



GYRO

Riders Manual



Welcome to the GNAAS Yearly Ride Out!

This rider manual includes all information needed for you to prepare for this event.

The Gyro is a fantastic ride, with three stunning routes to choose from, you will explore the beautiful countryside of Cumbria.

Before you ride you will need to collect your bib and bike number at the Race HQ and confirm your emergency contact details via the link in your pre-event email.

Getting to the event

The GYRO will start at Penrith Football Club, Frenchfield Way & Carleton Road, Penrith CA11 8

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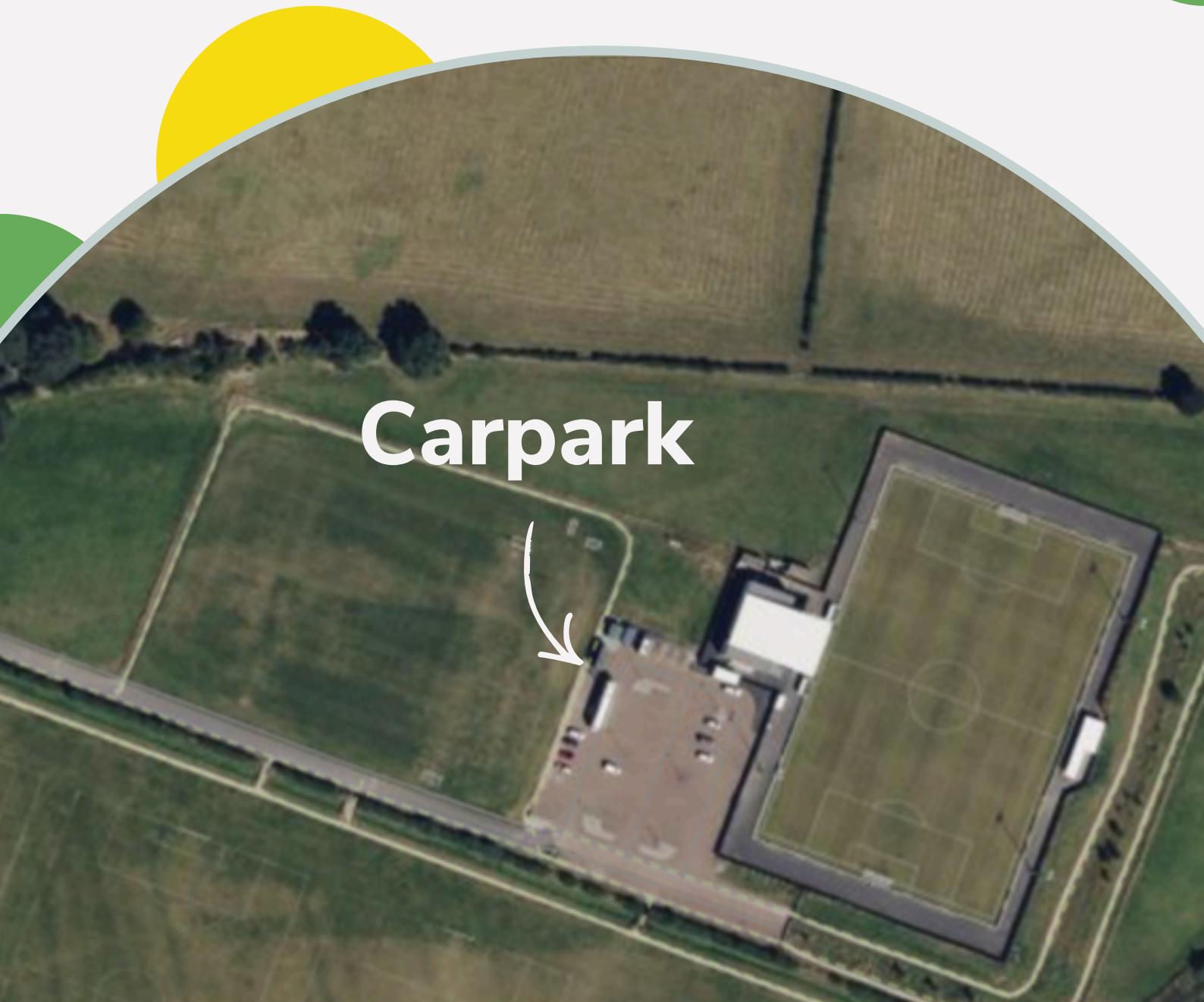


Getting to the event

There is plenty of free, onsite parking available.

