

New Forest Cycle Challenge 50km

10:30 a.m.
Sunday
12th May 2013



Thank you for entering this New Forest event

Two routes are available this year:

Route A uses B roads, minor roads, lanes and some tracks (the Ancient Highway from Lymington and a former railway cyclepath to Burley). The route is suitable for hybrid and mountain bikes.

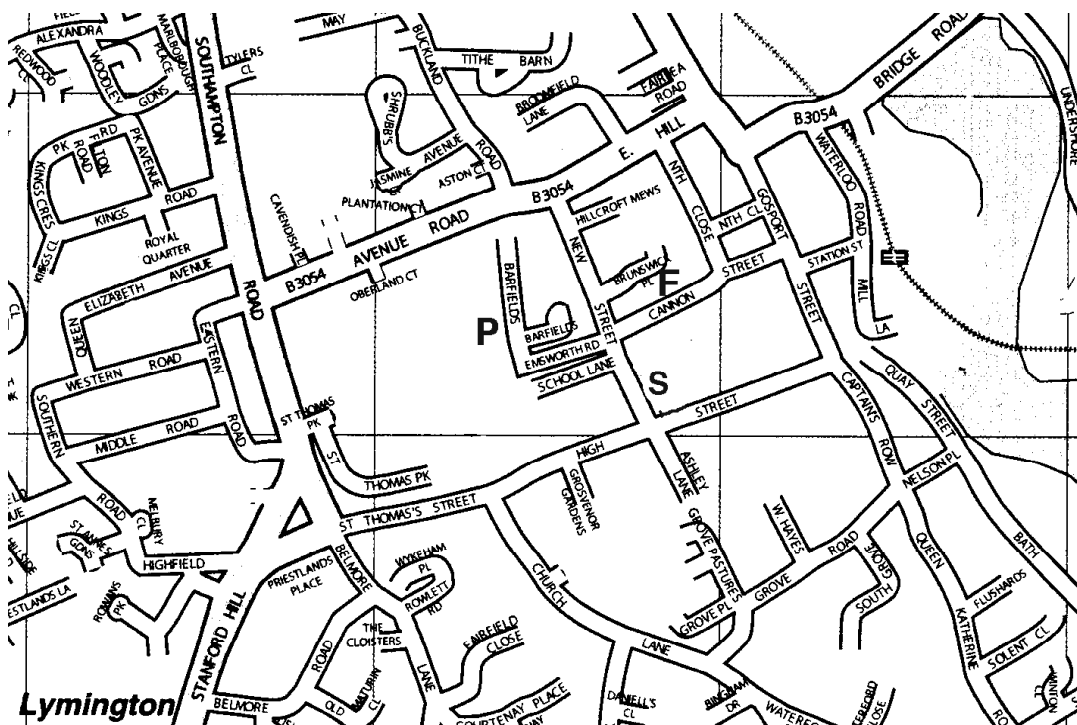
Route B only uses B roads, minor roads and lanes and is therefore also suitable for lighter and narrower-tyre road bikes.

Whichever route you choose we will feed you at the Finish!

Your attention is drawn to the fact that both routes use unfenced New Forest lanes where animals roam freely and can be unpredictable in their behaviour. Foals, in particular, are likely to cross the road suddenly. Cattle-grids crossed are indicated on the route sheet. These can be slippery in wet weather.

Horse riding and carriage driving (Pony and Trap) is an everyday part of New Forest life. Please **slow down and make your presence known** when passing or overtaking (calling out is a good way of attracting attention, because horses are used to the human voice). Ponies and traps are easily spooked with potentially serious consequences for either the horse or the passing cyclist.

- ◆ **Car parking** is available close to the start and finish - at the Town Hall (Avenue Rd) and at Barfields long stay car park via Emsworth Rd (**P** on map). Parking permit for the day is enclosed.
(DO NOT park in the Emsworth Road short stay car park)
- ◆ **START** is from the Citizens Advice Bureau (CAB) in New Street [GR: SZ324956] (**S** on map)
- ◆ There are **Public toilets** in New Street, opposite the CAB office
- ◆ **FINISH** is in the Lymington Community Centre in Cannon Street, (**F** on map)
- ◆ Luggage may be left at your own risk and it will be transferred to the finish
- ◆ Refreshments will be available at the finish.



All of the enclosed documents + route maps are available on:
<http://www.cyclingnewforest.org/50km-information.html>

Hints for Success

(Mostly obvious, but worth doing, nonetheless):

Check your bike over before the morning of Sunday 12th May, paying attention to tyres and brakes.

Make sure that tyres are fully inflated – a bit too hard rather than too soft and you will go faster with less effort and be less likely to puncture.

Make sure you have a spare inner tube, a puncture repair kit and a working pump; and know how to mend a puncture – no on the road support is provided (If you plan to share a pump with a friend, remember to stay together on the ride!)

Look through the route sheet beforehand. Unless you are confident that you know the area well, it is sensible also to bring a map with you as back-up in case you miss a turning.

Food and drink are important. Drink regularly and refill bottles when you can at stops. Think about food. On Route A there are cafés in Milford, Burley and Holmsley. On Route B you have the opportunity of a café in Burley on the way out and Holmsley on the way back. Do you need to take a picnic lunch? Make sure you have some “emergency” food such as chewy bars to keep you going with plenty of energy.

Putting your route sheet in a pocket and not looking at it is a good way to get lost. If you don't have a way to fix it to the handlebars, a good idea is to put it in a polythene bag (freezer bags are ideal) and fix it to your arm with two elastic bands.

Unless the weather forecast is very certain about fine weather, some warm clothing and a waterproof is a good idea. But try not to pile on too much surplus baggage weight – this is a day out, not a world tour.

*Finally, enjoy the day. You have all day to get to the finish, so stop for breaks when you need them.
And remember, there is no “rule” against walking up a hill if you want to*