

The Big Ride 2022 Participant Information Pack

In this pack you will find everything you need to know about The Big Ride and what to expect on the challenge. Here's a breakdown of what's included.

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2. Travel to and from the event
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 - c. Route and signage
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5. Accommodation and facilities
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Bike Transportation & Insurance

Outbound

We provide an opt-in bike transport service. For all riders that have booked the bike drop-off points are as follows. Please note that we cannot accommodate any new bookings at this stage.

| DROP-OFF DATE | DROP-OFF TIMES | LOCATION |
|-----------------------|-----------------|--|
| 15 th June | 09:00am-12:00pm | LONDON: Liberty Global, Griffin House, 161 Hammersmith Road, London W6 8BS (left hand side of building, by security gate) |
| 17 th June | 12:00pm-1:00pm | NETHERLANDS: Liberty Global BV, Boeing Avenue 53, 1119 PE Schiphol Rijk, The Netherlands (Green parking area outside office building) |
| 15 th June | 09.00-12.00pm | IRELAND: Macken House, 39/40 Mayor Street Upper, Dublin 1, Eircode – D01 C9W8 |

If you work for Liberty Global UK or Virgin Media O2 various other bike collections have been arranged across England, please check your emails and internal communications for information on this.

Emergency contact details for the above:

LONDON: Mark Eacott 07739 097 444 & Paula Gregory 07985 802 720

NETHERLANDS: Security Team +31 (0) 627074084

IRELAND: Gill Madden +35 (0) 3858 440 094

You will need to present a valid ID when handing over your bike to the location coordinator and will be asked to sign your name against a bike number. If you are unable to drop your bike personally, your nominated representative will be asked to sign on your behalf.

Bikes are placed fully assembled in heavy-duty polybags before being loaded and are further protected with blankets to prevent damage. Bikes are insured up to £10,000. Please note that cover is for whilst bikes are in the event-organised transportation only.

Locks and bike boxes/bags are not required or permitted as there will be limited space in the transport vehicles. Please refrain from bringing these items to the bike drop-off location.

PLEASE NOTE: If you do not drop your bike off between the allocated times you will be responsible for making your own alternative bike transport arrangements.

When you arrive on-site at Aarau Racing Club your bike will be pre-racked in the racking area in number order. A member of the crew will be able to direct you to the correct zone.

Inbound

When you finish the challenge, you must rack your bike in the correct area for transport to your desired location. It is your responsibility to ensure your bike is racked correctly as incorrect racking could result in your bike being transferred to the wrong destination.

All bikes transported from London must make the return journey home after the event, to avoid import taxes.

Details of pick-up points:

| PICK-UP DATE | PICK-UP TIME | LOCATION |
|-----------------------|---------------------|--|
| 27 th June | 2:00pm-4:00pm | LONDON: Liberty Global, Griffin House, 161 Hammersmith Road, London W6 8BS (left hand side of building, by security gate) |
| 27 th June | 9:00am-11:00am | NETHERLANDS: Liberty Global BV, Boeing Avenue 53, 1119 PE Schiphol Rijk, The Netherlands (Green parking area outside office building) |
| 25 th June | 3:30pm | IRELAND: Macken House, 39/40 Mayor Street Upper, Dublin 1, Eircode – D01 C9W8 |

You may need to present a valid ID, to collect your bike at your pick-up location. If you are unable to collect your bike personally, your nominated representative will be asked to show their ID along with signed written permission naming them as the approved person to collect on your behalf.

PLEASE NOTE: All bikes must be collected during the detailed times as Security will not be available outside of these times. Failing to collect your bike within the given time may result in your bike being taken to another location for storage. You will then be liable for any resulting storage and courier costs.

Private bike transport arrangements: If you are arranging your own bike transport, please ensure you rack it within the dedicated area as soon as you have registered on site for it to be stored securely during the event. Bikes will be racked in number order. A member of crew will be able to direct you to the correct zone. Locks are not required.

All bikes must be collected from Aarau Racing Club by 10:00 on Friday 24th June.

Should you bring a bike box, a few can be stored but it is not guaranteed. **We strongly suggest bike boxes are not brought to the event.**

Insurance

It is recommended that you take out suitable insurance to cover yourself and your bike before and during the ride. Please do check existing policies to ensure you are not already covered, before taking out a new one. Your insurance policy should cover you for participation in an event of this nature and include at a minimum:

- Theft & accidental damage
- 3rd Party Liability

2. Travel to and from the event

Basecamp, including car parks, opens at **15:00** on Tuesday 21st June.

All participants and vehicles must depart Aarau Racing Club by **10:00** on Friday 24th June.

