

ORCHIDCYCLE[®]

Sunday 10th June

ESSEX

FURTHER INFORMATION ABOUT THE RIDE

Thank you for enquiring about our OrchidCycle Essex and it is sure to be a great day out for you and the family. Whether you're an experienced sportive ride or fancy the 20 miler, your efforts in the saddle are certainly going to be worth every penny in sponsorship. There's also food and entertainment laid on for you back in the park.

We really hope you decide to join us on OrchidCycle Essex this summer and hope the following Questions and Answers cover off everything but please do contact us with any questions.

Event HQ: Lake Meadows Park, Radford Way, Billericay, Essex CM12 OAQ

Do I need my own bike? Yes. Road bikes are best but it's entirely up to you what you choose to ride on.

What are the routes like? All 4 routes start and finish at Lake Meadows Park taking a circular anti-clockwise direction initially taking the same routes and then rejoining before the finish. All the routes are on road and have been carefully chosen. They gently undulate through scenic countryside whilst passing through some of Essex loveliest villages.

How fit do I need to be? You should have a basic level of fitness, which will allow you to be cycling for the number of miles you choose to do. We will send you a training guide once you sign up for the ride.

Will water be provided? There will be water stations en route but you will need to bring your own along too. There are also feed stations provided for the 100 mile sportive event only.

What will I need to carry with me? You will need to wear a cycling helmet and carry with you a puncture repair kit and vital spares, water, energy snacks, mobile phone and both sun-cream and waterproofs just in case!

Is the route marshalled? Only the 40 mile route is fully marshalled. The 20, 75 and 100 mile routes will be partly marshalled whilst they follow the same route as the 40 mile route but not once they split. All 4 routes however will be fully signposted. In addition, each rider will be issued with an overview map and detailed instructions advising you of every turn.

Is there a support vehicle? This is not a supported ride and there is only a support vehicle on the 40 mile route so you will need to ensure you have a full puncture repair kit and any spares.

How do I get to Lake Meadows Park? Lake Meadows is just 2 minutes from Billericay Train Station with direct links into London so please don't drive unless you have to. There will be car parking available close to the park but WE ARE NOT allowed to use the Lake Meadows Car Park itself.

What time does it start? The start is open between 8am and 10am and you can choose to start cycling at a time that's convenient for you although the earlier the better if you're cycling one of the longer distances.

When do entries close: 9.00am on Thursday 7th June 2012.

Can I enter on the day: Yes although there will be a surcharge of £3 on each entry for on day entries which includes a small donation to our work as we don't make any money from the basic entry fee level because of the costs of putting on the ride.

What time does the event finish? We will be packing up the event HQ at 6pm