



AX-PEDITION



Rider's Pack

Thank you for entering Ax-Pedition 2017!

We hope that your ride will be a ride to remember.

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PLEASE READ THE FOLLOWING DOCUMENT CAREFULLY AND FULLY
PRIOR TO THE DAY IT CONTAINS IMPORTANT ROUTE
INFORMATION

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We would like to take this opportunity to thank you for your
support of this year's chosen charities - the money raised is sure to
make a difference to each one of them.

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We wish you all the best for your ride and once again thank you for
being part of Ax-Pedition 2017.

Ax-Pedition Team.



How to get to Ax-Pedition

For the 3rd year running, Ax-Pedition HQ is located at the new Axminster Town Football Club facilities (please note, parking is not at the football club – see ‘parking’ section below).

The football club will be act as the start and finish for both rides, and is where all riders will need to sign in. The address for the football club is as follows:

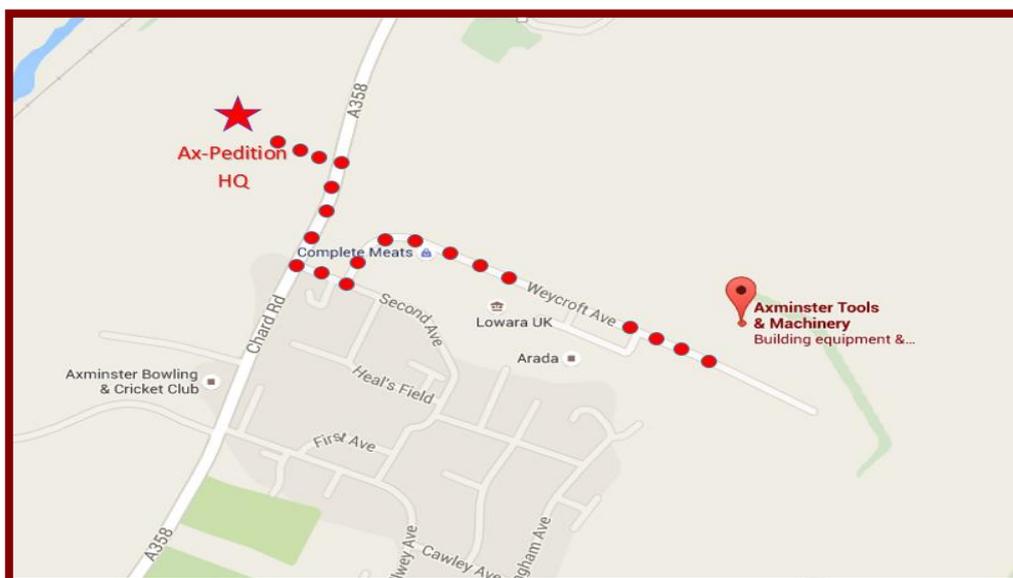
[Axminster Town AFC, Tiger Way, Chard Road, Axminster, EX13 5HN](#)

Whilst the above address is correct, this is a new building/address, therefore some Sat Navs may not recognise the location.

Parking

Parking is located within the Axminster Tools and Machinery carparks along the Weycroft Avenue Industrial Estate. This is a short distance from Ax-Pedition HQ. By parking cars here it allows us to keep HQ clear for riders. Address below:

[Axminster Tools and Machinery, Weycroft Avenue, Axminster, EX13 5PH](#)



What to bring

1. Helmet - NO HELMET = NO RIDE.
2. Sponsorship Money - Any money that you have raised for our chosen charities through our sponsorship form should be brought to the event and handed in upon sign in.
3. ID - Riders should carry identification in case of an accident.
4. Food - In case you feel like you could struggle in between feed stations bring a snack along.
5. Mobile Phone - To call Ax-Pedition HQ in case of mechanical failure or minor accident.
6. Basic tools & spare inner tubes - These are recommended as you don't want to end the ride early for something so basic.
7. Your bike - Ensure your bike is in good condition and suitable for the ride you have ahead of you.
8. Parental consent forms must be brought on the day.



Medical support

This year, Ax-Pedition has first aid support from Medibike and St. John Ambulance. This provision will try to aid where necessary should a minor accident occur – please refer to your emergency contact card (provided on the day) for the correct contact numbers.

We strongly recommend that riders download and look at the St. John Ambulance ‘First Aid for Cyclists’ free App. This is a simple yet excellent guide on how to deal with an emergency and carry out basic first aid.

