

1. **Event HQ:** Goring Village Hall, High Street RG8 9AG
2. **Non attendance:** Please text/phone **07855651361** or email readingccevents@gmail.com if you are unable to attend
3. **Event parking:** Thames Court Car Park, Cleeve Rd, Goring, Reading RG8 9AR
<https://goo.gl/maps/K4LAyx5EC3kZgtkB7>

The barrier to access the parking will be open between **8:30am - 9:45am** and will automatically rise on leaving the car park. If you arrive and find that the barrier is not open please follow the instructions on the barrier or phone/text the race organiser, Christina on 07855651361. The barrier automatically rises when leaving the car park. Please vacate the car park by noon and do not drive down and round the side of the large industrial unit as that area needs to be kept clear.

Distance from HQ/parking location to start: 1km. Please be aware that you may encounter a red traffic light at the crossroads on the way to the start



4. **Warming Up:** Please do not warm up on the hill climb course after the first competitor has started at 10:01am. Please respect the local regulation with regards to noisy turbo trainers if you plan to use one to warm up.

Use of Turbo Trainers

LWDC 3 - Noisy Turbo Trainers are not to be used at morning events within 100 yards of residential accommodation

5. **Results:** [Provisional results](#) will be available during or soon after the event



<https://bit.ly/3BlIxbf>

6. **Belongings:** The volunteer team cannot be responsible for any belongings you choose to leave at the HQ, start or finish areas
7. **Junior Riders:** You must wear a helmet for the event and bring an [open event parental consent form](#) with you to sign-on to be permitted to race

Mini Guide for First Time Riders

Checklist:

1. Bike
2. Rear light – you must have a working rear light 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 - this item is mandatory for junior and juvenile/youth riders
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.

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 rear light.
5. Start using "Fox frame" 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 back down the hill do so carefully and head to HQ
8. Sign out, return race number and collect refreshments
9. There will be a brief presentation of prizes at around 11:15am at the HQ which we welcome all riders to attend
10. Please vacate the car park by noon if you drove to the event
11. Most importantly enjoy the event and 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