By car

Address: Aarau Racing Club, Aargauischer Rennverein, Schwimmbadstrasse 18, 5000 Aarau, Switzerland

Aarau Racing Club is approximately 60 - 90 minutes from Zurich Airport depending on traffic.

Parking

There is designated event parking at Aarau Racing Club. Please note all vehicles should be off site by 10:00 on Friday 24th June.

Shuttle service

A shuttle service is available between Zurich Airport and Aarau Racing Club. This service will run approximately every 45 minutes during peak arrival / departure times (June 21 & 24) and on June 22 & 23 please see detailed shuttle plan below.

On arrival at **Zurich Airport**, please make your way to the Welcome Area of Terminal 2 where a Big Ride representative will be there to meet and assist you with your journey to Aarau Racing Club. Shuttle-Service Infoline: +41 79 800 77 55 (operating times on arrival days during shuttle times).

| SHUTTLE DATE | SHUTTLE TIMES | SHUTTLE TIMES |
|--------------|------------------------------------|-------------------------|
| | Departure from airport | Departure from basecamp |
| 21/06/2022 | 2:30pm - 9pm (every 45 min) | |
| 22/06/2022 | 7:00am / 8:30am 4pm / 6pm / 8pm | 4pm / 6pm / 8pm |
| 23/06/2022 | 7:00am / 8:30am | 4pm / 6pm / 8pm |

| | | |
|------------|--|------------------------------|
| 24/06/2022 | | 6:30am - 10am (every 45 min) |
|------------|--|------------------------------|

*We advise all participants riding the black route to be on site the night before their challenge, to ensure they are ready for a 08:30 start time.

Please note taxis and transfers taken outside of these times need to be arranged by the participant and are at the participant's own expense.

Bikes booked on flights

We will be unable to transport bikes from the airport to Aarau Race Club unless we have been advised us in advance. Please inform: corporatepartnerships@street-child.org if you plan to do so. (If you have already informed us, this has been recorded).

3. Recommended kit list

Cycling specific list

- Thanks to Accenture, Big Ride breathable, high-quality cycling jersey's will be provided for each day
- Thanks to Cadent, lightweight raincoats will be provided
- Thanks to Deloitte, water bottles, will be provided

However, you will need to bring:

- Bike helmet: **Compulsory. No helmet no ride!**
 - Bike lights with spare batteries (for bad weather / dusk finishes). **Compulsory**
 - Cycling bib/shorts
 - Socks
 - Cycling shoes with clip in pedals / firm-soled shoes or trainers
 - Cycling overshoes (a good idea if the weather looks bad, but not essential)
 - Cycling gloves
 - Arm and leg warmers (if bad weather expected)
 - Sunglasses
 - Sun cream
 - Additional water bottle
 - 2 x bottle cages attached to your bike
 - Mobile phone (fully charged)
 - Power bank
 - Medical / first aid kit (see below)
 - Warm and comfortable casual wear for when we kick back and relax in the evenings.
- Please note that although the event takes place in the summer, evenings are cooler.

Cycle Repair Kit

As the route is circular you shouldn't need a day sack but please carry the following with you:

- Small bike pump
- 2 new inner tubes (check they fit your bike)
- A puncture repair kit including tyre levers
- Multi tool (with correct allen keys for your bike)

Run/walk Specific List

- Thanks to Accenture, Big Ride breathable, high-quality running vest's will be provided
- Thanks to Cadent, lightweight raincoats will be provided
- Thanks to Deloitte, water bottles will be provided

However, you will need to bring

- Shorts / leggings / walking trousers
- Trainers / walking boots (comfortable and worn in)
- Socks
- Sunglasses
- Mobile phone (fully charged)
- Power bank
- Sun cream
- Water camelback (if preferred)
- Walking poles – walkers only
- Small rucksack

Recommended Personal First Aid Kit

- Your normal choice of painkillers
- Fabric plasters
- Blister fabric, e.g., RockTape/ Compeed
- Any personal medication (prescription & non-prescription)

Post Event Gear

Thanks to NTT Data, Big Ride hoodie's will be provided. We also recommend packing items like:

- Flip flops / trainers
- Pair of casual trousers
- T-shirts
- Warm jacket
- Warm hat
- Socks
- Underwear
- Sleepwear
- Wash bag with toiletries
- Insect repellent

