



The Third Petersfield Ups & Downs Charity Cycle Ride

Sunday 13th July 2008

On behalf of Petersfield Round Table, I want to thank you for entering this ride. For over 50 years young men in Petersfield have been getting together for fun, fellowship, whilst also doing some fundraising, and making a positive difference in the town we live in, and we are delighted that you have chosen to take part in this event.

The movement's motto is adopt, adapt, improve, so if you have any comments about the event, please let me know.

Kind regards

Mike Robinson
Bike Ride Committee Chairman
mikearobinson@gmail.com

Preparing for the ride

Cycling is great fun, and we have devised a route that will take you through some of the most stunning countryside in England. It is a bit longer and a bit hillier than many of you will be used to, but don't worry. With a bit of preparation and practice not only will you be able to complete the course easily, but you will really enjoy it.

By far the most important thing before your ride is to be comfortable with the bike you are using and have it well set up.

First, make sure your bike is in good condition. If you are not familiar with bike maintenance why not take it along to one of the bike shops in and around the town and get it serviced. Far better than running into problems half way up Butser Hill!

Bikes are a superb way of turning human energy into locomotion, but if you have not set up the bike correctly for you then you will be wasting considerable energy, and the hills will seem twice as steep!

Your seating position is the most important thing. Forget about the advice you learnt as a child that said both feet must be flat on the ground. That's too low, and inefficient.

The saddle should be as level as possible. If you position the saddle nose down it is actually harder to stay on, as there is a tendency for your hips to roll forward and slide down the saddle, which in turn puts more pressure on your arms and hands, which will leave you feeling uncomfortable in a very short time.

Most saddles can be slid backwards and forwards, which determines how well you are balanced on the bike between the seat and handlebars. Too far forward and most of your weight will be on the saddle. Too far back and you will have excessive weight on your arms, hands and handlebars. As in most things in life, the key is to find the right balance, and it is worth experimenting a little to find out what is best for you. Many cyclists recommend starting with a position called "KOPS"; Knee Over Pedal Spindle. It sounds a bit technical, but is really easy to achieve, although you will need a friend to help you. Drop a plumb line (bit of string with a nut tied on

the end will do) from the bump just below your patella (knee bone), with the pedal in the forward and horizontal. The plumb line should run through the centre of the pedal spindle. Then have a ride, and afterwards move the saddle backwards or forwards to find the most comfortable position for you, which will usually have slightly more weight on the saddle, than the handlebars.

Finally, set the saddle height. With your pedals in the vertical position your leg can still be flexed a touch with the heel on the pedal. If the saddle is too low you waste energy and put too much stress on the knee joint at the top of the pedal stroke. If your saddle is too high, your knees will hyper-extend and your pelvis will rock side to side. Again this is bad for your knees and will also create more friction in the saddle area (very unpleasant!).

If the bike seems a bit far from the ground now then just tilt it slightly when putting your foot down. You don't need to be able to put both feet flat on the ground.

There is a real skill in the simple act of pedalling, which will allow even unfit riders to cover long distances. The key thing to remember is to maintain a higher pedalling rate by staying in lower gears. Staying in higher gears all the time is the best way to guarantee stiff legs for several days after the ride. The way to learn how to do this is by pedalling slightly faster than feels comfortable. Once you get used to it up the tempo again. A range of 85-100 pedal revolutions per minute (cadence if you want to use the correct term, and sound like an expert) is the ideal.

Keep the tyres pumped to the manufacturers' recommended pressure (written on the side of the tyres). Any good bike shop can sell you a inexpensive gauge to measure the pressure - much more accurate than giving them a squeeze with your fingers. The benefits are making the ride more comfortable, lessening the risk of a puncture and most importantly, making the ride easier (and more enjoyable). If you have a mountain bike, we recommend getting the knobbly tyres replaced with road tyres, as the knobbly ones will absorb lots of your energy, without getting it down on the road where it is needed.

As for training, do not just go out for one long ride the week before. Mix some cycling in to your weekly routine in the weeks leading up to the event so that you are both comfortable with riding and do not have the stress of possible bike problems on the day.

Things you need to know

Before the Ride

The ride has a number of steep climbs and descents, hence the name, so we advise you get a bit of practice in first.

