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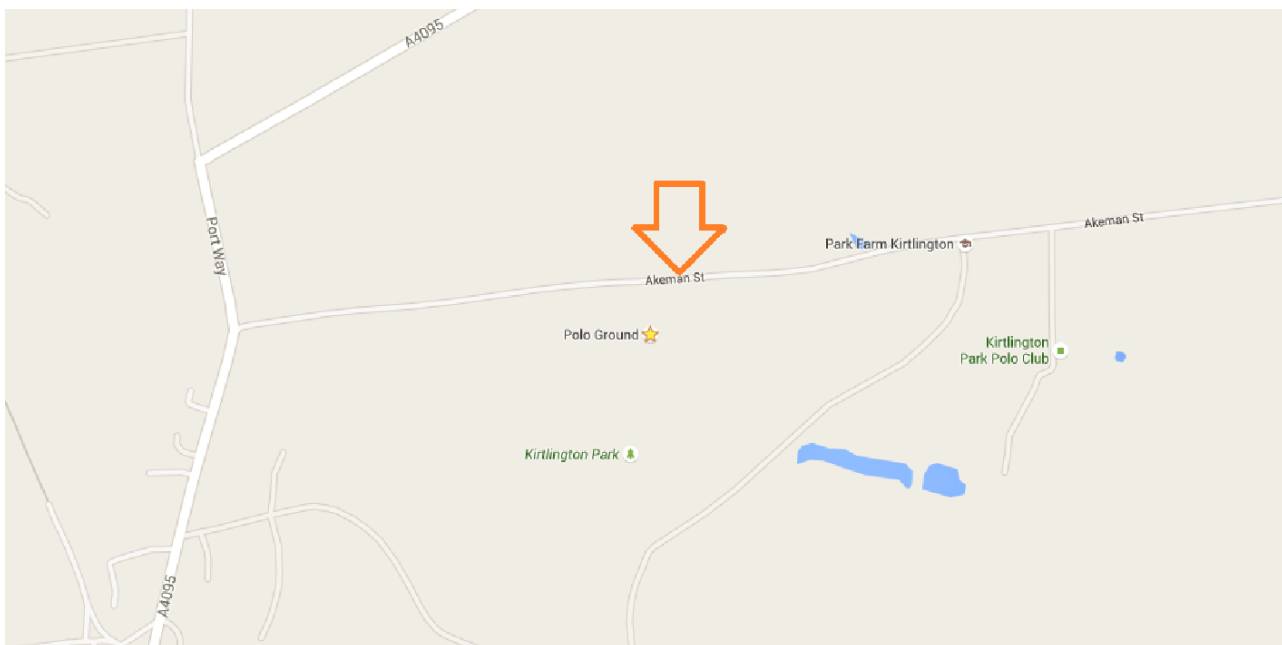
## Zappi's Gran Fondo 2016 Rider Briefing

### Registration & Start

Kirtlington Park Polo Club  
Akeman Street,  
Kirtlington,  
Kidlington,  
Oxfordshire OX5 3JQ

(Important: do not drive to the farm at the above postcode – please check the map below and drive to the **Polo Ground**. There will be signs at the East and West ends of Akeman Street)

[Google Maps Link to Kirtlington Polo Club \(Akeman Street Entrance\)](#)



### Important Numbers

- For life threatening medical emergencies - Dial 999
- For non-life threatening medical issues - Dial 07919095766
- For roving mechanical support - Dial 07919095766

## Directions to HQ

### Travelling from Oxford (via the Ring Road A40/A34 and through Kirtlington Village)

- After merging onto Oxford's Ring Road (the A40), take the exit for the A34 at the Peartree Roundabout for 0.5mi
- Merge onto the A34 for approx. 3.4 miles
- Take the B4027 Exit towards Bletchingdon/Islip/Heathfield for 0.1 miles
- Turn right onto Islip Road/B4027 for 1.7 miles
- Turn right onto Springwell Hill for 0.7 miles
- Continue onto Bletchingdon Road for 0.7 miles
- Turn right onto Oxford Road/A4095 for approx. 0.5 mile
- Turn right on Akeman Street for 0.5 mile
- You will see the Polo Club entrance on your right.

### Travelling from the North (from the M40 (Southbound))

- Exit the motorway at Junction 10 (the A43 Exit) towards B430
- At the Cherwell Roundabout take the 2nd exit to stay on the A43
- Take the 2nd exit at the next roundabout to stay on the B430 for 4.6mi
- Turn right onto Akeman Street and stay on it for 1.0 mile.
- The Polo Club will be on your left.

## Parking

There is plenty of parking on-site at the club; it is all on grass, so please take care to drive very slowly within the Polo Club grounds. And keep off the playing fields, please!