Packing Advice

- Each tent will come ready with two thermarest sleeping mats, a brand-new high-quality sleeping bag and a pillow in a pillowcase
- Towels are provided on site. One towel per day, collecting at registration/info point.
- You will need to carry with you on your bike; your cycling gear, cycle repair kit and your recommended personal first aid kit (as listed above). You will not be able to access your kit bag until the end of your ride, therefore it is best to ride prepared for all weathers and eventualities
- **Keep a check on the weather** in the days running up to the event as this may affect packing
- Ensure that you **clearly label** all your personal items
- It's **your responsibility** to insure your personal belongings to a level of cover that's appropriate for their value and location
- If you find you have lost anything once you have left the event, please email corporatepartnerships@street-child.org as soon as possible. Any kit which is not claimed **two weeks** after the event will be donated to charity

4a. Registration

Registration location: Aarau Racing Club

Dates & times:

| Tuesday 21st June | Wednesday 22nd June | Thursday 23rd June |
|-------------------------------------|---------------------------------------|--------------------------------------|
| 3pm – 9pm | 6am – 9pm | 6am – 10am |

Please bring your **confirmation email** and **photo ID** with you to collect your registration pack.

1. Upon arrival at Aarau Racing Club, if you have your bike, please use the temporary racking area next to registration
2. Check-in at the registration desks and collect your registration pack & cycling jersey(s) or run vest
3. Sign Street Child Big Ride declaration/waiver form
4. If cycling, attach your seat post number to your bike and rack it in the correct racking zone
5. Head to tent concierge for tent allocation

Your registration pack will contain the following items:

- Stickers for storage of your valuable items
- Wristband (to be always worn during the event)

- Seat post number & cable ties – cyclists only
- Helmet sticker – cyclists only
- Bib number & safety pins - runners/walkers only

4b. Start times

You may start at your leisure anytime within the relevant start window shown below. Please be at the start line, ready to go, at least 15 minutes prior to your desired start time to do the warm-up and listen to the route briefing. Please allow more time if you need to drop valuables, adjust your bike, fill up water bottles and so on.

Wednesday 22nd June

- **08:20 – 08:30** Warm-up Black Route cyclists
- **08:30 – 08:50** Briefing & Black Route cyclists start window
- **08:50 – 09:00** Warm-up Red Route cyclists
- **09:00 – 09:30** Briefing & Red Route cyclists start window
- **09:50 – 10:00** Warm-up Blue Route cyclists
- **10:00 – 10:30** Briefing & Blue Route cyclists start window
- **10:45 – 11:00** Warm-up runners walkers
- **11:00 – 11:05** Briefing & runners & walkers start

Thursday 23rd June

- **08:20 – 08:30** Warm-up Black Route cyclists
- **08:30 – 08:50** Briefing & Black Route cyclists start window
- **08:50 – 09:00** Warm-up Red Route cyclists
- **09:00 – 09:30** Briefing & Red Route cyclists start window
- **09:50 – 10:00** Warm-up Blue Route cyclists
- **10:00 – 10:30** Briefing & Blue Route cyclists start window
- **10:45 – 11:00** Warm-up runners walkers
- **11:00 – 11:05** Briefing & runners & walkers start

If you are arriving on site on the morning of your event, please arrive **at least one hour** prior to your allocated start time to:

1. Register (if not done previously)
2. Collect your cycle jersey(s) or run vest (if not done previously)
3. Drop off any valuables for secure storage
4. Make a final check of your kit
5. Have breakfast
6. Fill your water bottles
7. Go to the toilet
8. Make your way to the start area
9. Join the start line briefing

For safety reasons, participants are briefed and then released onto the route in groups of 20 so please be patient during this process. Additionally, there will be some speeches prior to groups setting off.

4c. Route & signage

The Routes

The routes planned aim to balance participant safety, the best scenery possible and a feasible amount of climbing each day. The distances for each route will be approximately as follows:

Day 1

| ROUTE | DISTANCE (KM) 7 ASCENT (M) |
|-------------|----------------------------|
| Black cycle | 141/1'642 |
| Red cycle | 98/910 |
| Blue cycle | 60/655 |
| Run/walk | 9/174 |

Day 2

| ROUTE | DISTANCE (KM) 7 ASCENT (M) |
|-----------------|----------------------------|
| Black cycle | 148/1'826 |
| Red cycle | 108/1'308 |
| Blue cycle | 63/660 |
| Orange run/walk | 21/435 |
| Red run/walk | 42/870 |

Please see below the links for the cycle routes:

1. The first link of each route leads to SchweizMobil, enabling you to see the route on the Swiss Map.
2. The second link leads to the respective GPX file which you can download for use on your own navigation device.

