

## Mini Guide for First Time Hill Climbers

### Checklist:

1. Bike and wheels
2. Front and rear light – you must have a working lights fitted to your bike to start
3. Number – which you collect at sign-on and which should be fitted on your lower back correctly
4. Helmet - you must wear a helmet
5. Bike computer if using one (make sure it's charged!)
6. Cycle clothing - Cycling shorts and jersey (or skinsuit), base layers if you think you need one, socks, towel (might not be needed, but in case it's unseasonably hot or wet)
7. Warm clothing for before and after
8. Drink and food. Plenty of water as you will feel very thirsty afterwards.
9. Remember to sign out before you leave

### What you need to do:

1. Arrive and park in the event car park if you are driving to the event
2. Sign on at the village hall and collect your race number
3. Get ready and warm up.
4. Get to the start **on time** and remember your lights. If you are late you will incur a time penalty.
5. Start using the holder (a nice volunteer who will offer to hold your bike) or with one foot on the ground. The timekeeper will call you up and give you a count down of “30s, 20s, 10s, 5-4-3-2-1 Go”
6. Ride as fast as you can until you reach the finish board and finish timekeeper and cross the finish point. Shout your number as you cross the line **if you can**
7. Find a safe place to recover after which cheering on other riders is encouraged and when you are ready descend carefully back down and head to HQ
8. Sign out, return race number and enjoy refreshments
9. There will be a presentation of prizes at around 11:45am at the HQ which we welcome all riders to attend
10. Please vacate the car park promptly after the event
11. Most importantly enjoy the event, the hill climb atmosphere and camaraderie, respect the volunteer team and don't hesitate to ask us for help or if you have any questions