

Riders Briefing Sheet – CARTEN100 – 2023

1. Participants will be responsible for the roadworthiness and safe working order of their own bike. Please ensure your brakes are in good working order, and that you have the tools and spares necessary to affect minor roadside repairs to your bike.
2. The use of triathlon handlebars or other bar extensions is not permitted. Electric Bikes should comply with EAPC Regulations.
3. This event is not a race or a trial of speed, but a personal challenge. As such there will be no list published of rider times or finishing positions.
4. **This event takes place on the open road, and you must obey the Highway Code at all times. Please keep to the signposted route at all times. The route avoids the high speed roads between Carmarthen and St. Clears (A40) and the Red Roses bypass (A477) – please do not take these roads. You may not be covered by the ride insurance and will not have access to the ride support.**
5. The wearing of hard-shell cycling helmets shall be compulsory.
6. All participants under the age of 18 shall have a consent form completed by their parent/guardian. A parent or guardian must accompany riders under the age of 16.
7. You understand and agree that you participate in this event entirely at your own risk, and that you must rely on your own ability in dealing with all hazards, and that you must ride in a manner which is safe to yourself and others. This includes adherence to the highway code and riding more than 2 abreast at any time.
8. You accept that if you do not abide by this briefing sheet, then the organisers will make all reasonable efforts to remove you from the event.
9. There are motorcycle marshals supporting the route. They are there to offer support to riders in difficulty, but also are a high profile reminder of your obligations as riders to comply with the Highway Code and be ambassadors of the CARTEN100.
10. Maintaining your fuel supply is very important. We recommend that you stop at least every 30 miles for a break and some refuelling. We will supply an itinerary including scheduled stops for refreshments on route. We also recommend that you carry some food with you as emergency rations.
11. Please ensure that you take adequate clothing to allow you to remain warm and dry throughout the day

12. If you feel tired and need to take a break, please take the opportunity to rest well away from the highway.
13. There will be some descents on this event that allow potential speeds in excess of 40mph. Please ensure you descend only at a speed you are comfortable with.
14. Should you find that you need the train to take the strain, the route travels within 2 miles of the following Railway Stations – Bridgend, Pyle, Port Talbot, Gowerton, Llanelli, Burry Port, Kidwelly, Carmarthen, Kilgetty.
15. Personal support vehicles are not allowed in British Cycling's event Guidelines. If you are being supported by a friend or loved one during the event, can you please ensure that they do not impact the other entrants in any way.
16. There is a website resource on group riding do's and don'ts. Please do not ride in a group if you are not comfortable in doing so. Whilst we anticipate group riding amongst friends and riders of a similar standard.
17. The emergency support vans are available to assist riders in dire straits. We would anticipate that the self-sufficient, strong, experienced riders will not require their services. The support vehicle numbers are on the number plates. If you are going to abandon the ride, it is essential that you inform the emergency support van, so that we can take account of all participants upon arrival at Tenby. The "Broom Wagon" following the trailing riders will, if necessary, assist you getting to the finish.
18. The ride is supported by the emergency support vans on the basis that riders maintain an average of 9mph (including for all stops) based on an 8.30am start. The finish will be closed by 8.30pm. The ride will operate a "broom wagon" system, where a support van will patrol the rear of the event and advise any riders unable to maintain the 9mph average that they will no longer be supported on the event.
- 19. COVID-19**
 - a. If you have any symptoms of COVID-19, loss of taste, cough, fever, please do not attend the event at any point.
 - b. If riders plan to meet family or friends during their ride, please respect other riders, the communities we pass through and CARTEN100 volunteers by asking them to wear masks and always maintaining social distancing.
 - c. Please always maintain hand hygiene. Hand sanitiser is available at each feed station and at the Start and Finish.