



MOONRIDERS™
EXPERIENCE CYCLING IN A NEW LIGHT



THE CHALLENGE MANUAL

www.moonriders.co.uk



Welcome to the Moonriders Series 2014

This 'Moonride Manual' should provide you with a complete guide to the 2014 Challenge and will contain all the information you will need in order to effectively prepare yourself for the event. Please read it carefully and refer back to it as you get ready for the Moonriders Cycle 2014.

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The Challenge

The Moonriders Challenge 2014 consists of two cycling challenges - The Moon'opoly cycle (26 July) and the Halloween Cycle (31 October)

Whether you are looking to become a piece on the Moon'opoly board or take part in the ultimate Halloween party - each ride is a unique way to take on some awesome cycling.

You can choose to Self-Fund on the cycles and pay your own fee - or you can charity fundraise and raise money for a charity of your choice.

Which ever ride you want to take on and which ever way you want to do it, join us on the Moonriders series 2014 and get in some great cycling.

Teams

If you are worried about taking on the challenge alone why not form a team of fellow cyclists to accompany you en route.

You can take on the Moonriders rides as part of a team of 2, 3 or 4 or more friends, colleagues etc.

You can all choose to fundraise as a team, and set up a joint fundraising page for the same charity, or each individually fundraise for your own charity.

All team members are guaranteed the same start time and can all set off to take on the ride together!

If you registered as an individual but would now like to change over your registration to create a team - if you have met others during your training, just email in to info@moonriders.co.uk with your team name and we can change this over for you.

Teams can grow in size - members can join at any time before the challenge!

What happens on the night?

For many of you this will be your first time taking part in this type of event and you may be a little unsure of what an event day looks like, so please see below for a brief overview of what the challenge will be like on the night.

Both challenges will see riders setting off from 10:00pm onwards in 20 minute starting slots.

You will be expected to arrive on site one hour prior to your starting window, giving you enough time to register, rack your bike, use the facilities, chat to the charities and generally soak up the party atmosphere.

More information on site locations will be found in the Participants Area under the 'getting there & away' section.

Roughly 10 minutes prior to your start time you will be called into the starting pen where you will be given a quick safety briefing and then.. Your off!

You will start out cycling along the course throughout London, on your way to the first rest stop.

After 20 km you will reach your first rest stop. This will be a short snack stop where you will find teas, coffees, cakes, snacks & fruit. There will also be toilets available, water facilities, medics, mechanics and Action Challenge staff on hand should you need any further assistance. You will be expected to stay at this stop for between 15 - 20 minutes before it is back on your bike.

Next it will be another 20 km of cycling with only the moon (and your bike lights - make sure you get some good ones!) to light your path. The next rest stop you come to will be the 40 km food stop. There will also be a full range of support at this stop too, so we suggest spending about 30 - 40 mins at this stop to eat, relax, use the loo - before getting back on your bike and heading off on to the second half of the course..

As the early hours of the morning approach you will hit one more small snack stop at approximately 60km where you can rehydrate before the final leg.



The fastest riders will be reaching the finish point after about 4.5 hrs of cycling - the more leisurely cyclists will be after around 11 hrs of cycling.

At the finish you will be greeted by a crowd of supporters, there to celebrate your success! With a medal, finishers t-shirt and glass of bubbly waiting at the finish line, you will be able to bask in your achievement before heading inside to have your celebration brunch.

After brunch you will need to start making your own way home with your bike in to - where possible we recommend getting collected as you will be tired and wanting to get home as quickly and comfortably as possible.

Summary of Route & Navigation Aids

The route selection criteria take in to account safety, scenery and accessibility. Please ensure you are familiar with both Night Cycling Protocol and the Highway code before you start, both are available in the Participants Area of the website.

The route will be posted to the participant area as a PDF document, a GPX file, and KML file (for use on Google Earth and Google Maps). Google Map Links will also be posted so that participants can access the entire route, and you will also be handed a hard copy of the route on the evening of the challenge.

The route will be clearly signed with **PINK ARROWS** (which are directional) and **PINK RIBBONS** (non- directional - that mean you are on the right route), with **WHITE GLOW STICKS** also during the night time. In the outskirts of villages/towns this signage may become harder to spot, so please familiarise yourselves with the route before the Challenge, and have the Route Map with you and track your progress on it so you are aware of your assumed location. It is your responsibility not to get lost!



Support

In order to facilitate your challenge and ensure your safety, our team will support you in a number of ways throughout the event. All Event Staff will be easily identifiable in high visibility vests. These include:

Event Managers, Coordinators – Responsible for the set up and operational management of each **Rest Stops** and **Mid-Points** on route. There is also a Route Management Team responsible for ensuring signage stays in place and monitoring participant progress, and you are likely to meet them en route.

Medics – At Action Challenge we take safety very seriously. There will be medics available at all **Rest Stops** and **Mid-Point Stops** in the first aid zone, as well as mobile medics in rapid response vehicles for emergencies, injuries and accidents. Medics vary from first aid qualified staff, nurses, paramedics and doctors. The finish line will also have massage/sports/physiotherapist reserved for those who need it as determined by our event medics staff available.

Pace Riders – Spread throughout the pack we will have a number of support riders. Their jobs are to motivate, encourage as well as advise the control room of any new hazards that should develop along the route. The size of the event means that we cannot guarantee that all participants would have the opportunity to cycle with the riders.

Most importantly there will be riders who will be cycling at the back of the event throughout the duration of the challenge. These riders will be there to support anyone who may be struggling on the challenge and also to ensure that no-one is left behind.

Retiring from the Challenge

If you need to **exit / drop-out from** the event at any stage, please inform the Event Staff. We recommend where possible dropping out at a rest stop en-route as then we will be able to provide you with transport options, such as local taxi numbers, to get you home. Please note, when dropping out it is your responsibility to make your own way back, unless it is an emergency situation. There are train stations en route.

Taxis can be organised for you from the 'site info point' at any time at any stop. If you feel like dropping out between stops you should call a taxi, get a train / bus, or arrange to be picked up.

The Event will have cut off departure times from each **Rest Stop/Mid-Points** based on the 12 hour upper end time for the ride. If anyone fails to meet these cut off times, then Action Challenge, the Organiser, reserves the right to withdraw participants from the event. This will mean you will be swept up in one of the support vehicles and driven on to the next rest stop, from where you will be allowed to continue on with the challenge, if within the time line.

Emergency Procedures & The Control Room.

Based in our London office, the control room oversees the management and coordination of the event. They are the 'eyes in the sky' and the voice on the phone. All emergency and non - emergency calls are fielded through the central control room. If you find yourself in trouble, lose your way or have any questions at all our team are on hand throughout the entire duration of the Challenge. The Control room is in constant contact with all members of the Action Challenge team and will dispatch staff out to come and get you should you require it!

Contact details will be provided in the Route Packs issued at registration – and remember - **bring a fully charged mobile phone and use it only for essential communication, and put the control room contact details in it, as you might need them!**

Finally....

The Challenge Manual is designed to be your base guide for the Moonriders Series and to be read in conjunction with the rest of the material on the Participants Area of the website. This information will be updated constantly throughout the lead up to the challenge. Please keep returning to check for updates and also note down any key dates you will need.

If you have any questions in relation to this guide or anything to do with the challenge, please feel free to email us at info@moonriders.co.uk or call 0207 609 6695.

The Moonriders Team,

ACTION CHALLENGE, LONDON.