



The Continental Rides

Rider Information Pack – February 2010

in aid of

CANCER RESEARCH UK



A warm welcome

As members of the group within Inspired Living who are organising the 'continental' rides, please let us start by congratulating you on planning to join this worthwhile endeavour! We all intend to ride at least one section and are sure that it will be both fun and challenging with many highs and undoubtedly some lows. Let's hope that there are many downs as well !

A number of riders have asked about the planned pace and spirit of the ride. Well, the honest answer is that comes down to you, the riders ! As an organising group it is our desire and intention to encourage riders to support each other and ride together in groups of similar speeds. We are very mindful that this is a marathon and not a sprint; in our experience, fatigue affects us all after a few days. At least two of the organisers anticipate that we may well be the 'back' group enjoying the scenery and certainly the food while moving along at perhaps 13mph or so. We'd anticipate that riders split into three or four groups each day, perhaps meeting up at food stops and cafes and for an evening meal. It is our intention and hope that no-one rides alone, unless of-course they want to.

We have fantastic support from Knorr-Bremse who have offered a support van with driver which can act as a focal point for food stops and on-the-road support. Even so, we ask that each rider is prepared to be self sufficient during each day since, for whatever reason, the support vehicle may be busy doing other things. This means carrying clothes, food, water and the essentials to keep going on the road. Remember it can be very hot in Spain and very cold on long, possibly wet, descents.

We hope to raise as much money as possible for Cancer Research UK. There is no 'must make' sponsorship level, but we hope every rider is able to raise at least £200 and most riders are able to raise £1,000 and indeed much more.

Our plan is to run rides for 'continental' riders during the spring and summer to give everyone a chance to get to know each other. We would be delighted to hear from any of you who would like to help with booking accommodation and transport or other organisational aspects. Also please can everyone who has a basic knowledge of Spanish or French let us know.

In this information pack you will find further details of the route, costs estimates and many other aspects of the arrangements which we hope you will find useful. If you have any questions please reply to the email address which is distributed this pack. Please bear in mind that the departure information, accommodation details and return arrangements will be communicated once known. Whilst we plan to send 'Continental' ride updates directly to you via email, we recommend that everyone registers on the Inspired Living website to stay in touch with general updates on topics such as medical and nutritional advice.

Lastly, but very importantly, time is pressing and we need to secure accommodation, ferry bookings and flights. It is our intention that none of the money raised in sponsorship is diverted to ride costs. To allow us to make the bookings we have to set a 'deadline' for finalising participant lists of 28th February. Full details of the cost estimates are provided on page 9. We will seek ways to minimise costs including requesting beneficial rates for the ferry and flights.

Please can you ensure that your £200 deposit is paid by Monday 22nd February

Sort code: 30-90-34 Account number: 19325868 Ref: [Your name], with email to Jim Halliday to confirm;

Or by cheque payable to "Inspired Living CR UK" posted to: Jim Halliday, 74 Holly Hill, Southampton, SO16 7EY (jimchalliday@hotmail.com)

We hope to see you out on the road soon !!

With best wishes from the continental committee.



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Congratulations to the riders !! 😊

16 'Sorebums' (Winchester to Gibraltar) <ul style="list-style-type: none">• Tim Frank• Andy Brown• Lionel Jones• Guy Raffety• Stephen Pipes• Neil Flesher• David Pope• Barnaby Roseveer• Pete Horsnell• Alan Maclean• Mike Spencer• Normand Howison• Pam McLoughlin• Caroline Maynard (a 'wino' ?)• Jamie Wadley• Ian Larner	7 – 10 'Winos' (St Malo-Bordeaux) <ul style="list-style-type: none">• Paul Howell• Mark Rickenbach (Wino + Glory)• Mike McLachlan• Justin Churcher• Jim Halliday (may ride further)• Paul Halloran (casual ?)• Guy Poppy (+Bob Lakin ?)• ? Neil Flesher's two teenagers	3 Glory Hunters (Madrid – Gibraltar) <ul style="list-style-type: none">• Derek Noble• Roger Brookes• Mark Rickenbach (Wino + Glory) Casuals (join and leave at any point) <ul style="list-style-type: none">• None so far
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Organised by the IL team