**The Main Entrance is via the east entrance with the cycling entrance/exit on the west.**

If parking to the west is full, you will have to drive past the HQ (a large white marquee tent) and the starting area to the overflow parking. **TAKE CARE!** There will be marshals to help with the traffic flow and guide parking.

## HQ

**Registration will only be open from 07:30, and closes at 11:00am**

Rides will begin at approximately 08:15am.

The cut-off time to start the Gran Fondo route is 09:30 am.  
(though we advise you start earlier)

Last start time for the Medio Fondo route is 10:00 am.

There will be pre-ride coffee available!

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In the HQ, you will see sign-in boards. Go to the appropriate board to sign-in, remember your number and then collect your bike number card. A disposable timing chip will already be attached.

Please attach this to the handlebars of your bike with the zip ties provided, so it is clearly visible. If the ties need to be shortened, speak to a volunteer who will help you cut the ties.

After you have secured your rider number to your bike, make your way to the starting zone, grab a coffee or check out the display stalls that will be set-up!

If you think there's a problem with your bike, get it checked by our official HQ mechanic. They will be on-site, ready to help.

Male and Female toilets, and changing rooms are available on site close to the HQ.

## **Start location: Polo Club road entrance**

There are no allocated start times. Start when you are ready. Riders will be let-out in groups of no more than 20 after a brief Health & Safety message.

If there are any changes to the route we will tell you about any issues at that time.

If you think you will get a **Gold time**, consider starting later, and if you think you are aiming for Bronze, try to start earlier. Timings are listed below!

It will be a better event that way as everyone gets to ride together. The timing standards are below.

## **Call-out Phone Numbers**

If you are in an emergency situation, **call 999 immediately.**

For a non-emergency injury, **call +Rob 07919095766** and the emergency response team will be dispatched to your location.

For mechanical issues, **call +Rob 07919095766**

To help us locate you more easily, tell us the distance you've ridden or the last village or feed station you have passed through, so that we have a rough idea of where to find you.

That way we will know where to send the emergency response vehicle.

If you get into difficulty on the day and feel as though you can't continue, or have a serious mechanical issue requiring our mechanic, call one of the numbers in **red above**.

Should the mechanical issue be serious and not repairable on the road, the Zappi Broom Wagon will pick up anyone who can't finish.

**The Broom Wagon will only drive the whole Gran Fondo route.** It will not ferry people to-and-from the start/finish, so think carefully before calling it quits. The Broom Wagon will follow the last group of riders.

If you are on the Medio, try and make it to the second feed stop, or call us.

## Event Close

Event support will end at 16:30.

At this time medical and mechanical cover will also end and the final feed station will be closed.

## General Information

What we recommend you to bring:

- Helmet – compulsory: can't ride without one.
- Phone
- Plastic bag to keep phone and wallet dry (sandwich bags work well and we will have a good supply of these on the day)
- Tyre levers
- Two spare inner tubes. Tubes will be available for purchase at the Feed Stations.
- Inner tube puncture repair kit (if you go through your spare tubes)
- Tyre pump
- Multi tool
- Rain shell
- Food and drink (see Nutrition)
- Clothing appropriate to the weather forecast
- Cash

Optional extras to bring:

- Tyre boot
- Chain tool and spare links

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## On the ride

### Timing Chips

Timing is by Black Sheep Sports. Timing chips will be attached to your rider numbers.

These are an essential safety requirement of the event as we will be counting people back in with the timing chips, so please return to HQ or let us know via the numbers above if you abandon. The chips are single use and disposable.

You will be able to get a print out of your time at the end of the ride and times will be available via the timekeeper's website and a little later as a download. The links will be published after the ride.

### Rider behaviour

Keep in mind that there are not just other riders but also other road users sharing the road. Please treat them with the utmost respect.

**Do not throw away empty gel packets on the road!** Bin bags will be provided at each of the Feed Stations.

### Things to look out for:

There are a few crossings at larger roads. Take your time and take care when crossing these. Some of the smaller roads can attract gravel, especially if there has been heavy rain recently.

Look out for this on corners. These will be sign-posted ahead of time the best of Zappi's ability.

For Gran and Medio riders, be careful on the descent in Somerton about 10 miles in, it can be wet and gravelly with a tight corner. If you are doing the Gran Fondo be aware of the descent into Bourton on the Water, this is a quick descent but ends in a right turn into a main road – so keep your speed down.

### Horses

There are plenty of horses and riders in Oxfordshire, so **go slow** and give them a wide berth. Horses can't hear bikes and are easily spooked by riders passing at speed. Some horse riders may not be aware of the Gran Fondo happening.

Alert riders and horses in front of you well in advance by shouting 'Cyclist approaching!' and by slowing down.

Talk loudly if possible as you pass the horse and rider to ensure the horses know you are passing.

