

www.cyclonecycling.com



CYCLONE FESTIVAL OF CYCLING

www.cyclonecycling.com

30 JUNE & 1 JULY 2023



IN ASSOCIATION WITH
Freewheel.co.uk

Welcome to the 2023 Cyclone Festival of Cycling

The Cyclone Festival of Cycling was created to encourage as many people as possible to get out on their bikes, get fitter and enjoy the countryside. Once again it gives me great pleasure to be bringing cyclists together to enjoy two days of events in the beautiful North-East of England.

We begin on the evening of Friday 30th June with the Tyne 6 Bridges Family/Fun rides along the Tyne, through the centre of Newcastle and under the river's many iconic bridges.

Saturday 1st July sees the emphasis change to longer and more testing routes with the Cyclone Challenge Rides. All four routes - 34, 65, 93 and 109 miles – take riders out into the matchless Northumbrian countryside with its amazing scenery and quiet roads.

In this document, you will find all the information you need to make the most of your Cyclone Festival of Cycling experience.

Please read it carefully and take particular note of timings, including sign-on times, and of parking recommendations for the Cyclone Challenge Rides, the following of which will help everyone enjoy a safe and stress-free day.

Finally, I'd like to thank you for supporting our event and wish you a very happy cycling experience at the 2023 Cyclone Festival of Cycling.

Peter Harrison Organiser



The Tyne 6 Bridges Rides

Friday 30th June

The Royal Regiment of Fusiliers, Quayside, Newcastle upon Tyne NE6 1BU

what3words location - [///rocky.model.orange](#)

A gentle ride along flat trails beside one of the UK's most important waterways, where the mix of stunning modern architecture and historic bridges creates a fascinating backdrop.

There are two routes of 10.5 miles and 16 miles, both ideal for those who want a leisurely cycling experience. They are perfect for occasional cyclists or those who want to ride with young families.

The rides use the largely traffic-free Sustrans Routes 72 & 14 along the north and south banks of the Tyne heading out in a westerly direction.

Location & Parking

The event will start and finish at The Royal Regiment of Fusiliers, Quayside, Newcastle upon Tyne NE6 1BU (precise location using what3words is - [///rocky.model.orange](#)). There is extensive on-street parking adjacent to the event HQ. Please park carefully and considerately.

Sign-on/Registration

On the day, sign-on/registration is open from 4pm until 7.30pm.

All riders aged 14 and over must sign on individually. Parents/guardians of children under 14 must sign-on on their behalf. All riders under the age of 14 must be accompanied by an adult during their ride. An adult may accompany more than one child.

To make the process as quick as possible, please bring to sign-on/registration a copy of your entry reference ID number which you will have received when you originally entered the event (a print-off of the confirmation email is ideal). Alternatively, a driver's licence or similar document with your name on it.

There will be plenty of clear signage and marshals to help you.

Start Times

You can choose on the day which ride you wish to undertake. Riders will start from 6.15pm onwards. There are no allocated start times - start whenever you want after 6.15pm, but please follow the instructions of our marshals during the pre-start and start (more details on page 6).

We will aim to get you out on the road as promptly as possible once you are ready to depart. Please follow the directions of marshals and other event staff at all times.

IMPORTANT: All riders should aim to complete their chosen ride by 9pm.

At The Finish

Upon finishing, all riders will receive a Cyclone Goody Bag. Please aim to leave the event relatively promptly.

The Cyclone Challenge Rides

Saturday 1st July

Newcastle Falcons' Rugby Stadium, Brunton Road, Kenton Bank Foot, Newcastle upon Tyne NE13 8AF - what3words location - [///popped.jelly.bliss](https://www.what3words.com/popped.jelly.bliss)

In the 2023 edition of the Cyclone Challenge Rides, participants will be riding one of four different routes through the beautiful Northumberland Countryside.

Route Navigation

GPS route files can be downloaded from the event website via the Cyclone Challenge Rides maps page: All routes are clearly signposted, but we always advise riders to familiarise themselves with their chosen route before the event or carry a GPS route file.

Note: We've tweaked the 109-mile route in the last couple of weeks, so please make sure you have downloaded the latest version.

Route Colour Coding (route signs)

Route D 109 Miles: Black Route

Route C 93 Miles: Red Route

Route B 65 Miles: Blue Route

Route A 34 Miles: Green Route

Pre-Paid Parking (strongly recommended)

We very strongly recommend you book pre-paid parking spaces at the event HQ, Newcastle Falcons Rugby Club (postcode NE6 1BU). You can find the booking link on the Challenge Rides event page on our website. Please bring the parking voucher on the day.

Sign-On Times & Locations

All riders must sign-on for their event individually. We have two sign-on sessions:

Friday 30 June: Sign-on at The Royal Regiment of Fusiliers, Quayside, Newcastle upon Tyne NE6 1BU, 16.00 – 21.00 (what3words location - [///rocky.model.orange](https://www.what3words.com/rocky.model.orange) - free parking on local streets).

