



CYCLONE24

RIDER MANUAL

21-22 OCTOBER 2018



DEAR CYCLIST

We are delighted that you have chosen to take part in Cyclone 24 on 21-22 October 2018. In this manual you will find all the details that you need to know about the event and the proceedings for the challenge. Please take your time to familiarise yourself with the details of the event to ensure you enjoy the experience to the max!

We want to create a great event for all involved – without creating a whole load of rules that get in the way of people's enjoyment and fun. Where we have created rules, mainly for on the track whilst riding, these are for the safety of all taking part. Guidance will be on hand throughout the challenge from our track coaches. Please follow their rules, or the advice or instruction offered, as it will help us all get the most out of the great experience on offer.

This is the ultimate in cycling challenges, not only for the sheer length of the challenge but the physical and mental endurance you have to be prepared for. When your legs are burning, your heart wants to jump out of your chest and you are so tired you can barely speak, remember why it is you are taking part in Cyclone 24.

Thanks in advance for your co-operation in helping us make this event a success – and hopefully a fixture in your cycling calendar for years to come. With common sense, good humour and helpfulness all round we're sure we'll all enjoy a great event.

We are all looking forward to seeing you very soon.

Zoe and Steve



SCHEDULE

Please find below the complete event schedule – where changes are unavoidable we will communicate these to you in as timely a manner as possible.

SUNDAY 21 ST OCTOBER	
10:00	Doors Open - Access to team pens
10:00 - 11:00	Registration of riders in the track centre
10:00 - 11:00	Team Photo's
11:00	Cyclone24 Welcome
11:15	Safety Briefing
11:45	First Riders to Track
12:00	Challenge Start
13:00	Physio Zone Opens
13:00 - 19:00	Sporttraite Studio Open
Throughout	Hot drinks & snacks available

MONDAY 22 ND OCTOBER	
12:00	Official Finish of the challenge
12:00 - 12:30	Timing chip return
12:30	Physio Zone Closes
12:30 - 13:00	Medal Presentation & Thank You
13:30	Cyclone 24 is completed for another year!



ARRIVAL

Please feel free to arrive any time from 10am onwards on the morning of the challenge and make your way to the track centre. You will be greeted at track centre with our registration desk, where a member of our team will show you to your team pen area. There is no need to collect any bikes or helmets from the bike store as these will already be at track centre.

PARKING

Parking is free at the Wales National Velodrome.

REGISTRATION

The registration desk will be open from 10am – 11am. For registration you will need to;

- Sign the track registration document and an Event Disclaimer (if not already complete)
- Present your track accreditation certificate (if you have not attended any practice sessions)

Once registered you will be provided with:

- Team Timing Chip (please be aware that these must be returned upon completion of the race or you will be charged £75)
- A team penned area

TRACK RULES

- No more than 1 rider from each team on the track at any one time
- No rider to ride consecutively for longer than 1 hour
- All riders to follow rules and protocols
- Track Coach advice is sacrosanct
- Helmets and gloves to be worn at all times on track
- MP3/Ipods and Go Pro's are NOT permitted whilst on track
- Own track bikes are allowed subject to track coach approval
- Gearing for our endurance challenge is restricted to 88.2
- Garmin's & Cycle Computers are allowed but must not be visible and must be mounted behind the seat post.

TRANSITIONS

The transition zone (track exit and entry) will be an important area, which at times may be busy.

In order to ensure that this remains safe for all riders, both on and off track, we have some critical rules in place:

- You must always turn left to get on to the track.
- When approaching the track, please be aware of other riders already on the track and always look over your shoulder to see who is around you.
- Do not attempt to remove/affix the ankle chip whilst moving
- A demonstration of the transition will be shown as part of the safety briefing.

The transponder will be switched off at 12:00 on Monday 22 October and your last lap needs to be completed before this time for it to count.

FOOD & ON SITE FACILITIES

Hot drinks & snacks are available track centre for riders throughout the challenge. You are also able to bring your own food to the velodrome and a fridge, microwave and toaster will be available track centre for your use.

A number of vending machines are available within the centre and The Thirsty Elephant Coffee Bar will be in track centre throughout.

Changing rooms, showers, lockers and toilets are all available on site for you to use throughout the challenge.

SPECTATORS

Family, friends and supporters are more than welcome to come and watch you during the challenge and entry to the velodrome is free of charge. We politely ask that any visitors DO NOT enter into track centre/team pen area for safety reasons.

The centre will close and lock doors at 10pm on the Sunday evening. Please ensure all friends and family have vacated the centre prior to this time. Visitors will be able to re access the centre on Monday morning from 7am. Only riders, organisers and staff should be in the centre overnight.

SPORTS MASSAGE & TREATMENT

Sports Massages and Treatments will be available within the track centre throughout the 24 hour period as we are very kindly supported by Agile Therapy. Team members will be available throughout the challenge to keep those legs in good shape!

EVENT PHOTOGRAPHY

We will have an event photographer present throughout the challenge who will be taking both Team shots as well as an onsite studio booth offering you a Sporttraite image.

Along with this our event photographer will be covering the event, therefore, should you not wish to be photographed please let a member of Cyclone24 team know.

Please Note: Whilst we encourage you to take your own photographs, no one other than event officials should be on the track or track apron.

SOCIAL MEDIA

We'll be very active during the weekend posting images, progress and quotes from riders and supporters. To help spread the news of progress please follow us on our Twitter @Cyclone24UK and use the hashtag #Cyclone24

SAFETY

Safety is something that we all need to play our part in, please ride with consideration for other riders around you at all times, especially when passing or being passed by other riders. As the event goes into the night tiredness will play an increasing part. We are all reliant on everyone to ensure an incident free event.

Rider safety around the course is critically important for all participants, we have therefore developed some specific regulations to address this:

- Only one rider per team is allowed on the track at a time during the race.
- Please be respectful of the other riders on the track at all times giving other riders space.
- Riders should not ride erratically at any time, unnecessary and unpredictable changes may lead to accidents.
- When passing other riders, the passing rider should take an outside line to pass the slower rider i.e. no undertaking is allowed

KIT LIST

The following is a recommended guide of items you will need and should consider bringing to make your 24 hours as comfortable as possible!

- Cycling shorts with padding
- Cycling or sports top (shoulders must be covered)
- Fingerless cycle gloves*
- Spare clothing for off track
- Sleeping bag, yoga mat & pillow
- Personal toiletries, toothbrush & towel
- Chamois Butter
- Money & Mobile Phone

* indicates a required item

Please refer to our full Terms & Conditions which can be found on our web site



GOOD LUCK

We very much look forward to seeing you on
Sunday 21st October.

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