slower for the "Lite" (10 to 20 kph). Don't worry if lots of fast women and men overtake you before the first control. You have up to eight hours to complete the 100K and nearly seven for the Lite.
8. Once you have left Stevenage you can, of course, ride alone, in pairs or in whatever group you wish.
9. You **must** get your card timed and signed at every control. Don't forget the information control where you will need a pen or pencil. Watch out there may be a secret control so stay on route.
10. Essentially you should be self sufficient and able to complete the ride without assistance from a support vehicle. So that everyone can enjoy the event we do not expect to see riders being closely followed by cars. Obviously participants can help each other. If you see someone who appears to be in trouble please check they are O.K.
11. Your bike must be roadworthy. Bring a basic tool kit including a spare inner tube.
12. You will need **lights** if there is any chance you will still be cycling after 4.45p.m.
13. Please no earphones. We need to be able to hear each other and the traffic.
14. Full mudguards are optional though others may appreciate you using them if it is wet.
15. Be prepared for a rich variety of weather. Remember "mists and mellow fruitfulness."
16. Please check in at the finish. Our volunteers will be waiting for you. If you are not going to finish please leave a text message on 0793 968 7509 or 0778 781 6434.
17. Please ensure you are adequately rested before you travel home.
18. The Mayor of Stevenage will be at the start. Please bring some smiles for the photos. We may use some for our website and future publicity. Any images you take during the ride will be very welcome.

Finish

The control will be inside Costello's Café. You should sign and hand in your card at the finish. The café will be open. Souvenirs including medals, date bars and a few spare ride maker tops will be on sale. Your card will be returned in your second saturday after it has been ratified by Audax United Kingdom. This will take some weeks.

Finally....

Don't forget we have local rides every Wednesday evening throughout the year from Old Stevenage (SG1 3EJ), every Saturday from Costello's Café (SG2 0BL) and every Sunday plus lots of extras.

Our full programme is on our local website www.stevenagectc.org.uk.
Ride safely and enjoy yourself. See you up the road!

Jim

Jim Brown

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