Big Ride Walk_Run Day 1:

<https://map.schweizmobil.ch/?lang=de&photos=yes&logo=yes&detours=yes&season=summer&bgLayer=pk&resolution=2.53&E=2644460&N=1247824&trackId=1567193558>

https://map.schweizmobil.ch/api/4/tracks/1567193558/export_gps?maxPoints=-1&type=legacy

Big Ride Walk_Run Day 2:

<https://map.schweizmobil.ch/?lang=de&photos=yes&logo=yes&detours=yes&season=summer&bgLayer=pk&resolution=5.13&E=2648392&N=1251143&trackId=738072278>

https://map.schweizmobil.ch/api/4/tracks/738072278/export_gps?maxPoints=-1&type=legacy

Big Ride Castle Blue:

<https://map.schweizmobil.ch/?lang=de&photos=yes&logo=yes&detours=yes&season=summer&bgLayer=pk&resolution=12.4&E=2653930&N=1254038&trackId=1144191668>

https://map.schweizmobil.ch/api/4/tracks/1144191668/export_gps?maxPoints=-1&type=legacy

Big Ride Castle Red:

<https://map.schweizmobil.ch/?lang=de&photos=yes&logo=yes&detours=yes&season=summer&bgLayer=pk&resolution=25.53&E=2649724&N=1261818&trackId=54340195>

https://map.schweizmobil.ch/api/4/tracks/54340195/export_gps?maxPoints=-1&type=legacy

Big Ride Castle Black:

<https://map.schweizmobil.ch/?lang=de&photos=yes&logo=yes&detours=yes&season=summer&bgLayer=pk&resolution=25.53&E=2646660&N=1261818&trackId=>

https://map.schweizmobil.ch/api/4/tracks/651933134/export_gps?maxPoints=-1&type=legacy

Big Ride Lake Blue:

<https://map.schweizmobil.ch/?lang=de&photos=yes&logo=yes&detours=yes&season=summer&bgLayer=pk&resolution=17.95&E=2652877&N=1241790&trackId=1501257190>

https://map.schweizmobil.ch/api/4/tracks/1501257190/export_gps?maxPoints=-1&type=legacy

Big Ride Lake Red:

<https://map.schweizmobil.ch/?lang=de&photos=yes&logo=yes&detours=yes&season=summer&bgLayer=pk&resolution=28.47&E=2657730&N=1236546&trackId=1041357667>

https://map.schweizmobil.ch/api/4/tracks/1041357667/export_gps?maxPoints=-1&type=legacy

Big Ride Lake Black:

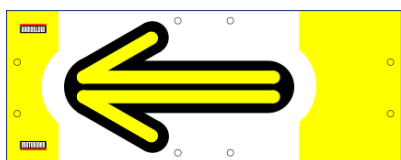
<https://map.schweizmobil.ch/?lang=de&photos=yes&logo=yes&detours=yes&season=summer&bgLayer=pk&resolution=40.53&E=2661390&N=1230532&trackId=744062478>

https://map.schweizmobil.ch/api/4/tracks/744062478/export_gps?maxPoints=-1&type=legacy

Please note: the routes are subject to change up until the day due to road works, blockages, and diversions.

Signposting cycle routes

All cycle routes will be signed with yellow arrows so you shouldn't need to worry about getting lost. Every junction will be clearly marked. Where clear marking is not possible, the route is confirmed after the crossing by means of pink bands.



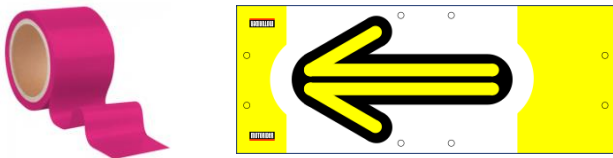
The routes will split at different places for different coloured routes. At these points, the yellow arrows will also have black, red, or blue dots indicating the direction of the respective routes. Please be vigilant and look out for signage.

The Pit Stops are placed directly on the route and are marked with Pit Stop signs.

In general: If there are no yellow arrows or pink tape, continue straight ahead. If you go more than a few miles without seeing one and you are worried that you are off course, then you should **ring event control**; this number will be stated on your bike number and/or bib number.

Signposting run/walk

All run/walk routes will be signed with pink bands or yellow arrows.



Downloadable route files

The latest route files are available for download on the [website](#). It is recommended to download the route files to your navigation device just before the event, as the routes can change up to the last moment.

Warning

As described, the routes are marked but unfortunately, there is no guarantee that this marking will not be removed or changed by vandals. A combination between the physical signposting and a digital navigation device is recommended accordingly.