- a route “pack” for each rider. This will include gpx files and route instructions from Google maps. Note that the CTC recommend GPS for all ! We recommend maps for those moments when the right route seems a little hard to find.
- bookings for the outbound ferry from Portsmouth
- bookings for the return flights from Gibraltar
- bookings for low cost B&B accommodation
- monthly training rides and gatherings
- a support vehicle, which will bring bikes back from Gibraltar

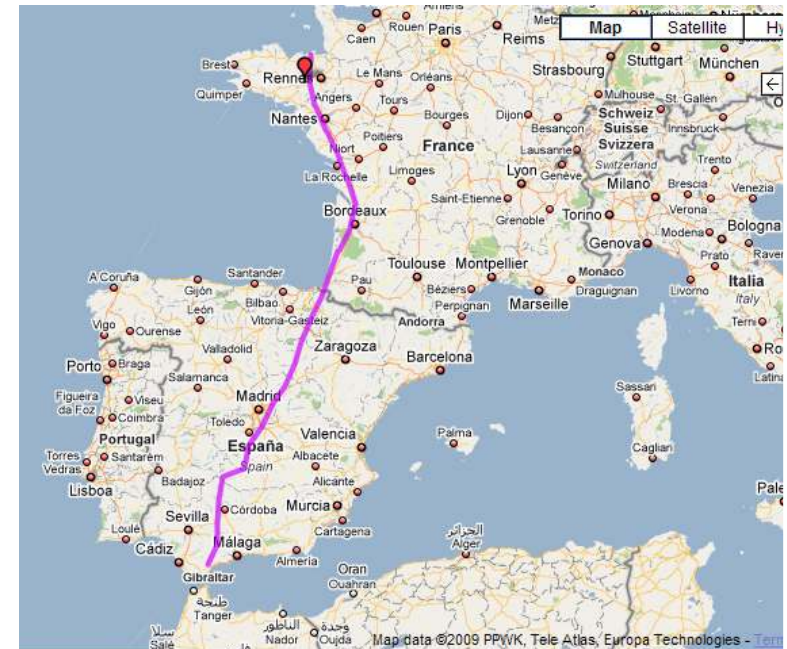
Self organised by individuals

- **“winos”** – Organise own return arrangements.
- **“the glory hunters”** - Organise own arrangements to Madrid.
- **“the casuals”** – Organise own transport to & from the ride as well as own accommodation while participating in the ride.

Stage towns and key dates *

The ride starts from Winchester on Saturday 4th September 2010

Day	Weekday	Date	Start Town	End Town	Daily Mileage
1	Sunday	05-Sep-10	St Malo	Redon	85.60
2	Monday	06-Sep-10	Redon	La-Roche-sur Yon	87.40
3	Tuesday	07-Sep-10	La-Roche-sur Yon	Royan	93.10
4	Wednesday	08-Sep-10	Royan	Biscarrosse	100.00
5	Thursday	09-Sep-10	Biscarrosse	Biarritz	82.30
6	Friday	10-Sep-10	Biarritz	Pamplona (Spain)	63.00
7	Saturday	11-Sep-10	Pamplona	Oncala	93.90
8	Sunday	12-Sep-10	Oncala	Jadraque	88.30
9	Monday	13-Sep-10	Jadraque	Aranjuez	85.20
10	Tuesday	14-Sep-10	Aranjuez	Porzuna	88.40
11	Wednesday	15-Sep-10	Porzuna	Santa Eufemia	86.30
12	Thursday	16-Sep-10	Santa Eufemia	Fuente Palmera	87.00
13	Friday	17-Sep-10	Fuente Palmera	Ronda	82.10
14	Saturday	18-Sep-10	Ronda	Gibraltar	64.40



* subject to revision, especially as we try to find a flatter route through the Pyrenees and Spanish mountains (impossible ?) ! and we may have to make adjustments to allow suitable accommodation.

