

COTSWOLD COGFEST

2022 RIDER MANUAL



Sunday 22 June 2022
Refreshments from 7:30am
Registration from 8:00am
First wave of riders leaves 8:30am

A very warm welcome to Minchinhampton in the heart of the Cotswolds, and to the sixth Cotswold Cogfest. We are hugely excited to be able to invite so many riders new and old, to our wonderful part of the world. We are striving hard to ensure you have a great day out on your bikes, and also get refuelled back at HQ.

We've put together some information that we think is important for you to know before you come to visit us. It's based on our experiences of previous Cogfests, so hopefully it covers most things you need to know.

If you think we've missed something please do let us know, so we can put it right for future years: team@cotswoldcogfest.org

It is IMPORTANT that you take time to read this Rider Manual before you travel to the event to ensure you fully understand the format of the event and the terms and conditions under which you participate.

There is always an element of personal risk when participating in an active sport on the public highway. This Rider Manual provides you with the necessary information to help minimise those risks and ensure you get the most out of your time with us on the event.

EVENT HQ: Minchinhampton School, School Lane, Minchinhampton GL6 9BP

Telephone: 07974 360512 or 07806 778408

In case of emergency call 999 first, and then call us

GETTING TO COGFEST

From Cirencester: Follow A419 for Stroud, past Royal Agricultural University on your left.

After approximately 6.6 miles at roundabout take first exit signposted "Minchinhampton".

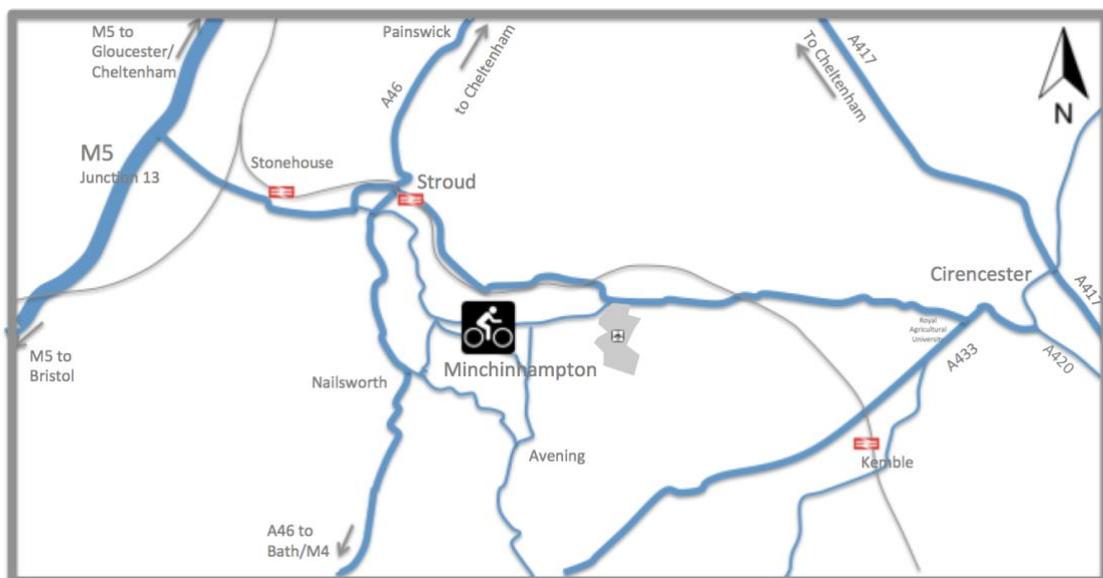
After approximately 2.2 miles turn left onto Butt Street. Signposted 'Minchinhampton Town Centre'.

Follow into Town Centre. At War Memorial in centre of town turn right into School Lane towards School. There are temporary lights here at the moment. Renovating, unde scaffolding, Pub (The Crown) will be on your left.

Drive up this lane, with the Church on your right. Follow the road around to the right, taking you between the church and the school. From here follow the marshal's directions to park on the common. (We have special permission to park on the Common, please obey the directions from the marshals at all times. Please take care of the surface)

MAPS

1. Where is Minchinhampton



2. Getting to Minchinhampton



3. In the Town.



PARKING:

There should be ample parking on Minchinhampton Common. Please follow the directions of the parking marshals; they are there to get you parked as quickly as possible.

HQ FACILITIES

Toilets – there will be a number of portable toilets at the school on the day.

Security - Please do not leave anything on site during the day. We would recommend you return your belongings to your car. We cannot be held responsible for any loss at any location.

REGISTRATION

Event registration will open at 8am and will be clearly signposted near the main school building. Please locate the correct table to sign on (set out alphabetically by last name) and follow the directions.

When you register, you will be given your bike number. The number should be attached to the front of your handlebars using the zip ties supplied. There will also be the contact details for Cotswold Cogfest support team.

Please sign back in when you return. This way we know you've safely arrived back.

BREAKFAST SERVICE:

There will be a breakfast service available from approximately 7:30am – this will include tea, coffee, bacon rolls, a veggie option, for purchase before your ride.