Please park in the car park as shown below and then head to the main entrance for registration which opens at 7:30am.

There are toilets and changing facilities available.



Registration

Registration will be held at 7:30-8:00am at the main entrance.

You will sign the signing in sheet to confirm you are starting the event and have read and will abide to the rules laid out in this manual.

You will then receive your rider number, timing chip and bike number, along with safety pins and twist ties to affix these. Please follow the directions of the registration marshals on where to locate these.

Start

Riders will be set off in small groups at 2 minute intervals from 8am to avoid congestion on the roads near the start. Your time will start when you cross the line.

We will check the route prior to the event and will highlight any issues:

- Dangerous sections
- Deviations from advertised route
- Any other important event or route information

It is vitally important to pay attention to the rider briefing and make sure you hear it.



Preparing for the day

We strongly recommend you prepare yourself with some essentials

What to bring on the day:

- 2 water bottles - you can fill these at the feed stops.
- Enough food to keep you going for several hours
- Waterproof light-weight jacket in case of weather changes
- Sun cream
- 2 x inner tubes, tyre levers and a mini pump
- Mobile phone, pre-programmed with emergency contact number 07521 427 264
- Basic tool kit
- If you use a GPS device, bring this and don't forget to preload it with the route.

A helmet must be worn by all riders.

The wearing of a hard shell helmet conforming to CE standards EN1078 is mandatory for all riders participating in this event. It is the riders responsibility to equip themselves appropriately prior to the event.

Preparing for the day

Fitness and the bike

It is the rider's responsibility to be physically capable of completing their chosen distance and the accompanying climbing and elevation involved.

The rider is responsible for their own bike and you need to be confident that it is safe and reliable enough to complete the distance. There is a professional mechanic available on the day but their role is to assist with small mechanical issues which occur on the ride or the way to the event.

If the event team judge your bike not suitable for the ride, then you will not be allowed to start.

Please check your bike is in full working order prior to the event.



Rider Conduct

This is a challenge event aimed at riders of all abilities. It is not a race or a competitive ride.

We kindly ask you all to please ride with every consideration to other road users, including cars and horses. Be courteous to others and absolutely follow the rules of the road 100% of the time.

We ask you to respect the environment and no littering is condoned.

Please ride well and safely for yourself and other road users.

First Aid

A roving first aid crew will be on hand - if you need their assistance place contact the emergency number (07521 427 264) with as much information as possible. We advise downloading the What3Words app to enable us to locate you quickly.

In an emergency, please use 999 first, then contact us on the number above.



Route signage

The route will be clearly marked with arrow signage. Examples of these are shown below. These are placed approximately one mile apart. GPX files are also available for each route.



Feed stations

Feed stations are available along the route, with hydration and refreshments available. These will be signposted and manned. There is no stop on the 30 mile route, please contact us if this is a concern for you.

Feed stop for 60 and 90 routes

Feed stop - Ormside Village Hall, Ormside, Appleby-in-Westmoorland, CA16 6EJ, Cumbria, England
([///summit.cloud.towels](http://summit.cloud.towels)).

This feedstop is approx 25 miles into the route and will also be used again, for the 90 route only, at approx mile 55. This is ideal to refuel for the final push.

Toilets are available.



At the finish

Riders will return to Penrith Football Club, and will receive a finish time once you ride across the finish line. Our team will welcome you back and award you with your well-deserved medal.

The team will gladly receive any feedback you wish to give about the events and will happily chat with you.

The base will remain open until 5pm. If you're still on your ride and will be unable to make it back for that time then please call our emergency contact number (07521 427 264).

If you're not accounted for by 5pm we will follow the below procedure:

1. Ring your contact number you provided in registration
2. Ring your emergency contact number you provided and ask for your whereabouts
3. If all other options have been exhausted we will have no option but to ring emergency services.