Key dates:

- **Saturday 4th** September join the mass ride from Winchester to Portsmouth, overnight Ferry.
- **Sunday 5th** ride out of St Malo early in the day, the epic really gets underway
- **Wednesday 8th** last night with the 'Winos' before they make their own way home (perhaps cycling ?!!)
- **Monday 13th** meet the 'glory hunters' at the hotel. They join the ride at Aranjuez (Madrid)
- **Saturday 18th** arrive in Gibraltar towards the end of the day and celebrate !!
- **Sunday 19th** fly back to Blighty



Route and Ride planning

Route

- The full continental route is some 2000km (1200 miles) through varying terrain.
- First section from St Malo to Bordeaux will be 'lumpy'; Bordeaux to the Spanish border will be relatively flat, while the entry into Spain - especially the first three days - will be very tough days with much climbing.
- The psychological effect of passing Madrid will be enormous - on the last leg now - but there will still be some difficult days and some hard hills to climb.

Stage towns

- We have tried to reach towns where we have a reasonable choice of accommodation and restaurants, as well as being close to major cities for transport from/to the UK. However, there are parts of the route where towns and villages are scarce – especially in Spain – and we may need to cover extra miles to reach them. Full details of the route will be emailed as soon after the hotel bookings are complete – but for the main stage towns, please see the previous slide. Be aware, that the finalised route and stage towns may vary from this list.

What route notes will/will-not cover

- We intend to provide hardcopy turn-by-turn route notes, as well as gpx files. (The accuracy of the turn-by-turn cannot be guaranteed, as we have not previously ridden the whole route.)
- Also printed in the notes will be 'normal' maps, contact & emergency numbers, hotel details.

Gpx files

- We intend to get the trackpoints reduced on each of the stages to around the 200 mark, which should allow for each gpx file to cover 2 day's worth of riding – this should allow for peoples' GPS's to cope with all the files for the ride.

The nature of toughest stages

- From the Biarritz area - on the French/Spanish border - to 90 miles beyond Pamplona in northern Spain, there is some serious climbing to be done. This is days 6, 7 and day 8 too.
- Some climbs will take 2-3 hours to complete, assuming a constant rhythm - you just have to keep grinding it out. If you are not used to this sort of cycling, get as much practice as you can ! The support vehicle may be available as broom/sag wagon but who knows what the priorities will be on the day.
- You will indeed have had 5-6 days' cycling in your legs, but the accumulation of tiredness will also be starting to hit home. Be prepared for some long and tiring days.

Cold on mountain descents

- The height of some of these mountains may be beyond what many of us may have already experienced on bikes. At the summit, it will be cold - even on a late summer's day. After 2-3 hours' work cycling the ascent, you will have worked up a sweat, but you need to stop at the top and wrap up with windcheater jackets/gilets, arm/leg warmers, even waterproofs (it could well be raining!). If you don't wrap up well, you will definitely feel the cold on the way down - remember the descent could take 20-40 minutes and will need full concentration! - and end up with a chill, which may prevent you continuing the ride.
- Remember - you will need to carry this extra clothing on the ascent.
- The Tour de France riders often stuff newspapers down their shirts at the summit - they're experienced in this, so they do know what they're doing!
- Don't get caught out!

Heat in Spain

- Even though you'll be cycling in Spain in mid-September, there will still be some hot days. On a previous ride I have done in Spain (in mid-September), we started cycling as early in the day as we could, around the 6.00 to 7.00 a.m. mark. Hotel logistics for this sort of start, though, dictate that you will often have to forego breakfast (hotels not always keen to open up their breakfast rooms just for a few cyclists!). In that case, stocks from the local shop/garage the night before need to be accumulated - e.g. croissants in a pack, chocolate bars, cereal bars, milk etc. Set off at 6.00 to 7.00, get a couple of hours cycling in and then stop off for a 'tortilla' breakfast at a roadside cafe. Also be prepared for it being dark and cold at that time in the morning - working lights a necessity, arm/leg warmers & gilets a must
- By starting off early, you can be finished the day's ride early afternoon, have a siesta and then go out for a meal in the early evening...before it all starts again!

How much will it cost?

We have put together estimates of how much we think the Continental Ride is going to cost. Do bear in mind that these are initial estimates. We will of course let you know as soon as we know if any of the estimates are looking low (or high).


