



# Factory Youth Zone Cycle Sportive

# SCHEDULE

TIME	
11.00 – 11.30 am	Registration
11.30am	Cyclists briefing conducted by Haute Rouleurs
11.45am	Cyclists set off
3.45pm – 4pm	Cyclists to arrive back at Bowdon Rugby Club
3.30pm onwards	BBQ, presentation and celebration event



# ROUTE DETAILS

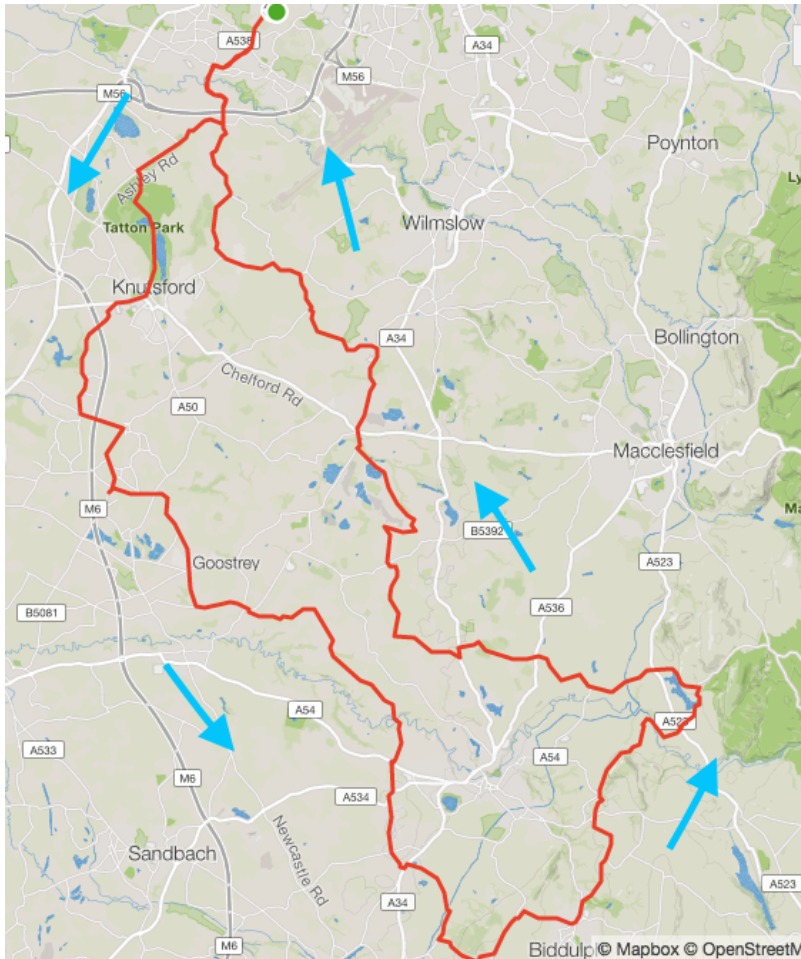
Where are those



Mow Cop at 46 km  
Bosley Cloud at 52 km  
Bosley Reservoir at 61 km



# ROUTE DETAILS



Distance – 104.4 km

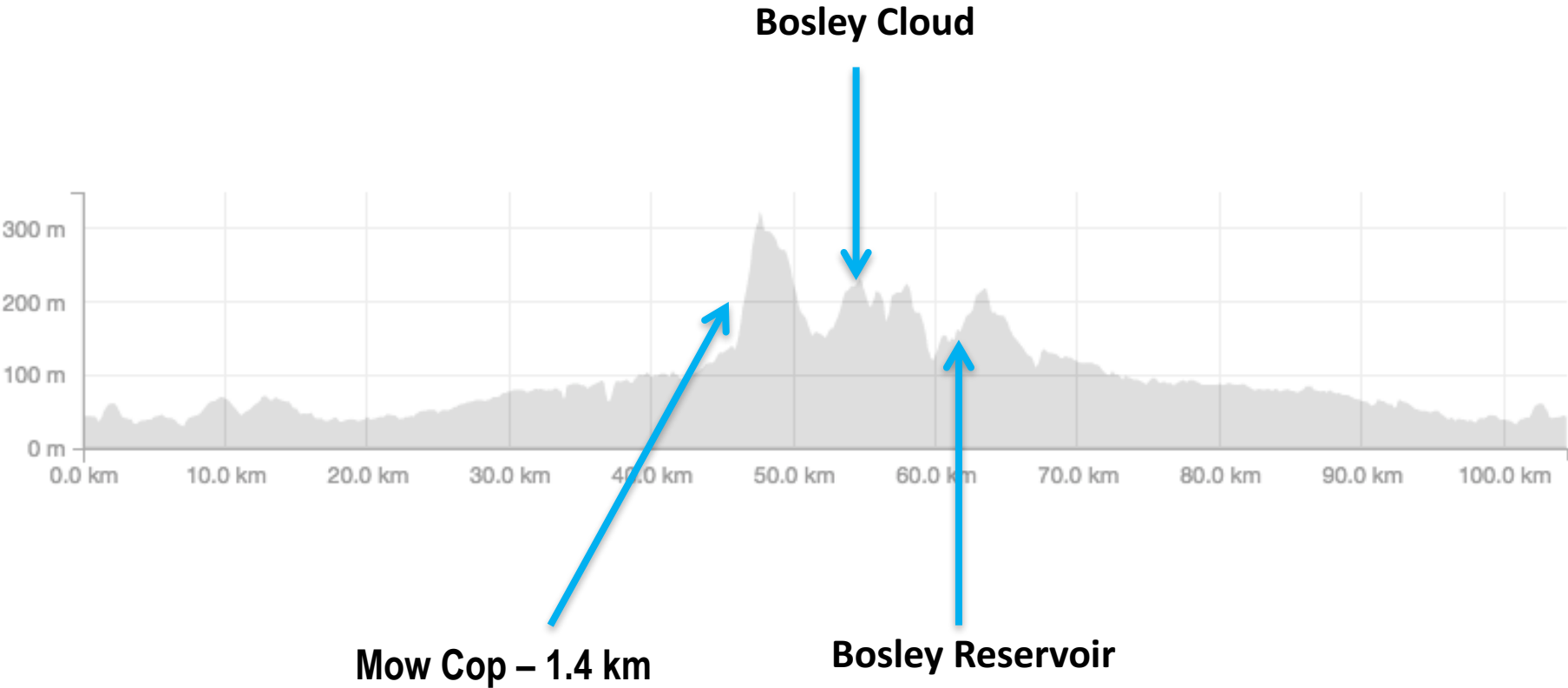
Elevation – 1032 m

Strava Link -

<https://www.strava.com/routes/9474820>



# HILLS



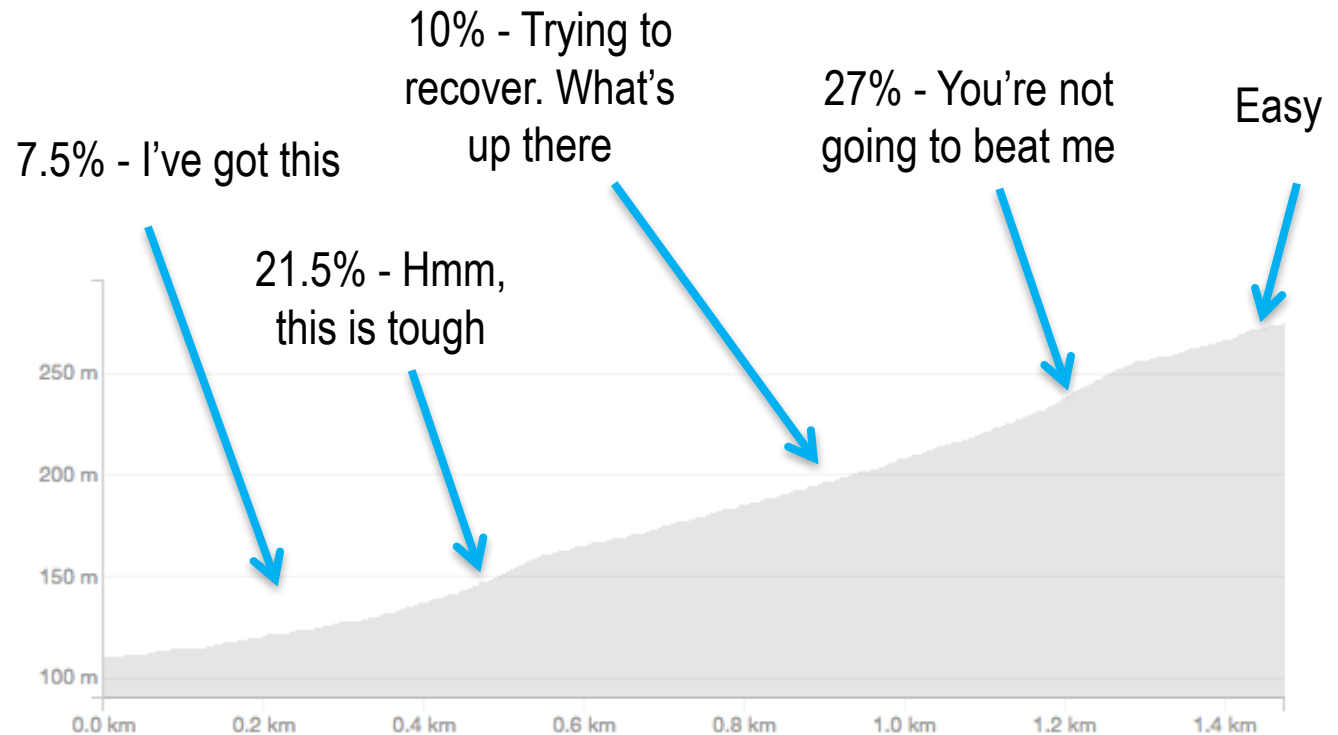
# Mow Cop – Killer Mile

Distance – 1.4 km

Avg. Gradient 11%

KOM – 5.05

QOM – 7.11



# BE PREPARED...

- Bike - a road bike is highly recommended
- Helmet - mandatory - if you do not have a helmet you will not be permitted to ride