While on the cycle routes

- The Ride will take place on public and not closed roads
- The Road Traffic Act must be always complied with
- Right-hand traffic applies on the road
- Cycle lanes and cycle paths are to be used
- Side-by-side riding on roads and bicycle lanes is not permitted
- Take care of the participants in your group. Make each other aware of dangers
- Please stop at Pit Stops and don't get waylaid in local cafes or pubs
- Inform **EVENT CONTROL** if you leave the event for any reason

Broom wagon – cycle routes

There will be a **broom wagon vehicle** that will follow the route at the back of the rider field, to pick up any riders that are injured or medically unable to continue.

The **broom wagon** will leave the start after the last cyclist. It will pick people up **if they fall behind** the required pace to complete the challenge by the route closing time which is 12 hours after the start time or at dusk – whichever arrives soonest.

Mechanical support – cycle routes

There will be mechanical support available out on the road (operated by Bike Academy Davos & Fahrwaerk - Mobiler Bike Service).

The mechanical teams will have a **wide range of supplies** to ensure everyone has the best chance of finishing the route. If you have a problem with your bike, they will aim to **fix it for free**, but any components needed to fix the bike will be at a charge. Please bring cash and a bank card with you to cover this should you need parts replaced on your bike during the event.

We also strongly advise getting an experienced mechanic to **check over your bike before the event** to ensure all your brakes, cables and wheels are in good shape. You can do this at your local bike shop.

If you have a problem out on the road, then you can call the **EVENT HOTLINE** on your seat post number and the mechanical support team will come and find you as soon as possible.

PLEASE NOTE: you must be able to fix your own punctures and will be expected to do so during the event with your own equipment.

If you get lost

- Stop and try to work out where you are by reference points
- Try to make your way back to your last known point
- If you are still lost call **EVENT HOTLINE** on your seat post number.

4d. Pit Stop information

Pit Stop summary

We will be providing 'Grab & Go' style Pit Stops. These are designed for quick rest and refueling. However, this year Scotiabank has kindly sponsored the main lunchtime Pit Stops on both days.

There will be between one to three Pit Stop locations depending on your event where you will be able to re-fuel.

The Pit Stops will be roughly equal distance apart and will include the following snacks and drinks: N.B. Switzerland benefits from a very good drinking water supply. Most public wells/fountains are supplied with clean drinking water. If this is not the case, the well/fountain will be marked accordingly. Take advantage of this luxury and fill your bottles outside the Pit Stops.

Day 1

| | |
|-----------------|---|
| Basecamp | Winforce sports energy concentrate Winforce Panforte organic bars Water and hypotonic sports drinks Fruits |
|-----------------|---|

| Blue cycle | Refreshments include |
|-------------------|---|
| Pit Stop 1 | Winforce sports energy concentrate Winforce Panforte organic bars Water and hypotonic sports drinks |

| Red cycle | Refreshments include |
|------------------|--|
| Pit Stop 1 | Winforce sports energy concentrate Winforce Panforte organic bars Water and hypotonic sports drinks |
| Pit Stop 2 | Winforce sports energy concentrate Winforce Panforte organic bars Water, apple spritzer and hypotonic sports drinks Lunch incl. one vegetarian option and mixed salad |

| Black cycle | Refreshments include |
|--------------------|--|
| Pit Stop 1 | Winforce sports energy concentrate Winforce Panforte organic bars Water and hypotonic sports drinks |
| Pit Stop 2 | Winforce sports energy concentrate Winforce Panforte organic bars Water, apple spritzer and hypotonic sports drinks Lunch incl. one vegetarian option and mixed salad |
| Pit Stop 3 | Winforce sports energy concentrate Winforce Panforte organic bars Water and hypotonic sports drinks Booster shot (to drink) |

| Run/walk | Refreshments include |
|-----------------|---|
| Basecamp | Winforce sports energy concentrate Winforce Panforte organic bars Water and hypotonic sports drinks Fruits |

Day 2

| | |
|-----------------|---|
| Basecamp | Winforce sports energy concentrate Winforce Panforte organic bars Water and hypotonic sports drinks Fruits |
|-----------------|---|

| Blue cycle | Refreshments include |
|-------------------|---|
| Pit Stop 1 | Winforce sports energy concentrate Winforce Panforte organic bars Water and hypotonic sports drinks |

| Red cycle | Refreshments include |
|------------------|-----------------------------|
|------------------|-----------------------------|

| | |
|------------|---|
| Pit Stop 1 | Winforce sports energy concentrate Winforce Panforte organic bars Water and hypotonic sports drinks |
| Pit Stop 2 | Winforce sports energy concentrate Winforce Panforte organic bars Water, soft drink and hypotonic sports drinks Lunch incl. one vegetarian option and fruits |