The appendix gives more detail on how we have arrived at the costs but the main assumptions are:

- A night crossing outwards at 20:30 on 4th September for all riders with Brittany Ferries from Portsmouth to St. Malo – arriving 08:15. We have built in the cost of sharing a 4 bed inside cabin but the appendix shows what a recliner would cost if that is what you prefer.
- Accommodation is estimated at £30 per night and food at £25 a day. This is based on accommodation in hotels towards the more basic end of the market – but even the Formula 1 chain offers OK facilities. Two to three sharing, and we expect a mix of en-suite and shared bath/shower rooms.
- A share of the cost of getting the van back to the UK including the driver. The costs include accommodation and food for the driver.
- Flights back from Gibraltar/Bordeaux and to Madrid are included in the estimate (Bordeaux and Madrid flights to be booked by the individual). The main costing is based on a flight from/to a location near to the route but none of these are from/to Bournemouth or Southampton
There are some options in the appendix. Do remember that the Easyjet's of this world like to charge extras!
- We have included the cost of joining the CTC and the cost of their International CycleCover Insurance, underwritten by AXA. Membership of the CTC is required to purchase the insurance cover. Whilst CycleCover is not compulsory we do ask that you obtain equivalent cover (to be booked by the individual).

The costings on the next page are divided into:

- those items which we will organise and pay for centrally (ferry travel, support van costs, accommodation en route for the non-casuals and flights home for the Sorbums); and
- those items which you will pay directly. We do recommend that the Glory Hunters and Winos book their flights as soon as you are committed to the ride.

How much will it cost?

WINCHESTER TO GIBRALTAR CYCLE RIDE		SUMMARY COSTS				
		Note	SORBUMS	WINOS	GLORY HUNTERS	NOTES
Number			14	8	3	
Nights ex Ferry			14	4	6	
To be collected and settled centrally:						
FERRY OUTWARDS	A		75	75	75	
FERRY INWARDS	B		12	12	12	
FLIGHT HOME	E		57			Add to this any luggage checked in
ACCOMMODATION	C		420	120	180	Including light breakfast
FUEL COSTS	D		25	7	8	
DRIVER ACCOMMODATION & FOOD			40	40	40	
CONTINGENCY			50	25	40	Eg for higher accommodation costs, tolls
			628	254	314	
To be paid directly:						
FLIGHT HOME	E			45	53	Add to this any luggage checked in. You will also need a bike bag
CTC MEMBERSHIP	F		36	36	36	
CTC TRAVEL INSURANCE	G		37	37	37	
FOOD			350	100	150	Say £25 a day, ex breakfast
CONTINGENCY			50	25	40	Eg for higher food costs
			473	243	316	
TOTAL			1101	497	630	

Note: "To be paid directly" items are to be booked by individuals



When do we want your cash?

When we plan to collect the estimated amounts to be settled centrally				
	SORBUMS	WINOS	GLORY HUNTERS	
By Monday 22 February	200	200	200	To cover: Deposit for accommodation, Ferries and Flight from Gibraltar
May thru July	390	40	110	Accommodation
Late July	?	?	?	Settle any over/under spend to date after accommodation booked (but if small underspend, carry forward to cover fuel costs)
On departure	40	10	10	Fuel, any tolls, oil etc
Last week of September	?	?	?	Final settlement of over/underspend

The above funding arrangements seek to balance the need to obtain commitment (hence the deposit) and to ensure that organisers are not put in the awkward position of pre-funding from their own pockets versus not asking you to fund expenditure too far in advance.

Jim Halliday (74 Holly Hill, Southampton, SO16 7EY; jimchalliday@hotmail.com) is organising the collection of payments due. You will be able to settle either by cheque (made payable to "Inspired Living CR UK" to Jim at the address above - or, for deposits, at the cardio session on the 21st Feb) or by direct transfer through your internet bank to the Inspired Living Bank account (and let Jim know by email):