TERMS & CONDITIONS:

All riders should understand that by entering Cotswold Cogfest they are agreeing to the following terms and conditions:

1. Participants are responsible for the roadworthiness of their own cycle.
2. No accompanying vehicles are allowed to follow riders. Any participant failing to observe this regulation will be withdrawn from the event.
3. This event is not a race or trial of speed, but a personal challenge and as such there will be no list published which sorts riders either in finishing time or finishing position order.
4. As the event takes place on the open road, riders must abide by the Highway Code at all times. Riders should be aware that when riding on a public highway the function of any signage is only to indicate direction and that riders must decide whether the movement is safe.
5. The wearing of Hard Shell Style Helmets is compulsory for all riders under UCI regulations for 2018. If you don't have a proper helmet you cannot take part.
6. All participants under the age of eighteen must gain the consent of their parent/guardian prior to completing their entry. Participants must be a minimum of 14 years old, and a parent or guardian must accompany riders

under the age of eighteen. Participants under the age of eighteen must also supply a signed consent form.

7. The use of triathlon handlebars is discouraged. However, where riders do have them fitted they are not to be used when riding in a group.

8. Riders participate in this event entirely at their own risk and must rely on their own ability in dealing with all hazards and must ride in a manner that is safe to themselves and others.

9. No liability whatsoever shall attach to the organiser/promoter, promoting club/organisation, event sponsors, British Cycling or any event official or member of British Cycling or member of Cotswold Cogfest, or Minchinhampton School PTA, in respect of any injury, loss or damage suffered by riders in or by reason of the event, unless such injury, loss or damage is proven to be caused by the negligence of the aforementioned. If riders do not abide by these terms and conditions the organisers will make all reasonable efforts to remove them from the event, and British Cycling will use all efforts to restrict participation in future British Cycling competitive and non-competitive events.

REFUND POLICY

Applications are strictly personal, firm and binding and fees shall not be refunded for any reason.

Applications cannot, under any circumstances, be transferred to another person.

STARTING PROCEDURE

Registration will be from 8:00am. All riders must come and sign in before they ride.

Riders will be able to start from 8.30am following the briefing given by the Event Team. Riders will be set off in small groups at suitable intervals. Please ensure you listen carefully to the briefing given, as it will include important safety information about your ride. ALL riders must be on the road by 9.30am at the latest.

We will start people in small groups, so we can spread riders out at the start and avoid bunching through the town at the start. Inevitably this will mean a bit of waiting around – maybe grab another coffee?

Please be aware of your personal ability, the course will close at 4.00pm – therefore if you think you will struggle to get back before this please time make sure you are on the start line ready to leave at 8.30am in one of the early groups.

ROUTE SIGNING

The route will be fully signed with black arrows on a yellow background. Whilst we endeavour to make sure the signs are not tampered with we cannot guarantee this – therefore if you are unsure of a sign's position, or think it may have been tampered with, please contact the event HQ on **07974 360512** or **07806 778408** to check.

There are three particular sections we want to draw your attention to, so you can take extra caution.

- The hill down to Cherington pond, after 2miles/3km. The road is fast, narrow and has potholes and gravel at the bottom. Please ride this very carefully, we will have extra signs out as a warning.
- The climb up into Cherington. Whilst this is not a long climb it is quite steep and comes very soon into the ride. If you want to push up – no shame in that – please can you keep to the LEFT, so those who want to ride can get past.
- The feed station is at The Crown Inn at Cerney Wick. The pub have always been very accommodating, which is generous of them. However, they are allowing camping in the field next to them, so the car park may have a variety of camper vans parked up. Please take care as you negotiate the car park to get to the cake.

The route split, between longer and shorter routes, is clearly marked, and is essentially at the main feed station. The location of the main feed station is clearly visible, being in the car park of The Crown Inn at Cerney Wick.

Route maps will be given to all riders during the morning sign-on, please ensure you carry this with you at all times.

If you are using a Garmin, or other GPS device and would like to download the routes onto your devices please use the following link:

<https://cotswoldcogfest.org/downloads/>

Some may think that there is not much climbing, but do be aware you are in the Cotswolds and when roads go up they can be steep, although not normally for very long.

EMERGENCIES

If you should witness an incident where a fellow participant or member of the public appear to need assistance we would urge you to stop and offer help. If a casualty requires hospital treatment, please call 999 first, followed by the event HQ to inform us of what is happening. The emergency services will need to know your location, if you have a bike computer recording the distance you can use it to work out where you are using the emergency route map provided – if you don't have a bike computer, stop another rider and ask them. If you have a GPS or Smart Phone, these can be used to identify your location.

Be prepared: if you have a smart phone you could use the 'What Three Words' app, <https://what3words.com/>, so you can relay your exact location should it be required.