On the day

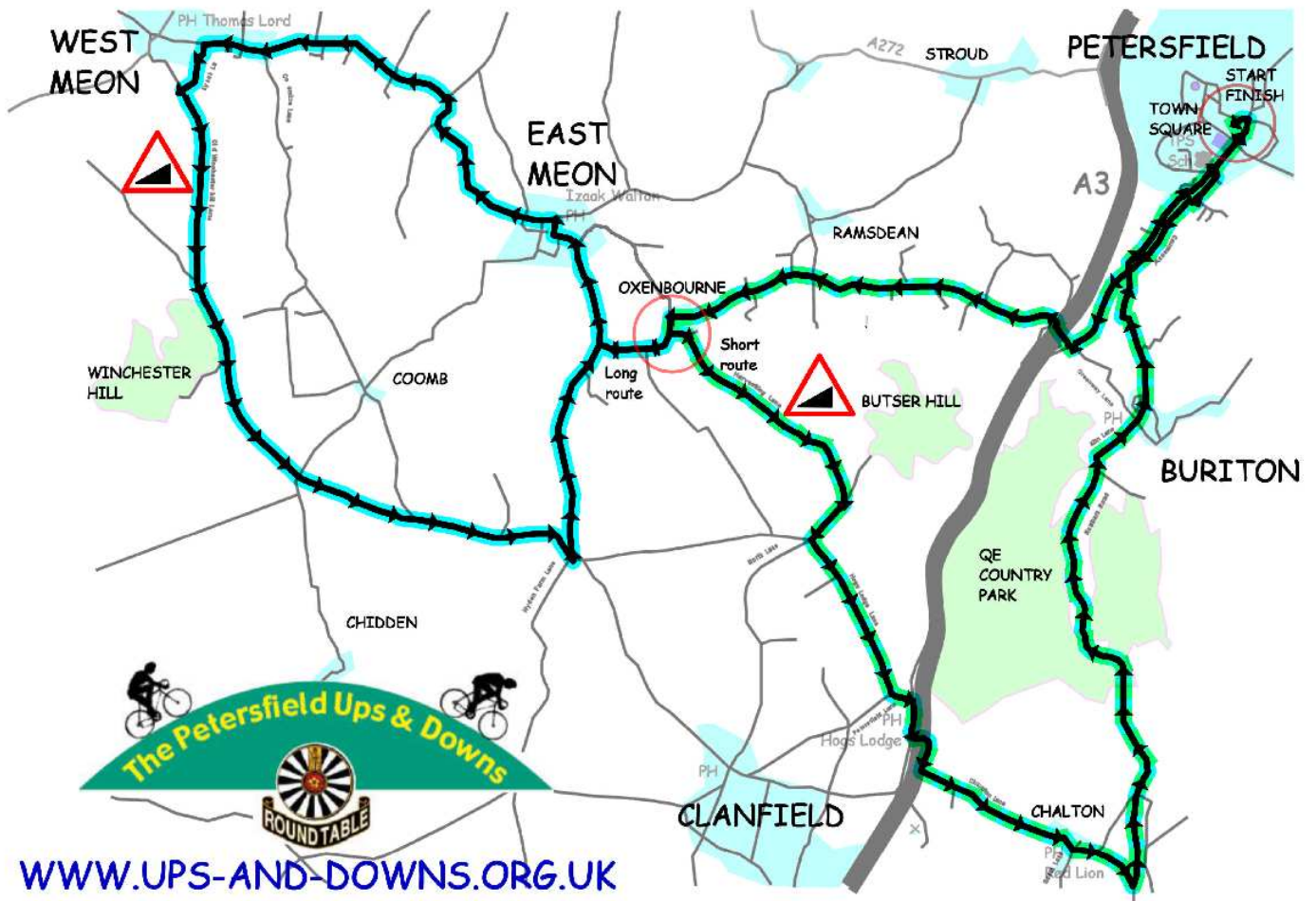
Please come to The Square, in Petersfield, and follow the directions of the marshals.

Please remember that no **children under the age of 10** are allowed on the 25 mile ride, unless they are on a tag along, or in a child seat. **Children under 16** MUST be supervised throughout the ride.