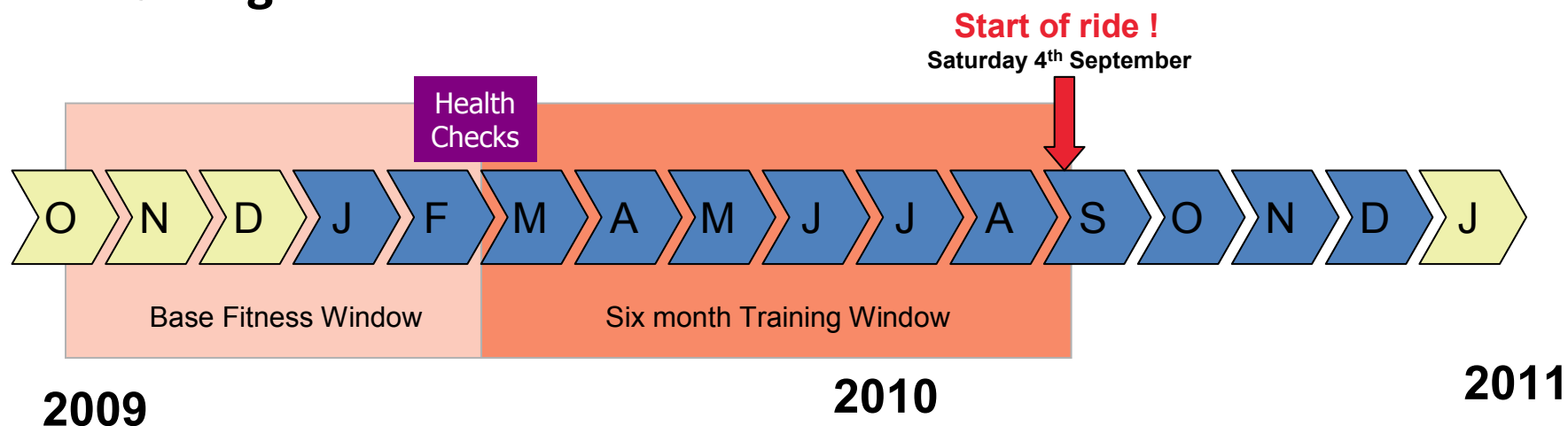
Sort code: 30-90-34 Account number: 19325868 Ref: [Your name]

Where we need to make refunds then payment will be by cheque or cash. All amounts will be held in the Inspired Living Bank account set up for the purpose, and you will be provided with receipts by email.

Deposit of £200 due Monday 22 February 2010



Training



- The suggested cycling specifics for St Malo to Gibraltar riders are:

During the **Base Fitness window**

- ✓ Get "time-in-saddle" for base fitness – form/join informal teams for regular rides
- ✓ Join us for the monthly Inspired Living rides

During the **Six Month Training Window**

- ✓ Build up your weekly mileage to include a weekly ride of 70 to 100 miles
- ✓ Continue the monthly Inspired Living rides (we will be setting up longer rides for all you 'continentals' during the spring)
- ✓ Complete one three day event (90 Miles per day)
- ✓ Complete at least one 200km (125 Mile ride).

We suggest joining Audax UK who run several 200km (and longer) rides in our area during the spring and summer. They also provide route notes for 'permanent' rides which can be ridden on a day of your choice. <http://www.aukweb.net/>

Nutritional Advice

As ordinary people embarking upon an extraordinarily spectacular cycle ride, it is important to prepare yourself nutritionally, especially since you are riding in excess of 200 miles over the 14 days of the event. At the beginning of your training programme, you will be invited to complete a food frequency questionnaire to describe your usual eating pattern. This will provide a snapshot of your usual intake and give some information about your food preferences. Specialist dieticians who will provide you with specific dietary advice (by telephone or one-to-one) during your training. This advice will focus on meeting your nutritional needs during the days you are actually cycling along the continental route, when your actual energy and nutrient needs could be difficult to meet in view of the many hours you will be 'in the saddle'.

You will also be asked to complete the food frequency questionnaire immediately before the cycle ride and immediately after completing the event. If you have consented to be part of the medical research component of the project, two further food frequency questionnaires will be sent to you (at 1 year and 2 years post-cycling event) to describe your eating pattern up to 2 years after the fundraiser.

The dieticians are registered with the Health Professions Council (Dietitians' Board) and have specialist expertise in sports nutrition."

Health checks

Further information will be made available via the Inspired Living website



Sponsorship

We are in the final stages of setting up arrangements with 'Just Giving' and will provide details via the Inspired Living website in the next few days.