MECHANICAL SUPPORT

Mechanical assistance is available for genuine emergencies. You should aim to be self-sufficient. Please carry your own spare inner tubes and a basic repair kit, that you know how to use. If you require genuine mechanical assistance please contact the event HQ using the emergency contact numbers, **07974 360512** or **07806 778408** who will try and arrange assistance for you. It would help immensely if you are able to work out where you are at the time! If you can get to the main feed station this would make things that bit easier.

It is your responsibility to ride with the kit you feel is appropriate to you. However, as a minimum we would recommend a full water bottle, a pump, spare inner tubes, tyre levers, puncture repair kit, energy bars/food, multi-tool, spare cash and credit card, mobile phone, waterproof top, gloves. It is likely to be warm on Sunday, please carry enough liquids with you. This GCN video might help, if you want some more guidance:

<https://www.youtube.com/watch?v=-1gv6Y5NSno>

FEED ZONES

There is one fully stocked feed station on the route.

30 mile / 50km route – there is the main feed station at approx. 17 miles

60 mile / 100km route – there is the main feed station at approx. 17 miles, the mobile feed station at approx. 31 miles and the main feed station (again), at 40 miles.

The fully stocked feed station is in the car park of The Crown pub in South Cerney. We are extremely grateful to Graham for letting us use his car park.

There will be a selection of food and drink available at the main feed station, along with toilet facilities. We will be running our fully-loaded, homemade-cake-tastic feed station here.

The main feed station will close around 1:30pm.

The mobile feed station (only relevant to the 60 mile riders) will be around Quenington, and will have homemade cakes, water, bananas and jelly babies. There are NO toilet facilities at the mobile feed station. But from this point it's only 9 miles back to the main feed station.

TIMING

As you've probably noticed from the entry fee, we aren't in the league of the big retailer sportives, so a timing system is well out of our price range. If you have a Garmin, or similar timing device, you can use that. Maybe put it on Strava.

RESPECTFUL RIDING

Please respect the villages that you will be riding through and DO NOT use the side of the road, or gateways, as a toilet stop! Please ensure you use the bins provided at feed stations and DO NOT DROP LITTER. Further to this, there have been comments from certain Parish Councils where other cyclists (*not Cogfest riders, obviously*) have ignored rules of the road, specifically with regard to right-of-way priorities through certain villages. Please obey ALL rules of the road and be aware of specific road instructions through villages.

You will be crossing the A433, A429 and A417 (twice). Please take extra care when crossing these potentially busier roads.

There are always other events happening locally (triathlons usually), but you should always take precautions when near other road users. Please remember to go slowly near horses, for example, and to let them know you are there. A simple shout of 'cyclists' does wonders for informing riders.

CUT OFF TIMES

Due to the nature and length of the course, and the need to get back to the event HQ before the 4.00pm closing time we will be operating cut off times along the route, based on the average speed of the riders.

FINISHING PROCEDURE

You must ensure you cross the finish line, and sign back in, so we know you have arrived back safely, and can confirm you have arrived.

If for any reason you do not complete the route, you must return to the event HQ so we know you are no longer out on the course.

POST RIDE REFRESHMENTS and ENTERTAINMENT

When you have crossed the finish line, you should be feeling heroic. To celebrate, there will also be hot food and drink available for all to purchase.

Henry's mobile coffee shop be offering swanky artisan coffee. However, for the rest of us there is filter coffee and tea, along with bacon and vegetarian rolls – with bacon from Taylors the Butchers and rolls from Hobbs House Bakery. This is as well as the homemade cake and biscuits.

Cotswold Cogfest on social media

Web: www.cotswoldcogfest.org

Twitter: [@cotswoldcogfest](https://twitter.com/cotswoldcogfest)

Facebook: facebook.com/cotswoldcogfest

Whilst this is our sixth year, we're always glad for feedback good or bad (less glad about the bad, but we get it). We understand there seems to have been a strong rise in intolerance, partly due to the pandemic. But if you are able to articulate yourself in a polite manner, then please do let us know; if it's

something we need to put right there and then, we will do our best to achieve this. If it's something for next year, then please do come and tell us or email the team. We try hard to keep the costs down and the friendliness up at Cogfest, we recognise we don't always get it right, but no-one gets paid, but we're all in it together.

EVENT PARTNERS AND SPONSORS

Cotswold Cogfest gratefully acknowledges all the help and support we receive from our event partners and suppliers, without whom running an event like this would not be possible. Please take the time to subscribe to their news, read their material, buy your bike gear from them, eat their lovely products, or visit their websites and shops.

 JUST RIDE the BIKE



Simon Fortnam Personal Trainer
SFPT



The Crown Inn <i>At Cerney Wick Lock</i>	
Just Ride the Bike <i>online cycling magazine</i>	http://www.justridethebike.com
Woeful Dane Organic Dairy <i>Henry's cafe, Minchinhampton</i>	http://www.woefuldanedairy.co.uk/
Simon Fortnam <i>Personal Trainer, Route Director</i>	http://www.nrpt.co.uk/profiles/trainers/14743/simon-fortnam.htm

Enjoy the ride,



Coggie