| Black cycle | Refreshments include |
|--------------------|---|
| Pit Stop 1 | Winforce sports energy concentrate Winforce Panforte organic bars Water and hypotonic sports drinks |
| Pit Stop 2 | Winforce sports energy concentrate Winforce Panforte organic bars Water, apple spritzer and hypotonic sports drinks Lunch incl. one vegetarian option and fruits |
| Pit Stop 3 | Winforce sports energy concentrate Winforce Panforte organic bars Water and hypotonic sports drinks Booster shot (to drink) |

| Yellow run/walk | Refreshments include |
|------------------------|---|
| Water Station 1 | drinking water at a public fountain (after approx. 5km) |
| Water Station 2 | Winforce sports energy concentrate Winforce Panforte organic bars Water and hypotonic sports drinks |
| Basecamp | Winforce sports energy concentrate Winforce Panforte organic bars Water and hypotonic sports drinks Fruits |

| Orange run/walk | Refreshments include |
|-------------------------------|---|
| Water station 1 | Drinking water at public fountain (after approx. 5km) |
| Water station 2 | Winforce sports energy concentrate Winforce Panforte organic bars Water and hypotonic sports drinks |
| Basecamp | Winforce sports energy concentrate Winforce Panforte organic bars Water and hypotonic sports drinks Fruits |
| Water station 1 (2nd time) | drinking water at public fountain (after approx. 5km) |
| Water station 2 (2nd time) | Winforce sports energy concentrate Winforce Panforte organic bars Water and hypotonic sports drinks |

Cut off times

The route opening times have been pre-determined and take into consideration the hours of daylight, the safety of riders and crew throughout their total time out on the route. It will be at the discretion of the Route Director, as to whether they allow participants to stay out on the route beyond these times due to any unforeseen circumstances or special situations. Cut off times are largely dictated by daylight hours and the good news is that we have plenty of those.

To adhere to the opening and closing times of Pit Stops you will need to have an average speed of approximately 15km per hour if completing the Black route and 10km per hour if completing the red or blue routes.

Therefore, the latest departures from Pit Stops are as follows:

Day 1

| Blue route | Cut off time |
|------------|--------------|
| Pit Stop 1 | 13:15 |

| Red route | Cut off time |
|------------|--------------|
| Pit Stop 1 | 12:15 |
| Pit Stop 2 | 17:30 |

| Black route | Cut off time |
|-------------|--------------|
| Pit Stop 1 | 10:45 |
| Pit Stop 2 | 14:15 |
| Pit Stop 3 | 17:30 |

Day 2

| Blue route | Cut off time |
|------------|--------------|
| Pit Stop 1 | 13:30 |

| Red route | Cut off time |
|------------|--------------|
| Pit Stop 1 | 12:30 |
| Pit Stop 2 | 17:00 |

| Black route | Cut off time |
|-------------|--------------|
| Pit Stop 1 | 11:00 |
| Pit Stop 2 | 14:00 |
| Pit Stop 3 | 16:45 |

If you are on the run/walk you will be required to maintain an average pace of no less than 4km per hour.

4e. Photo points

Photo points are places along the routes that are worth a short visit. The photo points are integrated into the route guidance, but do not necessarily have to be visited.

Day 1

Blue/Red/Black – km 22.9 – Habsburg (<https://www.museumaargau.ch/schloss-habsburg>)

Day 2

Blue – km 48.5 – Lenzburg (<https://www.schloss-lenzburg.ch>)

Red – km 93.6 – Lenzburg (<https://www.schloss-lenzburg.ch>)

Black – km 65 – Chapel Bridge Luzern (<https://chapel-bridge.ch>)

Black – km 133.6 – Lenzburg (<https://www.schloss-lenzburg.ch>)

5. Accommodation and facilities

Accommodation

Basecamp will be open from 15:00 on Tuesday 21st June until 10:00 on Friday 24th June. All accommodation, food and drinks are included once you have been confirmed for the event.

Tents will be set-up in a bespoke basecamp with all facilities.

Should you decide not to join us at basecamp, alternative accommodation, and all logistics of getting to and from basecamp will be your responsibility and all costs will be your own.

Camping

Each participant will be allocated their own two-man tent, thermarest sleeping mat, a brand-new high-quality sleeping bag and a pillow in a pillowcase.

Luggage storage for overnight participants

Participant luggage should be left inside tents during the day – the basecamp is always manned. Smaller valuables secured inside a suitable bag or similar, such as laptops and wallets can be stored at the info desk when you are out of the route during the day – please attach your numbered sticker to your valuable items and hand it in at the info desk before you start your event each day.

One day participants – a small rucksack can be left on site when you are out on the route during the day – please attach your numbered sticker to your valuable items and hand it in at the info desk before you start your event.

Toilets and changing facilities

There will be male and female toilet and shower facilities at basecamp.