- Don't forget to bring your Rider Number (attached to your FRONT, remember) with you, and anything else you might want during the Ride (see below).
- Additional riders will be able to enter on the day but we will have to charge them a higher registration fee.
- Carry an emergency kit - a pump, puncture repair kit, cycle tools and a list of useful telephone numbers.
- The ride will start at 10:00 am. Please check-in as soon as you arrive to keep crowding down. Check-in desks will be open from 08:30. We need know who is on the road for safety reasons. Also, we cannot give you your completion certificate unless we know that you actually started!!
- Riders will start in groups, so that congestion around the start is minimized.
- All riders must be checked in and away by 10:30 am, as the Finishing zone needs to be prepared.
- The Highway Code says that you should wear a Helmet!!
- Please don't ask friends or family to drive around the course following you in cars. There are many narrow lanes, and it will only cause congestion and frustration for everyone. We expect a large number of Riders on the road and the Police have asked us to keep the number of "support teams" to a minimum.

During the Ride

- **Please remember - It is not a race** - the aims of the day are to enjoy the ride, good company, our countryside and raise money for local charities.
- Show consideration to other riders and road users, particularly at the start when everyone is bunched together. The route will spread you out quite quickly.
- If you have a younger rider with you and have agreed to supervise them, they are entirely your responsibility. Please, don't ride off ahead and leave them, even if they are a little slower than you would prefer. They may be conserving their energy to help push you up The Downs!



- If your bike breaks down or you feel you cannot continue, stay with your bike, by the side of the road, until a PUAD Marshall or mobile repair van arrives. Please don't go home without telling a Marshall or we will waste a lot of time looking for you. We count you all out, and we will count you all back in.
- Drink stops will be located around the course, but we strongly recommend that you bring some additional drinks with you, particularly if it is a hot day. Still, non-alcoholic energy drinks are best, and they really help.
- The drink stops are shown on the map and will be well signposted on the day.
- Please abide by the Highway Code - you do not have priority over other road users. Obey traffic lights, signs, speed limits and road markings. Use the correct hand signals and give way to other vehicles and pedestrians as appropriate. Remember that riding on pavements is illegal unless they're specifically designated for sharing. Details can be found here <http://www.highwaycode.gov.uk/03.htm>
- Never wear headphones: it is essential to hear clearly in traffic.
- Use your bell to warn pedestrians who may not have seen you.
- Continue to wear your safety helmet, to help prevent injury and to make yourself more visible, even if it is very hot. There are some steep twisty roads, and your safety is our number one priority.
- **Keep to the left** when riding. This is especially important on narrower roads.

Rider Safety

Our prime concern is for the safety and well-being of all riders, and other road users. We strongly urge you to follow these guidelines:

- Observe the rules of the Highway Code
- Obey all instructions given by the Police or Route Marshals
- Ride in single file and do not try any dangerous passing
- Don't race other cyclists
- Respect other cyclists, particularly those younger and slower than you
- Keep over to the nearside of the road, especially if you have to get off and walk up some of the hills
- Remember that while we have chosen the route to be as safe as possible, there are places where you will be on or crossing busy roads. You do not have any special right of way!
- Keep your distance from the bike in front
- Do not go too fast down hill

- Signal clearly if you intend to turn
- Do not stop suddenly
- The route passes through some lovely countryside and villages, so please leave them as you find them
- Do not drop litter or ride over grass verges
- The Highway Code states you should wear a helmet. Any cycle shop can supply you with one

No Bonking!

Bonking is the scourge of cyclists. Quite simply it means running out of the energy stores in your muscles and bloodstream, leaving you feeling weak, and sometimes a bit dizzy. Two of us had the problem during the Liphook charity ride, and it was horrible! You are not immune. The good news is it is very easy to avoid. First, eat a good meal with plenty of starchy carbohydrates the night before. Second, bring some food (e.g. energy bar, chocolate, dried or fresh fruit) to eat during the ride, and have a nibble from time to time. Even better, get an energy drink from a sports or cycle shop. It's just like pouring petrol back into your body and works really, really well – we've tried it on this course. Tour de France riders get over half the energy they use in a day from things eaten and drunk on the ride. Believe us - this will make the ride a lot more fun.

At the finish

- Please check in straight away to minimize crowding. You will be presented with your personalized ride completion certificate to show to your sponsors, and be cheered by everyone.
- Please leave carefully and responsibly. Remember other riders may still be arriving - **DO NOT CROSS** their path
- When crossing the roads as you leave The Square remember to look both ways for cars and bikes. The roads will not be closed to normal traffic.

