

HOMELESSNESS ON THE MAP



SATURDAY
14TH JULY
2018

Participant's Guide

Restore

Providing Homes - Giving Hope

Hello, and thank you for your interest in taking part in *Homelessness on the Map*!

Homelessness on the Map is a great fun event. Not only will you have an amazing time with some incredible people, but you will be raising much needed funds for Restore, helping us to provide accommodation and support for people in York who would otherwise be homeless. Thank you!

Homelessness on the Map is not a race. We will be aiming to stick together in small groups of riders and have an enjoyable ride together. However, cycling 100 miles requires a significant mental and physical effort. We wouldn't advise taking on the challenge if you're not at the required level of fitness or haven't done any long-distance cycling before.

Cycling 100 miles in a day is no mean feat, but the long summer days mean that it is possible to do it within daylight hours provided you keep the bike moving and go at a sensible pace. It's a marathon, not a sprint. Trying to set records in the first few miles will mean that there's nothing left in the tank late in the day. Going out too slowly will mean that you're playing catch up when you've already been cycling for many hours. And you don't want to be doing that. Hopefully this guide will break down the ride into sizeable chunks and give you an idea of what is required to get around in time.

Fundraising

As well as raising awareness about homelessness in York, we also hope to raise money for Restore. Restore is a small charity which provides accommodation and support for people in York who would otherwise be homeless. Over the last 7 years we have been able to provide accommodation and support to approaching 150 people, and at present we manage 8 shared houses in York which collectively provide rooms for up to 30 people. Without raising funds and running several sponsored events a year we would not be able to continue running this service.

Entry to the event is free, but we do ask that participants will try to raise funds through our Total Giving page (<https://www.totalgiving.co.uk/mypage/homelessnessonthemap>). You won't be excluded for not reaching a target, but we would appreciate it if each participant aimed to raise £250 in sponsorship. We are aware that for some individuals this might be more of a challenge than others. Please speak to friends, family and colleagues about whether they can offer sponsorship for your participation, and feel free to share the fundraising page on social media.

Please do not use this event to raise funds for other causes. This is our biggest fundraising event of the year.

Food stops

There will be two funded food stops along the way. One will be at Thorganby (BBQ lunch) and the other at Easingwold (dinner). You will not need money at these food stops as Restore has covered this expense. You will be provided with a food voucher to claim your food at *Morning Coffee Afternoon Tea* in Easingwold. There will be opportunity to make donations at Thorganby if you want to contribute to the cost of food and drink. Friends, family and supporters are invited to attend the BBQ at The Jefferson Arms in Thorganby between 11am and 2pm.

There is an optional morning coffee break at Castle Howard. This has not been funded by Restore so would come at your own expense. If you want to make additional food stops along the way you are entitled to do so.

Support Vehicles

On the day of the ride you will be given a contact number for the support vehicle. Since the route circumnavigates York the vehicle will remain in a central location so that it can easily access each part of the route. The support vehicle will carry some bike maintenance tools on board, but this is not a substitute for carrying your own items listed in the kit list below.

Please note that the support vehicle will attempt to be with you at the earliest opportunity, but that for non-emergency problems this might take longer. In genuine cases of emergencies please contact the emergency services prior to contacting the support vehicle.

Should you wish to terminate your involvement in the ride the support vehicle will be able to collect you and your bike and return you to central York. As above, due to logistics on the day this might not be possible immediately, but we will not leave you stranded for longer than is necessary.

Event Registration Form

You have been provided with an Event Registration Form. Please complete this in full and return it to Restore by **Friday 6th July 2018**. We cannot allow you to take part in the event without receiving a completed Event Registration Form.

Completed forms should be sent to:

Restore (York) Limited
The Gateway Centre
Front Street
Acomb
York
YO24 3BZ

Email: office@restoreyork.co.uk

The Important Numbers

Speed = Distance / Time

Using the skills we acquired in Key Stage 2 Mathematics we have made some rough calculations of the timings involved. The riders will have a window of 12 hours to complete the course. This means that an average pace of 8.5 miles an hour (13 kmph for the Remainers) will get us around in time. However, fatigue will be our nemesis, and we will need to build in time for eating, drinking and resting to ensure that we don't all collapse 30 miles from the end. Even the fittest riders will struggle if they're not sensible about what goes into their bodies on a long ride. More on nutrition later.