On the route, toilets are available at **Pit Stops**. Please note that there are no changing facilities at the start line and therefore we recommend you come **to the start line ready in your kit**.

Showers

Fresh towels will be available daily and can be collected at the info desk (one towel per day). To avoid queues during peak periods, we ask that showers are kept to 10 minutes per person.

Medals

Tanks to our medal sponsor, Progress Partners, medals will be awarded to all participants and will be available to collect at the finish line.

Sports Massage

Thanks to Deloitte, a 10-minute sports massage will be available for you at the finish line each day in our relax & recharge area. From 6am onwards you can register yourself for a massage slot by the entrance of the massage room (first come first served basis). Please note that the massage service is only offered after a shower.

Food throughout the day

Breakfast buffet: 6am – 8am

We will be providing you with lots of food throughout the event and during your challenge, but it is recommended that you are up and on site in good time to eat your breakfast, which will be served at basecamp. You'll be burning a lot of calories and the worst thing to do is run out of fuel from not eating before setting off.

Thanks to our Rise & Shine sponsor, Afiniti we will be providing a breakfast buffet and an area for you to fill your water bottles with sports nutrition.

Lunch: en-route

At each Pit Stop you will be offering a range of snacks and drinks which is outlined in more detail in **section 4d**. Lunch is provided on route for the majority* of participants so **please ensure you call in at the relevant Pit Stop to collect this**.

**Riders doing blue route as well as Runners/Walkers will be provided with lunch on their return to the basecamp.*

Post ride snacks / chill out bar: 2pm – 6pm

On completion of your challenge, there will be cold drinks and snacks available in basecamp.

Dinner Times: 6pm - 9pm Tuesday
 6pm - 9pm Wednesday and Thursday

Tuesday a warm dinner is served (buffet style)
Wednesday "Swiss Street Food" (food stands)
Thursday "International Street Food" (food stands)

Dinner includes wine, water, soft drinks, coffee, and tea.

Drinks throughout the day

Water will be always available. Additional WINFORCE sports nutrition will be available at all Pit Stops – see section 4d.

Thanks to our celebration sponsor, Plume, a choice of red and white wine will be available at dinner each evening and cold beer, wine, a range of spirits and soft drinks will be served from the chill out bar.

Wearing cleats

If you are wearing cleats during your ride, we ask that you change your shoes once you are back in basecamp.

6. Down time and entertainment

There are a range of things to do during your down time in basecamp, please visit the info desk for more information.

Wi-Fi access

Sunrise UPC are kindly providing free Wi-Fi across the site for the duration of the event.

Charging points

Thanks to Infosys, our Big Ride tech partner, there will be charging stations compatible with all devices in the catering area, chill-out area as well as at the info desk. **Please note except for the charging stations at the info desk property is left at the owner's risk.**

Chill-out areas

Comfy seating will be around camp for you to chill-out and relax.

7. Safety, medical support, and emergency procedure

During this challenge you're going to be pushing your fitness to its limits. The event has a full incident response plan and medical support. The medical team have set out some points of advice on how to help you reach that finish line.

Pay attention to your hydration: Don't overdo the energy drinks or gels, as they can cause an upset stomach. Please ensure that you have trained with these items in advance of the event.

Address an issue immediately: A little niggle, ache or pain can lead to something more serious. Please seek out our medical team as soon as you can.

We will have medical service at the base camp in addition on the route, a so-called Motorider can intervene or provide support in emergencies.

Medical Information

In case of any changes to your health before the event day you should report this at registration.

Emergency Procedure

- Call 144 direct if it is a critical medical emergency
- Call the Event Hotline number (detailed on your seat post number/race bib) for all other kinds of medical emergencies
- For minor, non-emergency medical issues, please make your way to the nearest Pit Stop where a medic will be on hand

In the event of an incident, we ask all participants to respect due process, those involved, and the event's integrity and refrain from discussing details (both amongst other participants or with external parties) and any use of social media. As a representative of the Liberty Global family, we ask for your co-operation with the Event Organising team and their nominated crew members.

9. FAQs

General Cycling

Will there be mechanical support on the road? Do I need to bring a puncture repair kit?

We will have mechanics out on the route to help with any significant issues, but we do ask all riders to bring a small toolkit to be able to fix their own punctures. It is remarkably simple when you are shown how, and all you need is a puncture repair kit or spare inner tube, a couple of tyre levers and a pump. Once you've had a practice you'll be up and running again in no time and if you pack a multi-tool you can fix 90% of problems yourself on the road before calling for backup.

What time will I arrive at the finish line?