Useful Websites

The Inspired Living website

<http://www.inspiredliving.org.uk/>

The Cyclists Touring Club

<http://www.ctc.org.uk/>

Audax UK

<http://www.aukweb.net/>



Appendix: Costings - Ferries

WINCHESTER TO GIBRALTAR CYCLE RIDE	FERRY OUTWARDS			
24 people out; Van for 12 bikes, 3 on trailer, 10 with riders				Leaves 2030 on the 4th, arrives 0815
	SOREBUM	WINO	GLORY	NOTES
Van, 3m trailer (1.83m high) including 2 people and trailer	13	13	13	6m, 2.6m high Transit LWD. 3.4m loadspace length (2 bikes) = 12 bikes, plus 3 on trailer
4 berth inside cabin	21	21	21	6x 4 berth, 1 x 2 berth
Per adult	47	47	47	
less Group discount	-7	-7	-7	Given for individual base fare only
Bikes	2	2	2	
	A	75	75	75
OPTIONS				
Recliner	5	5	5	

WINCHESTER TO GIBRALTAR CYCLE RIDE	FERRY INWARDS			
2 people back with Van and trailer - 12 bikes, 3 on trailer				Leaves 1030 on the 21st or 22nd
	SOREBUM	WINO	GLORY	NOTES
Van, 3m trailer including 2 people and trailer	10	10	10	6m, 2.6m high Transit LWD. 3.4m loadspace length (2 bikes) = 12 bikes, 3 on plus trailer
2 berth inside cabin	2	2	2	
	B	12	12	12

Appendix: Costings – Accommodation and CTC

WINCHESTER TO GIBRALTAR CYCLE RIDE		ACCOMMODATION			NOTES
		SOREBUM	WINO	GLORY	
Number		14	8	3	
Days accommodation		14	4	6	Glory includes arrival day at Madrid
		420	120	180	
	C	420	120	180	
Typical costs					
		£	Euro	£/person	
Saintes: Formula 1 Hotel (3 per room)		40		13	B&B
Capbreton: Arenui Hotel (2 per room)			83	38	Comfort twin B&B, en suite
Ronda: Arunda li Hotel (2 per room)		43		22	B&B
Aranjuez: Donanros (Grinon) (2 per room)		45		28	Plus breakfast at £5
Average for shared twin B&B				25	
Say				30	

WINCHESTER TO GIBRALTAR CYCLE RIDE		FUEL COSTS			NOTES
		SOREBUM	WINO	GLORY	
Shared per distance cycled					
To Bordeaux return		7	7		
Bordeaux to Madrid return		10			Assume Diesel van at 30mpg
Madrid to Gibraltar return		8		8	
	D	25	7	8	

Appendix: Costings - Flights

WINCHESTER TO GIBRALTAR CYCLE RIDE	FLIGHT HOME			NOTES
	SOREBUM	WINO	GLORY	
2 people back by van (with bikes for Sorbums), cheapest reasonable flight				
Easyjet Bordeaux to Bristol		45		Flight €25, Bike €25. 9 Sept. 1655 flight. Check-in luggage is extra; need bike bag. Bike pre-booked
Easyjet Bristol to Madrid			53	12 Sept 1720 to 2030. £35 plus Bike £18.
Easyjet Gibraltar to Gatwick	57			19 Sept. 1140. Check-in luggage is extra.
	E	57	45	53
OPTIONS				
Easyjet Toulouse to Bristol		59		Flight €40, Bike €25. 10 Sept. 1520 flight. Check-in luggage is extra; Bike pre-booked
Iberia Bilbao to Heathrow		110		Flight £94 +bike
FlyBe Bergarac to Soton		95		Flight €70, Bike, on standby only €35, Check-in luggage is extra. 10 Sept 1340. 11 Sept costs more
Ryanair Malaga to Bouremouth	41			Check-in luggage is extra. 19 Sept 1200. Malaga 90 miles from Gibraltar
FlyBe Malaga to Stn	64			Check-in luggage is extra. Malaga 90 miles from Gibraltar. 19 Sept 1235. Needs early start from Gib.
BA Gibraltar to Heathrow		92		19 Sept 1245.

Appendix: Costings - CTC

WINCHESTER TO GIBRALTAR CYCLE RIDE	CTC COSTS			NOTES
Assume Cyclecover	SOREBUM	WINO	GLORY	
CTC membership	36	36	36	Excludes current offer of 5 for 4
	F	F	F	
CTC Travel insurance	37	37	37	Cyclecover underwritten by AXA, includes cycle theft, Personal accident and Third Party
	G	G	G	
OPTIONS				
If CTC membership already held	0	0	0	
CTC membership 5 for 4 offer	29	29	29	