Because of this we have anticipated 4 hours of rest. Taking the rest time out of the equation means that we have 8 hours to complete the course, and our travelling speed should be nearer to 12.5 mph/20 kmph. This is not a fast pace, but neither is it excessively slow given the number of hours we will be cycling. The ride leaders will be doing their best to keep our collective noses ahead of this speed whenever possible.

Nutrition

We would recommend doing some research for more in depth analysis of what and when to eat, but here are a few tips to get you in the right direction:

- Carb load the day before. Eat plenty of pasta. Drink plenty of water.
- You will be responsible for your own breakfast. I would recommend eating something at between 6am-7am, and then having some more food at our morning coffee stop at Castle Howard/Malton. Nutrigrain bars and fruit would be good.
- Don't carb load on the day. You will need some carbs, but don't cram your body full of them otherwise you'll start to feel sick after a few hours.
- Use energy gels/bars. I would suggest getting around 10 of these to get you through the day. They are vital "on bike" food to give you a burst of energy when you most need it. You can also get them with caffeine, if that's your thing. You will need to supply your own on bike food.
- Flapjack. A killer combination of quick release and slow release energy.
- Bananas. God's gift to the weary cyclist. Tops up potassium quickly.
- Fluids. Loads of fluids. And supplement the water with electrolyte tablets. These will help your body maintain magnesium, sodium and potassium levels. They will reduce fatigue, aid recovery and keep you hydrated. Essential.
- Have meals, but nothing too heavy. The temptation is to treat yourself with a full English breakfast every time we stop. You'll regret it. Have a sandwich, a chocolate bar, some fruit and a bottle of water.

Training

There is no specific training plan to follow. If you want to follow a tailor-made plan then the best thing to do is to get online and do some research. There are plenty of websites out there which give expert advice on how to build strength and stamina. We would encourage you to find a suitable plan and follow it accordingly.

The advice we will give you is far simpler; ride your bike. Ride it often. Replace car journeys with bike rides wherever possible. Get used to being in the saddle regularly and using the muscles you're going to rely on. Do a few long rides too. Weird things start to happen when you've been in the saddle for a long time. We would recommend going on a few long-distance bike rides, working towards a ride of 100 kilometres/65 miles. This is two thirds of the distance you will ride on the day, and provided you can do that you will have the stamina and adrenaline to complete the course.

Ride up hills. York cyclists have a soft underbelly when it comes to hills, and you're going to need to ride up a few hills on the day! Bulmer Bank, Brandsby Bank and Terrington Bank offer the kind of inclines you'll be faced with on the day, so try to have a ride up those before the big day.

Kit list

- You will need to provide your own bike, helmet, lock and lights (in the eventuality that you are delayed and arrive in late).
- You will also need some spare inner tubes, tyre levers, a hand pump and a multitool.
- Please wear appropriate clothing, and it is definitely worth buying some clothing if you don't currently have any.
- It is your responsibility to bring a bike with you which is road worthy and able to cover the distance. Our support vehicle will have some tools on board to help with any minor problems encountered on the day. We will not be able to provide you with full bike maintenance and repairs.

- Bottles of water.
- On food bike.
- A fully charged mobile phone, preferably enabled with GPS/maps, etc.

Bike Service

We would strongly recommend that you take your bike in for a bike service in the weeks running up to the event. Depending on the age or state of your bike you may choose to spend more or less on this. Most bike shops have a Gold, Silver and Bronze standard of service.

