



## 2018 New Forest Rattler

Sunday 26th August 2018

### Rider information

#### Rules of the road

- Wear your helmet at all times on the course.
- Follow the HIGHWAY CODE
- Remember this is not a race, be a good advert for cycling and show consideration to other road users, even if they don't respect your space.
- Never ride more than two abreast and don't attempt dangerous passing. It is absolutely forbidden to cross the centre line of the road.
- Some riders will be inexperienced so keep your distance at all times.
- Don't go mad down hills as some have tight bends.
- Please signal any intention to turn left or right and don't stop suddenly; there may be riders behind you.
- Make sure your bike is in good working order, especially the brakes!
- Cars or other support vehicles are forbidden from driving the course.

Contact number for HQ/SAG Wagon

**07912964255**

In the event of an emergency please dial 999.

#### Start

We aim to get riders away as quickly as possible. Riders for all routes will start departing at 8:15am. Riders will depart in groups of about 20-25 and set off at 3-5 minute intervals.

#### Timing

Timing for this year's Rattler will be taken care of by Challenging Events. Timings will be available to view at the finish line and will be posted on the event website soon afterwards.

#### Signage en route

The Rattler routes will be marked with white and black A3 corrugated plastic signs. At no point should you need to consult your route card – however there is always the possibility that a sign could be removed or obstructed from view.

#### Route Splits

The Rattler routes are inter-linked. There are route split signs at 12.7 miles and 71 miles – riders should follow the clearly marked instruction arrows for their ride distance.

#### Marshals

Although the routes are clearly signed, we will have marshals out on the course. The marshals are in place for your safety and will be located in areas with a higher volume of traffic or where there are moderately dangerous junctions or bends in the road. Each marshal will be wearing a high-visibility bib.

#### Feed stations

There will be three feed stations on the 102 mile route, two on the 82 mile route and one on the 47 mile route. Please refer to the map overleaf for location details.

Each station will be stocked with Bananas, flapjack, precision hydration and water. We do recommend that riders carry some of their own provisions such as an energy gel, oat bar or banana just in case you run out of energy before the feed stations. We also recommend that each rider starts the event with 2 full water bottles which can be refilled at the feed stations.

#### The finish

Once you have completed the Rattler our timing officials will direct you to the BBQ where you can use your token to get your burger.

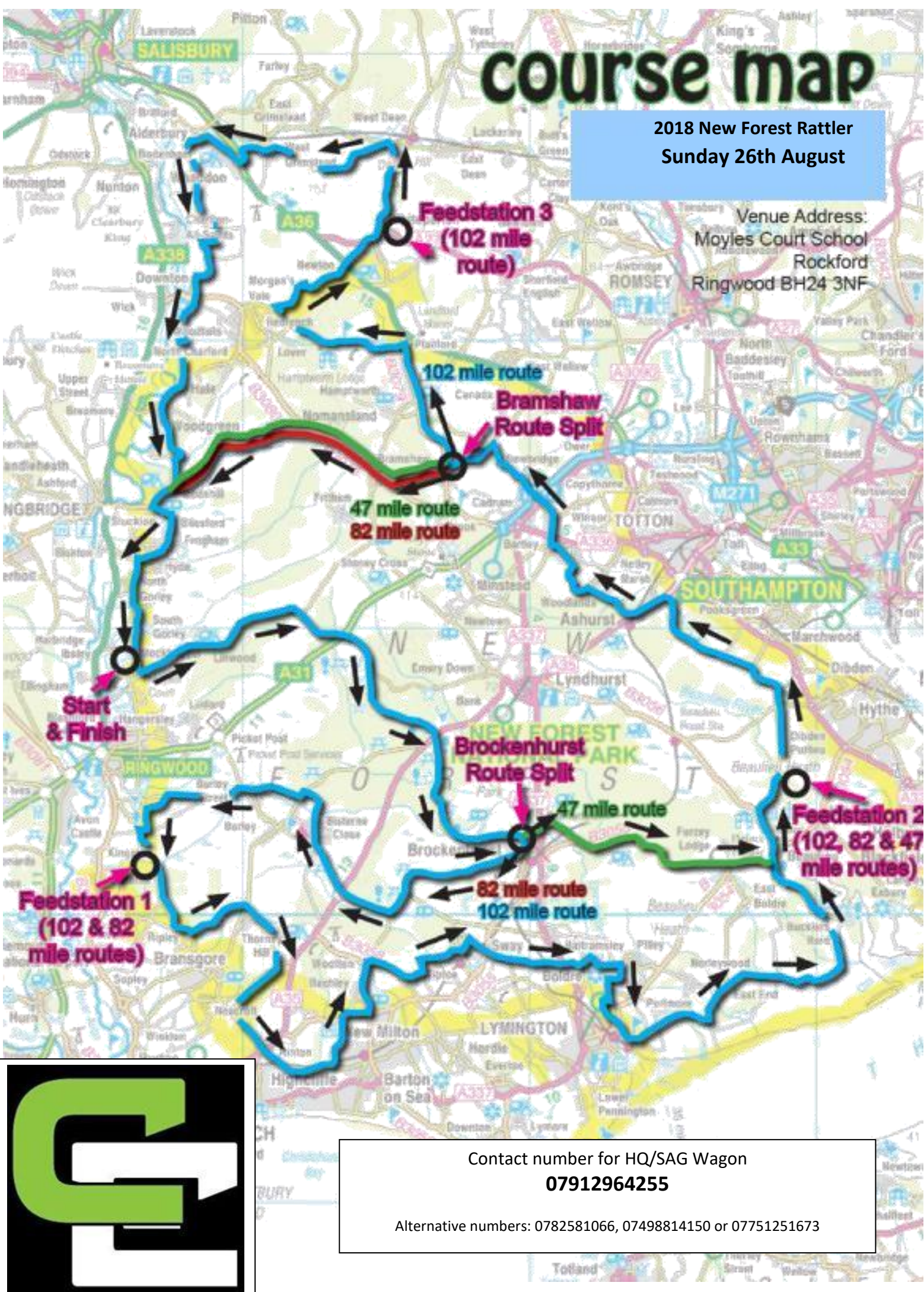
#### Catering

There will be a BBQ serving local New Forest Produce, plus tea and coffee to help you re-energise, This will close at 17:30.

# course map

2018 New Forest Rattler  
Sunday 26th August

Venue Address:  
Moyles Court School  
Rockford  
Ringwood BH24 3NF



Contact number for HQ/SAG Wagon  
**07912964255**  
Alternative numbers: 0782581066, 07498814150 or 07751251673