After the ride

- **WE NEED YOUR SPONSORSHIP MONEY!**
- Please gather the money in from your sponsors as quickly as possible.
- Please use the special paying slips provided in your 'rider pack' at any branch of Lloyds TSB. You don't need a bank account of your own and the bank will not charge you. Our bank statement will show your payment reference, so we will know that you have banked your sponsorship money. Thank you.
- Please keep the receipt that Lloyds give you in case of any queries that may arise.

THANK YOU - RIDE CAREFULLY AND HAVE A SAFE AND HAPPY DAY

Disclaimer

All riders take part in the event entirely at their own risk. Petersfield Round Table cannot accept any responsibility for personal accident, loss, or damage to cycles, equipment and personal effects or any public liability. All riders are deemed to have accepted these conditions by entering the event. Further information can be obtained by e-mail to Bike Ride Information bikeride@petersfieldrt.org.uk

Join us – if you dare!

If you are male, aged between 18 and 45 and you live in the Petersfield area why not join us? The club is lively and sociable and we always welcome new members. In a nutshell, we are about friendship, fun and community. We hold regular & varied meetings with stimulating people with diverse interests and occupations. We also run exciting projects to entertain and benefit the town and surrounding area. It takes commitment and enthusiasm but your hard work is repaid with fun, friendship and a real sense of achievement. Why not come along to one of our social events and see what you think? No obligation, no hard sell!

I've just read the paragraph above, and although accurate it sounds really trite and boring! None of which Table actually is. Here's a better description "Darling, I'm just going down to the pub to raise money for charity". Pure genius. The ultimate get out of the house free card!



As well as the Ups & Downs we stage the Town Fireworks & Music display in November (which won event of the year at this year's "Life in Petersfield" awards. These are challenging, fun for all involved and raise funds for local good causes. In Petersfield the club meets bi-weekly and has an exciting calendar of events. We spend much more time having fun than fundraising, truth be told!

Visit the national site at www.rtbi.org.uk to find out more about table membership or contact membership@petersfieldrt.org.uk and come along to some of our meetings, where you can join us for a good chat, eat solid bloke food and get a feel for what tabling is all about.

Here's what Tabling means to us...

"I had no intention of joining Round Table. I knew it existed as some sort of fund raising body, but had no idea what sort of people joined it. If asked then, I would have said I thought it was probably rather self worthy and a bit boring.

I had had a thought that it would be good to be involved in the local community, but I had no idea how. Then my father-in-law suggested I might enjoy Table. I wasn't keen, but I agreed to go along to a meeting. I am not a natural joiner, so was a little nervous when the night came. It was nothing like I had expected. Instead of a serious fundraising body, I found a bunch of friends, who were out for a good night out. I went to a few more meetings to get to know the people and the club better, and then, convinced that I would both enjoy it, and be able to do something positive and creative, I joined.

I can honestly say that joining Table is one of the best things I have ever done! I have laughed long and hard and done many things for local good causes that I am very proud of. Meetings are characterised a great deal of irreverent fun, but everyone there cares about the community they are a part of, and doing something positive. To quote the words of a previous chairman, my fellow Tablers are a bunch of "bloody good blokes".

I explained Table one of our recent guests, and she said she couldn't understand why any man wouldn't want to be in Table. I think she's absolutely right."

Mike Robinson

"Having been in Rotaract I'd already had contact with Round Table and had an idea of what it was all about and realised I was likely to make friends there. I wasn't disappointed and have many great memories:

- Standing in the middle of a very merry crowd, with the band playing their hearts out up on stage and not caring that I'm knackered, hot and sweaty after a long evening serving beer because I'm having too much fun.
- Seeing the landlord's daughter wrapped in a Python!
- Taking my turn rowing a boat around Petersfield Lake in the pitch black at four o'clock in the morning, to raise money.
- Hearing my daughter describe Table as a bunch of big kids and then going off to play with Scalextric. Mind you it was on a 160ft of six lane track!
- Driving back across Glen Coe on a gloriously clear day with a vast open sky hanging over the mountains, having just driven the team round Britain so they could climb the Three Peaks in twenty four hours.
- Watching the video about the children who Round Table Children's Wish have helped.

Nick Moss