The Ride

To help you get a good idea of what you're up against we've put together this little table below, which breaks the ride down into four legs. Some of the legs are relatively easy and are full of cheap miles. Other legs are more challenging, but the challenging miles come in the first half of the day.

| | From | To | Miles | KM | Est. Time (hours) |
|--------------|--------------|--------------|------------|------------|-------------------|
| Leg 1 | York Minster | Malton | 25.3 | 40.5 | 1 hr 45 m |
| Leg 2 | Malton | Thorganby | 23.8 | 38.1 | 1 hr 45 m |
| Leg 3 | Thorganby | Easingwold | 37.4 | 59.8 | 3 |
| Leg 4 | Easingwold | York Minster | 15.5 | 24.6 | 1.5 |
| | | | 102 | 163 | 8 |

The Route

You will have received an additional attachment with plenty of maps so that you can navigate your way around the course. There will be no signage at the event, so it is important that you consult your maps and as best as you can try and familiarise yourself with the route before you set off. We would also strongly advise that you carry a fully-charged smart phone with you to help you if you do lose your bearings at any point.

Leg 1:

York Minster to Malton (via Castle Howard)

Distance: 25.3 miles/40.5 km

Approximate cycling time: 1 hour 45 minutes

We will depart York Minster at 8am in groups of 3 or 4 riders. The terrain between York Minster and Malton is the most challenging of the whole route, so it is good to get it out of the way early on.

We will initially cycle north on **Haxby Road**, before traversing into **Huntington** and following **Strensall Road** through **Earswick** and **Towthorpe** into **Strensall**. Once in **Strensall** we will take a left at the mini roundabout and then turn left again in the village centre to head up to **Sheriff Hutton**. We will head north out of Sheriff Hutton and arrive in **Terrington**, where we will turn right and move across the Howardian Hills to **Coneysthorpe**. For those wishing to stop for morning coffee at **Castle Howard** there will be the opportunity to take a right-hand turn and cycle a couple of miles up to Castle Howard. Alternatively, follow the road through **Easthorpe** and **Hildenly** and into **Malton** itself to complete Leg

1 of the journey. The cycling time will be approximately 2 hours, not including the stop at Castle Howard.

The steepest climb of the entire ride will be at **Terrington Bank**, and please be aware this section includes steep ascents and descents, albeit quite short. The road between York and Strensall could have fast moving traffic on it.

Leg 2:

Malton to Thorganby

Distance: 23.8 miles/38.1 km

Approximate cycling time: 1 hour 45 minutes

After the climbs experienced during the first leg of the journey, this leg will involve a gentle descent from **Malton** down into **Stamford Bridge**, and then some flat countryside between **Stamford Bridge** and **Thorganby**, the mid-point of the ride, where there will be a well-deserved BBQ waiting for you.

Leave Malton on Welham Road and follow this same road all the way through **Eddlethorpe** and **Buttercrambe** before turning left towards **Stamford Bridge**. On arriving in **Stamford Bridge** turn left and go over the hump-back bridge, and then turn right and follow signs to **Low Catton**. After cycling through **Low Catton** there will be a right-hand turn onto **Long Lane** which will take you down to the A1079.

Please exercise great caution on the A1079. You will turn right (signposted towards York) and then after about a mile you will turn left (in the village of **Kexby**) onto **Dauby Lane** which will take you to **Elvington**. Turn right at the T junction on arriving in **Elvington**, and then turn left onto **Wheldrake Lane**, which winds its way gradually into the village of **Wheldrake**. On reaching the T junction in **Wheldrake** turn left. You will pass the church on your left, and then have a sharp right-hand bend before carrying straight on for two miles into the village of **Thorganby**.

A BBQ will be available at **The Jefferson Arms** in **Thorganby**. Friends, family and supporters are welcome to attend this event. The event is free for cyclists, although supporters will need to pay for their own food and drinks.

We will hope to arrive in Thorganby before 12pm and depart no later than 1:30pm.

Leg 3:

Thorganby to Easingwold

Distance: 37.4 miles/59.9 km

Approximate cycling time: 3 hours

Leg 3 is the longest leg of the journey. Put your burger down, get on your bike, and start turning those pedals. It is worth noting that with 3 hours on the bike before the next food stop it is essential that you carry some on bike food and water, as well as having energy gels and a payment method in case you want to buy more food on the way. It is unlikely that you will want to spend 3 hours without a rest, but there are no other scheduled stops until Easingwold, so take breaks as and when you need them.

Head through the village of **Thorganby** until you arrive at a T junction just north of **Skipwith**. Turn right and head up to **Escrick**. In **Escrick** take the A19 north heading towards York, and then take a left turn onto **Naburn Lane** before you reach the village of Deighton.

