

Thank you for deciding to take part in the Mix96 Tour de Vale sponsored bike ride. Please take time to read through this leaflet, it contains information on the ride and keeping safe while on the route.

Start Times

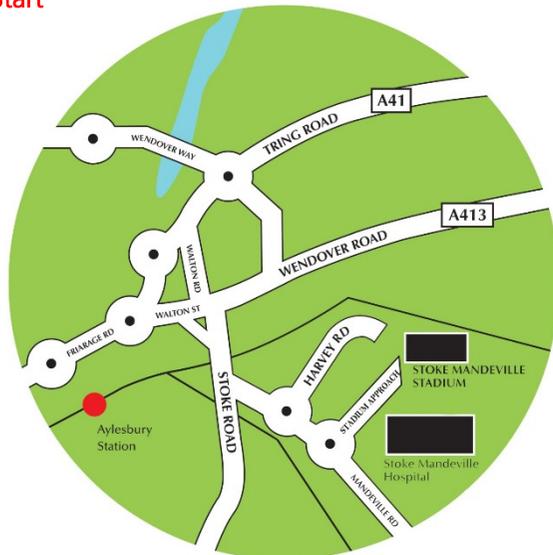
- 100k - 9.00 - 9.15am Club cyclists
9.15 - 9.30am Leisure cyclists
- 60k - 10.00 - 10.15am Club cyclists
10.15 - 10.30am Leisure cyclists
- 25k - 10.30 - 10.45am Single cyclists/those without children U16
10.45 - 11am Family cyclists with children U16

Please arrive before your start time because you will need to sign in before you can start. For safety reasons cyclists will be controlled in small groups at the start and you will not be able to set off after the times specified for each route.

Parking

There is only disabled parking available at the Stadium. Please see map for local car parks.

Getting to the Start



General Information

- Please attach your rider number on your handlebars with cable ties
- **Cycle helmets are compulsory and must be worn. No helmet, no ride!**
- Please follow all organisers instructions
- Please obey the rules of the Highway code
- **There are no closed roads**
- Check in at the start at the registration tent
- There are refreshment stops and pubs on the route and bike mechanics will be available at the start and during the ride

It is your responsibility to make yourself fully aware of the complete Highway Code, which can be found in all good bookshops or at www.direct.gov.uk

We recommend that children should be confident cycling on roads and have taken a cycling proficiency test. Should you or any member of your family require guidance on training before you ride please contact Georgina Longley glongley@buckscc.gov.uk who will be able to provide you with full details of all training available in Buckinghamshire.

During the Ride

- Obey all traffic signs and traffic light signals
- Don't ride more than two abreast and stay in single file on narrow or busy roads
- Don't ride close behind another vehicle and keep a minimum of one cycle length between you and the cyclist in front
- Marshall's are present as a point of contact and for direction only. It is your responsibility to make sure the roads are clear before making a turn
- Take extra care near road humps, narrowing's and other traffic calming features
- Be aware of pot holes & uneven road surfaces
- 25k (15 mile) route - please be aware at the level crossing in Bishopstone. **You are required to stop if the lights operate and should under no circumstances attempt to cross**

The Routes

25k (15 miles)

Stoke Mandeville - Bishopstone - Ford - Marsh - Stoke Mandeville

60k (37 miles)

Stoke Mandeville - Weston Turville- Cheddington - Aston Abbotts -
Whitchurch - Oving - Eythrope - Stone – Stoke Mandeville

100k (62 miles)

Stoke Mandeville - Weston Turville - Chesham - Wiggington - Aldbury - Cheddington -
Aston Abbotts - Whitchurch - Oving - Eythrope - Stone - Stoke Mandevilles

**Please remember this is a sponsored bike ride
Every penny you raise will help WheelPower transform the lives of disabled people**