This is totally dependent on how fast you cycle! We'd expect riders to be arriving at the finish as follows: Blue route: 12:30 - 16:30, Red route: 13:00 - 21:00, Black route: 13:30 - 18:30

Do I have to wear a helmet?

Yes. Safety out on the road is paramount and you will not be allowed to ride without one.

Are the roads closed?

No. The route is set along quieter roads in the countryside where possible so there is less traffic (and they're more beautiful) but during peak commuter periods, you will need to pay attention as you cycle. You must still cycle sensibly and safely. The Road Traffic Act must be always complied with.

Am I allowed to use a Go Pro during the event?

You are welcome to use a Go Pro to film footage of your cycling on the event, but this must be mounted to your bike and may not be mounted to your helmet or handheld at any time during cycling.

- **What other important points do I have to remember?**

- Right-hand traffic applies on the road
- Cycle lanes and cycle paths are to be used
- Side-by-side riding on roads and bicycle lanes is not permitted
- Take care of the participants in your group. Make each other aware of dangerous situations/obstacles

If you've got any niggling questions about bikes, here's where you'll find lots of helpful information and guidance whether it's from what kind of bike to ride the event on or whether to invest in cleats.

Which is the best bike for The Big Ride?

The ideal bike needs to:

- Be lightweight and stiff enough for efficient power transfer
- Have a comfortable saddle for a long day perched on it
- Have a wide range of gearing to ensure that you can take on significant climbs
- You can use a road bike or a hybrid bike on this route, but we would not recommend a mountain bike unless you put on thinner road tyres

Where can I hire a bike for the event?

Please contact corporatepartnerships@street-child.org

I have a hybrid bike. Will that be ok for the event?

- A good quality lightweight hybrid bike would still be suitable
- A high-end hybrid bike can be almost as fast as a similarly priced road bike whilst offering a less aggressive riding position

What is the best gearing set up?

- For the widest range of gear ratios, either opt for a triple chainset at the front or a compact double chainset
- Both with a wide ratio cassette at the rear (such as 12-28T) will offer a good range of gears to get up most climbs

What is the best saddle to have?

- We are all different shapes and sizes and as such saddle choice is a personal preference
- The position you ride in should be considered in the shape of the saddle you buy, for example, riders with a very aero and aggressive riding position may prefer a flatter saddle profile
- If possible, try as many saddles as possible before buying

Is it essential to have drop (racing bike style) handlebars?

- Drop bars allow a rider to get into a lower, more aerodynamic, riding position which reduces wind resistance and allows you to ride more efficiently
- Riding on the drops for any period can take practice to get your body used to this aggressive position. It is by no means essential, but if used correctly can be a performance advantage.
- Aero handlebars are not permitted

Do I need to be using cleats?

- Clip in pedals should make your ride easier
- The advantage of clip in pedals is that you have a solid connection to the bike which when combined with stiff soled cycling specific shoes allows you to transfer more of your effort through the pedals. Make sure you get used to them before joining the event though as they take a little bit of getting used to and it's easier on familiar quiet roads on your own

I have heard that it is a good idea to get my bike 'positioned'. Is this necessary?

- You want to be comfortable on your bike and don't want the enjoyment of the route and experience to be compromised by saddle sores, knee, neck, or back pain
- It is a good idea to visit a bike shop, as they might adapt your position with very small adjustments to saddle height, stem length or cleat position, which will make all the difference and cater for a comfy ride

Running/Walking

What is the terrain like?

- The routes are largely on forest trails so be prepared for tree routes, some fallen debris and gravel, stones underfoot
- The Day 1 route of 9 km leads you into the forests around Aarau and guides you to the Wildpark Roggenhausen
- The Day 2 route of 21km consists of a long, flat start segment and then climbs for 3.4 km up to the Gisliflue for breathtaking views. The descent is followed by an 8km long, flat run-out

What footwear is best for the terrain?

- A good pair of trail trainers or walking boots that have soles with some grip. Make sure you break in your chosen footwear before the event. You should have a thumb's width between the end of your toe and the end of the shoe
- Socks are as vital as the shoes; the wrong pair can cause discomfort even in well-fitting shoes. Your socks should fit snugly and be a comfortable length, so they don't fall down when you're moving. Look for socks made from natural materials like cotton or wool

Covid-19

According to the Federal Office of Public Health (FOPH):
The nationwide restrictions and bans have been lifted.

10. Contact information

Please keep an eye out for further event updates by email and on the website <https://street->

child.org/challenges/the-big-ride/

For further event information not covered in this pack please contact The Big Rid team at: corporatepartnerships@street-child.org . We wish you the very best of luck in your training and fundraising and look forward to seeing you soon!