- Bike pump
- Spare inner tubes
- Puncture repair kit
- 1 or 2 water bottles in cages or a water bladder pack such as a camelback
- Cycle shorts
- Cycle jersey
- Cycle gloves
- Wet weather gear
- Sun cream (fingers crossed!)
- Cycling shoes
- Toiletries and medication



# STAY SAFE !

- Ride to the road conditions
- Point out any potholes to notify the riders behind you
- Listen to the group leader, eg when to single out
- Be aware we'll be riding through narrow lanes therefore err on the side of caution when riding around bends
- Tips to ride in a bunch
  - Look through the bunch and not directly at the wheel in front
  - Feather the brakes - think about the person behind you
  - Ride just to the side of the wheel for a fast exit plan
  - Relax - relax your shoulder and the rest should follow
- Communicate with each other, we're in this together!





# HAND SIGNALS



## 1 STOP

Hand straight up in air. Group is stopping for a junction, puncture or because there is an obstruction in the road.

## 2 SLOW

Move one hand as if gently patting an invisible dog. Group is slowing down or just easing things back a bit.

## 3 OBSTRUCTION

Waving/pointing behind back indicates that there is an obstruction such as a parked car or pedestrian and that the whole group needs to move in the direction indicated to avoid it.

## 4 TURN

Left or right hand extended out to side. Direction of turn/change in direction coming up.

## 5 BELOW

Pointing down at road sometimes with a circling motion to obstruction on road such as a pothole or drain cover that needs to be avoided. Be sensible with this one and only point out major obstacles. This signal is often accompanied with a call of "below".