Important: About half way between **Escrick** and **Naburn** you will need to leave the road and get on the **Trans Pennine Trail**. There is a red brick hump-back bridge where the TPT intersects the road. Go over the bridge and look for the path on the right. Get onto the cycle path and head towards **York**, where you will then leave the TPT in the village of **Bishophthorpe**.

On leaving the cycle path you will find yourself on **Appleton Court**. Cycle to the end of the road, turn left onto **Copmanthorpe Lane**, left again onto **Bridge Road**, and then turn right onto **Appleton Road**. After about a mile turn right onto **Temple Lane**, which will take you into **Copmanthorpe**.

In **Copmanthorpe** you will need to turn right onto **Main Street**, then left onto **School Lane** (which becomes **Manor Heath**) and this will take you to T junction next to the A64 flyover. Turn right here and take the first exit of the roundabout onto **Askham Fields Lane**. *Take extra care as this is a busy roundabout.* Take the left onto York Road, after passing Askham Bryan College, and then turn right onto **School Lane**. Please.

Your route from here will pass through the following villages:

Askham Richard > Angram > Hutton Wandesley > Long Marston > Tockwith > Cattal > Whixley > Thorpe Underwood > Youlton > Alne

... and then into **Easingwold**. *Take care when crossing the A59 between Cattal and Whixley.* Before you enter **Easingwold** you will need to cross over the A19, so please take care at this point. The route from Askham Richard to Easingwold is marked clearly on your maps and signposts will be visible for most, if not all, villages. It is all minor roads, so traffic should be light. Please familiarise yourself with the route, and have a GPS enabled smart phone with you for this leg of the journey as a back-up.

There is a scheduled food stop in Easingwold at **Morning Coffee, Afternoon Tea (97 Long Street)**. The owners have kindly agreed a meal deal for HOTM cyclists, and you will be given a voucher to present at the till which will get you a drink, sandwich and cake of your choice, free of charge. You will need cash for anything you may wish to buy in addition to this.

Leg 4:

Easingwold to York Minster

Distance: 14.9 miles/23.8 km

Approximate cycling time: 1 hour 30 minutes

You will be pleased to know that the final leg of the journey is also the shortest leg of the journey! After leaving *Morning Coffee, Afternoon Tea*, cycle east on **Long Street**, which will then become **Stillington Road**. Follow this road all the way into the village of **Stillington** before turning right to head south on the B1363.

Turn left onto **Moxby Lane** and cycle for 1.5 miles until you reach **Sheriff Hutton Road**. Turn right to head towards **Strensall** and return into **York** on the same route you departed on, moving through **Towthorpe, Earswick, Huntington** and then **Haxby Road**. Continue on this same road down **Gillygate** and turn left onto **High Petergate** which will take you to the Minster Precinct. The finish line for *Homelessness on the Map* is beneath the Rose Window, next to the statue of Emperor Constantine.

The complete route is approximately 101 miles long, and we would anticipate that this will take about 8 hours to complete, not including time spent resting. We would hope that all participants will be able to complete the course by 8pm, and therefore in daylight.

After the Event

For cyclists using apps such as Strava the route will draw out (roughly!) a heart shape around the city of York, a symbol of compassion for marginalised people in York. We would be delighted if you could share these images on social media, signpost people to our fundraising page, and use the hashtags [#homelessnessonthemap](#) and [#hotm](#).

Homelessness on the Map

Terms and Conditions

The Terms and Conditions detailed below apply to all riders participating. Completion of an Event Registration Form by (or on behalf of) the rider (“you”) acknowledges acceptance of these Terms and Conditions.

SECTION A: GENERAL TERMS AND CONDITIONS

Format

1. You accept that the event you are entering is not a race in any format.

Conduct

2. You are fully responsible for your actions whilst attending the event. We do not accept responsibility for your actions nor their consequences.

Age Requirement

3. The Event Registration Form or purchase of an entry to an event must be completed by a person aged 18 years or over. Evidence of age must be provided on request.