If, you witness or are involved in an accident or incident please respond as follows;

- Quickly assess the seriousness of the situation and make sure that there is no further danger.
- Do not hesitate to call 999 if you feel emergency help is needed.
- When calling 999 you will need to explain the situation and provide details of the location.
- Do what you can to help and manage the incident but please call Ax-Pedition HQ as soon as possible to report incident and location – please also try to provide names of riders/people involved.
- When the incident is over please try and record a few details of what you have witnessed and report them to Ax-Pedition HQ.



Mechanical support

Ax-Pedition will have **NO** on route mechanical support. Be sure to get your bike checked over at our free bike check service at HQ. Ensure you carry enough items to repair your bike on the road. Please refer to your contact card for emergency pick up if you have a critical failure on your bike and cannot carry on.

The Dos and Don'ts

Do:

- Enjoy the ride,
- Challenge yourself,
- Follow the Highway Code and be safe - wear a helmet
- Take care when descending
- Take care on the narrow roads
- Listen to marshals
- Take due care and attention at junction
- Only cross at junctions when safe to do so.

Don't:

- Do not drop litter
- Do not behave in a manner that may offend others
- Do not impede traffic flow
- Do not ride in large groups in the middle of the road
- Do not ride on the wrong side of the road
- Do not act as if this is a race
- Do not ride without caution
- Do not take chances on the road or at junctions



Pre-Ride

Bacon Sandwiches!

There will be bacon sandwiches available for purchase from 7am before the ride, so please feel free to join us early to fuel up ready for your ride – we will even supply free tea and coffee!

Sign in

Sign-in will be open from 07:30 onwards with the first batch of riders on the 100KM Cyclone leaving at 08:00. Please remember to bring your barcode number so we can issue you with your barcode sticker for timing. There will be an 'express check-in' desk for those who have pre-registered, and a separate desk for on-the-day sign-ups, these will be marked clearly.

Parental Consent

If you are a minor (under 18) you will require a parental consent form to be filled out and signed by your parent/guardian. Ensure that this is brought in on the day - If you do not you will not be able to ride.

Safekeeping

There will be an area where you can keep a kit bag or rucksack style bag with your belongings in. It is advised that you keep any valuables locked away properly at your own risk. Please avoid leaving anything valuable in your kit bag. We will not be held responsible for any damages or theft/loss. Anything you do not require for the ride/day please leave at home.

DISCLAIMER- Please note, Ax-Pedition is an all-weather ride, it will not be cancelled due to poor weather conditions, and similarly no money will be refunded due to poor weather.

Ride start

Riders will be released in groups with 10 minute intervals from Ride HQ to embark on Ax-Pedition. Below are times for the earliest to the latest time you will depart. Please ensure that you are at HQ at least 15 minutes prior to the earliest time you can leave.

Estimated start and cut off times

Cyclone 100KM- 8:00AM - 8:50AM

Ankle Grinder 50KM – 9:00AM - 9:50AM



During the Ride

Rules of the road

During the ride you will be expected to ride to the rules of the road (Highway Code).

Ax-Pedition is not a race and we expect you to ride responsibly and to the Highway Code. At no point should you take any chances or act as if this is a race. This is a ride for charity and is a cycle sportive.

Road Conditions

The organisers of Ax-Pedition will aim to ensure that the routes are as safe as possible. However, it cannot be ensured that every road is hazard free – some areas of the routes may include rough conditions (small potholes) or grit patches, which we urge all riders take extreme care when navigating these areas.

Routes

A map of each route is available on our site (address below) for download as a GPX file. Alternatively, there will be a printable version included at the end of this document.

<http://www.ax-pedition.co.uk/>

Route Split at Tytherleigh

On the route there will be a split for all riders. The split will allow the riders to choose from an easier route back to HQ or the Holy City Challenge. Holy City Challenge consists of a 1.6 mile climb at an average gradient of 5.3%!! This will challenge you. The split will be made clear to all riders and a Marshall on route to help you.

<https://www.strava.com/segments/1235717>

Post Ride

Finish

When you finish, ensure that you report to the timing stand with your rider number so that times can be recorded. Swiftly exit the finish area once you have done so and ensure you locate your belongings from our Safekeeping Area.

Sweeper Vehicle

There will be a sweeper vehicle following shortly after the last group of riders depart. This will also ensure that there are no riders left on the route after the ride.

Relax and Enjoy!

There will be various concessions available to enjoy after the ride! There will also be food and drink (Bar opens from 12 noon) available for purchase, so please join us after your ride to enjoy the remainder of the event.

Once again, thank you for signing-up for Ax-Pedition.

We hope that you enjoy the day!

And we appreciate your efforts for our chosen charities.



AX-PEDITION

TEAM

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Route maps on pages below



