



Open Hands Leicester  
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**Guidance and Advice for Riders on the  
14<sup>th</sup> September 2019  
Open Hands Tour De Leicestershire Sportive.**

**Before the event**

We recommend that you train before the event with the general rule that if you can comfortably cycle 2/3s of the distance you have selected a number of times, the full distance on the day should be comfortable also.

We do not check which distance you choose to ride, and this can change on the day, as you wish.

All riders are insured through British Cycling as part of the entry fee. Naturally, for the insurance to be valid, riders must use a helmet and have a road worthy bicycle.

We ask that if you are willing, you request sponsorship for your ride from your contacts to contribute to the running of our Charity. This is completely voluntary as most of your enrolment fee is also a charitable donation.

**On the day**

The event starts in the carpark of Bosworth Academy, Desford. The first riders can leave at 8am. We request that people who know they are fast riders leave up to one hour later. In this way riders will reach the feed stations at a similar times, which helps our volunteers to serve you well.

Signing-on happens at the edge of the car park under clearly marked gazebos. If the weather is wet, we still ride, but if it is also windy the event organisers may be forced to postpone the event. Rider's safety is paramount. We will send a warning email if the organisers are forced to consider postponement. (This has not had to happen in the last five years.)

There are toilets and changing facilities in the school that can be used. Also we are able to keep any personal possessions you want to leave in a locked room.

The car park is shared with other users of the school facilities and marshals will guide you to our allocated parking spaces as you arrive by car.

### **Payment**

Your enrolment on the British Cycling Website covers all payment. We can accept enrolment on the day though you help us greatly by enrolling online because we are better able to plan and make sure everyone's needs are met.

As we want everyone to be able to ride. Anyone who is unwaged or a student can ride half price. We will either refund half your fee on the day, or tell me in advance that you are a student or unwaged and pay on the day. I need to know you are coming to ensure you get accurate information before the event.

We provide a 'late breakfast' after about 25 miles. Snacks, fruit and crisps at about 45 and 60 miles (dependent on which route you choose to take.)

### **The Routes**

Charnwood '*Up and Down*' is a 22.5 route. There is a gentle climb up to Markfield through the village of Thornton. This is the highest point on the route. Next the route follows Priory Road, with its sweeping undulations. The route goes to Woodhouse Eaves, where the local Baptist church is hosting our first Feedstation. This is primarily a stop for the 22.5 mile riders. It can also be used by other riders at the end of the sportive. 22.5 mile riders now return to Desford via a lower level route. It begins however with a steep ride out of Woodhouse Eaves.

The '*Dog Leg*' is the 58 mile medium distance route. This route travels to Dixon Farm in Hungarton for a 'late Breakfast'. The route has stopped here for the last 4 years because we have enjoyed the hospitality and facilities so much.

The 'Dog Leg' separates from the full distance and avoids touring Melton. The route heads to Rotherby and Hoby, to the next feedstation.

*'Dash to Melton'* 80 miles. This route continues from Hungarton climbing up to Borough on the Hill. This is an ancient hill fort with panoramic views. Our route cuts down a steep road at the foot of the embankment. The views of the hill fort are special. The route travels on into Melton district, climbing Cuckoo Hill. The route also passes close to the 320 meter high BBC transmitter at Waltham.

The routes reunite at Hoby, where the Methodist Church is offering hospitality, and then back to Woodhouse Eaves, via the cycle bridge between Barrow and Quorn.

At the end we receive generous support from a charity called the Rapid Relief Team, who provide us with a BBQ late lunch.

**Andrew Starr**

Event Coordinator

Open Hands Tour de Leicestershire

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