Equipment

4. You must wear a safety-approved cycling helmet complying with latest EN1078, ANSI Z90/4 or SNELL standards during your participation in the event. Any rider not wearing a helmet will not be covered by the event insurance and will be disqualified from the event and could be liable for damages if involved in an accident on that basis. You must accept this as a condition of entry.

5. You confirm that the cycle/bike you are riding for the event and all of your equipment is of a suitable standard and state of trail/roadworthiness, in particular, the ability to complete the longest distance and over rough terrain, dependant on the event.

6. As organisers, we are duty bound to prioritise our resources to deal with genuine first-aid and mechanical issues. It should be noted that we may have to wait until the event is finished and/or there are spare resources to facilitate a pick up from some locations. We will always offer assistance at the earliest possible opportunity.

7. We reserve the right to refuse entry to the event to anyone with inappropriate equipment or clothing.

Routes

8. Upon signing the Event Registration Form, you agree that you are physically and mentally capable of riding the distance of the event.

9. We have planned a route which we believe is safe to complete within the allotted time frame. Long distance road cycling comes with inherent risks, but we have attempted to provide a route which uses safe roads with light traffic. If you depart from the route you do so at your own risk.

10. The route will not be signposted. You have been provided with a map and written instructions about the route, and you should familiarise yourself with the route in advance. We recommend that you take your Participant's Guide and map with you on the day. The written description of the ride highlights potentially hazardous junctions, road crossings and busier roads.

11. Any marked route is shown for guidance only and we do not insist that you use the route shown. If you choose to ride an alternative route, it is entirely your own choice. If you choose a different route to avoid obstacles or sections you decide are beyond your capabilities, you do so entirely at your own risk.

12. We reserve the right to shorten or alter the published route at any time.

13. If you fail to complete the course for any reason, you agree to return to or call the Event Co-ordinator before the close of the event and report to a member of staff. Not doing so will mean that a search may be organised, and the subsequent cost will be billed to you.

Rules

14. You are requested to ride in single file where appropriate and no more than 2 abreast at any time. Please be aware of your fellow cyclists, other road users, and any other traffic and always indicate your intention to stop or change direction.

15. You must adhere to and obey the Highway Code, local bylaws and the laws of England, Scotland, Wales and N. Ireland or other country in which the event is taking place as applicable and extend all reasonable courtesy to other road and off-road users.

16. You must be considerate to other users of bridleways, tracks, byways and public ways when riding off-road. Upon seeing other users, such as horse riders, walkers, farm traffic, and other cyclists, you are required to slow down and pass with care. Where appropriate, you should stop and wait at the side of the route for other users to pass safely.

17. You must not drop or leave any litter on any part of the route but dispose of it responsibly at an appropriate place or bin. Any rider found littering will be disqualified from the event.

18. You are expected to respect the roads, villages and countryside that the events travel through. It should be remembered that this is both a working landscape and home to many communities. If you stop for a comfort break you are asked to do so discretely and appropriately and not to cause any offence to local residents or other riders.

Accidents

19. You will be fully responsible for any fees or costs incurred or arising from an accident either involving or caused by you. This includes, but is not exclusive to, fees from Police, Air Ambulance, Fire and Rescue and the Ambulance service. If the situation arises that you are not capable of making the decision to call the emergency services, you agree that a member of our Team or a member of the public may call on your behalf. In this situation, you still accept the costs and consequences of such actions.

20. You accept full responsibility for any fees or costs incurred or arising from the need for repatriation.

Insurance

21. Participation in the event is at your own risk.

22. Third party insurance cover is provided for all riders during the event, covering claims resulting from accidental damage to third party property. This insurance cover is adjudged void if it is deemed the rider has acted negligently. No further insurance cover is provided by us for riders participating in an event.

23. We strongly recommend each rider organises their own personal insurance cover.

Cancellations

24. We reserve the right to cancel any event due to extreme weather conditions. Your entry will be automatically moved to the rescheduled event.

Your Personal Information

25. We will only use your personal information as set out in our Privacy Policy, available at www.restoreyork.co.uk.

Applicable Law

26. If you want to take court proceedings, the relevant courts of the part of the United Kingdom in which you live will have non-exclusive jurisdiction in relation to this contract. The laws of England and Wales will apply to this contract.