Saturday 1 July – Sign-on at Newcastle Falcons' Rugby Stadium, Kingston Park, Brunton Road, Kenton Bank Foot, Newcastle upon Tyne NE13 8AF:

- Route-D 109 Miles - 07.00 - 08.00
- Route-C 93 Miles - 08.00 - 09.00
- Route-B 65 Miles - 08.30 - 09.30
- Route-A 34 Miles - 09.30 - 10.30

Please follow the signs and instructions from marshals carefully.

What to Bring To Sign-On

To make the process as quick as possible, please bring a copy of your entry reference ID number which you will have received when you originally entered the event (a print-off of the confirmation email is ideal). Alternatively, a driver's licence or similar document with your name on it.

Your Number & Timing Chip

At Sign-on, you will receive an envelope which will contain your rider/bike number and timing chip. Keep hold of the envelope, presentation of which will speed up the goody-bag collection process after your ride has finished.

Changing – Please Arrive Ready To Ride

Please arrive changed and ready to ride, if possible. Toilets will be available

Catering

The stadium's coffee and snack kiosk will be open throughout the event, just inside the main doors.

Start Times

The following are recommended start times which we ask you to adhere to, if possible, though we are reasonably flexible.

- Route D 109 Miles: 08.00 - 08.45
- Route C 93 Miles: 08.45 - 09.15
- Route B 65 Miles: 09.15 - 10.45
- Route A 34 Miles: 10.45 - 11.15

Riders will set off in pairs or singly in a steady "trickle". We will aim to get you out on the road as promptly as possible once you are ready to depart. Please follow the directions of marshals and event staff.

Timing

Results Base Timing Systems will set up a timing chip scanning system for the event. Timing locations are out on the public road, just before and after the stadium. This means you can relax during the roll-out from the stadium and roll-in upon your return as timing starts and ends on the "open road".

Feed Stations, Medical Support & Technical Support

An emergency number to call in case of emergencies will be printed on your bike rider number.

We're encouraging all riders to download and use the **what3words app** to help us locate them, should they need assistance (see www.what3words.com for details, or visit the app store).

Feed stations are located at Forestburn Gate, Elsdon, Cambo, Birtley and Stamfordham, where free energy drinks, bars and bananas will be available, with additional hot drinks, cakes and sandwiches for sale.

All Feed Stations will have First Aid facilities and will be in contact with Event HQ. Medical assistance will be provided on the routes by GCS Medical who will be using the **what3words app** to locate people, where possible.

The National Escort Group (NEG) will have motorcycle riders out and about to supervise riders and monitor all four rides. The Shimano/Freewheel service car will also be out on the routes along with the Shimano Technical Support vehicle. Again, we will be directing assistance to riders via the **what3words app** where possible.

Charity & Local Community Support

Please support our charity partner St Oswald's Hospice. You can raise money for them on the day or go to their website to donate. Rider can also donate at the Birtley feed station, which will be manned by St Oswald's volunteers.

We also rely very heavily on local community support and many of the villages on the route will be selling cakes, sandwiches and teas to raise money for local community facilities and projects.

Their fund-raising was badly hit by the pandemic, so we'd love you to set aside a small budget to spend on tasty treats around the route. You'll not be disappointed by the culinary delights on offer and you'll be really helping the local communities.

The primary school at Whalton, just after 10 miles into all four routes, is running a fund-raising cakes and teas stall. Please stop and support this excellent cause if you get a chance!

Please note, most of the village halls can only accept cash – don't miss out on their amazing cakes etc!

Insurance

Every rider has event insurance from British Cycling, provided as part of their entry.

Conduct

Please behave courteously towards other road users, fellow participants and local residents throughout.

- In particular, please don't ride more than two abreast and please show consideration for the safe and free passage of other road users.
- Our roads are quiet and friendly. Please help this to continue.
- Horses are often seen out on the routes and are easily spooked by cyclists they don't hear approaching. A polite vocal greeting is a great way to keep yourself and the horse and rider safe.
- We are very proud of the unique beauty of our rides – please take all your litter home or dispose in the bins provided at feeds and the finish.

At the Finish

Your finish time will automatically be recorded by timing sensors just before you turn back into the event HQ. Please visit our website after the event for finishing times. We will also send you an email with the link to results in the week after the event.

When you have finished your ride, you should promptly collect your Goody Bag. Simply show the helpers your sign-on envelope to claim these.

Don't forget to visit Physiotherapy Matters who will be working at the Challenge Rides start/finish area and will be helping to sort out any post-ride aches and pains!

Images & Certificates

Photographs: The Official photographers for the Challenge rides are Marathon Photos. Their photos will be available at www.marathon-photos.com within 48hrs. Download your personalised certificate post-event from the same website.

Maps

Maps and digital files of all four routes are available on our website cyclonecycling.com – go to the Cyclone Challenge Rides page and look for "Route Maps" in the sub-menu.