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## **Work together; look out for each other...**

Riding in a group and sharing the work at the front of that group can make the event more enjoyable. If you are not used to group riding and find yourself in a group, be sure to take care with keeping spacing between yourself and other riders – particularly the person in front so you have room if they brake suddenly, keep your hands near the brakes, call out potholes, other obstacles and indicate if you are manoeuvring or turning.

The Gran Fondo is an individual test, not a race, chat away with your fellow riders and make some new friends. If you see someone in trouble then you should try to help. Please stop and get help if necessary.

## **Highway code**

Abide by all traffic laws and the Highway Code in exactly the same manner as all roads vehicles must. **Your safety comes before EVERYTHING else.**

Check out the route online the evening before. The routes have been designed for your enjoyment and can be viewed online here ([granfondo.zappis.cc](http://granfondo.zappis.cc)) to note where the climbs and the feed stations are. There are event toilets at the start/finish only.

Each route is also available on Strava by following the links on the above page. You can download the GPX file via the Strava website and placing it on your sat nav.

## **Nutrition**

Bring your bottles already filled, and a snack or two for your pockets.

Start self-sufficient and top up at the feed stations.

By the time you get to the sportive you will know what on bike nutrition suits you. You've probably got your favourite snacks and fluids that keep you pedalling. The evening before your event is the time to get all the food and drink you require for the following day ready. We suggest putting all the food you will take in an old musette and fill up to three water bottles with water or energy drink. Two for the ride and one for before and after the event.

## Feed Stations

There are three well stocked feed stations at the following locations and distances. They will be well signed:

### **Gran Fondo:**

39 miles (after Tysoe Hill)

70 miles (after Fish Hill)

94 miles (after Swinbrook Road hill)

### **Medio Fondo:**

24 miles (after Epwell)

46 miles (after Swinbrook Road hill)

These are also indicated on the maps below.

## Pace yourself

You will be quickest if you can keep a constant effort throughout the event. The longer the even the lower that level of effort will be. Try and keep well within your limits on the hills as they soften the legs, particularly if you go all out on them early on.

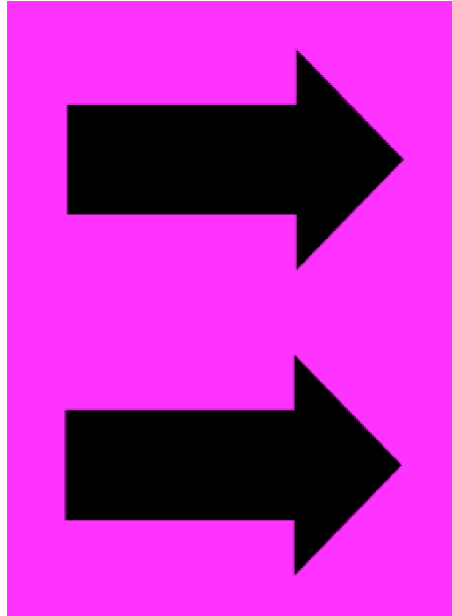
## Route markers

The route will be signposted by black arrows on pink card (see sample below). There will also be pink ribbons in trees/hedges on longer segments.

There are a few places where we would like you to take extra care, these are signposted. Be sure to take note of caution signs.

Look out for route signage yourself and don't rely on the person in front, they could be using an out-of-date map. It is always useful to have downloaded the GPX route the night before in case you miss a sign and need to backtrack.

**A good reminder:** If you don't see an arrow for a while on a long-straight road, assume that you stay on that road.



## Your Bike

Before setting out on the Piccolo, Medio or Gran Fondo, check your bike is in good working order. Here are some pointers for the days before and morning of the ride:

1. Make sure your saddle is at the correct height and that the fixing bolt is tight, check for a torque setting on a carbon frame.
2. Check your handlebars are correctly positioned and all bolts are tight.
3. Check your headset at the same time by applying the front brake and rocking the front of the bike. If play is felt then you will need to refer to your bike owner's manual or ask a cycle mechanic to tighten your headset.
4. Check that the bottle cages are tight and your bottle won't jump out when you go over a bump.
5. Check the drive-train on your bike to make sure that your chain, sprockets, chain wheels and all moving parts are not too worn.
6. Clean your chain with degreaser and then apply some good lubricant to stop any squeaking and to help with shifting.
7. Check your gears to make sure they are shifting well. If in doubt, get our HQ mechanic to look over your gears before the ride.
8. Check your tyres for any cuts or potential problems. If your tyres are worn, put on new ones before the ride. Bring two spare inners, especially if you are doing the Gran.

## Time standards

To give you something to aim for we have the usual timing standards. We also have an extra Zappi standard! No prizes, just the serious kudos that comes with that achievement.



## Gran Fondo

	Bronze	Silver	Gold	ZAPPI
Men	07:30:00	07:00:00	06:30:00	05:35:00
Women	08:00:00	07:30:00	07:00:00	06:10:00

## Medio

	Bronze	Silver	Gold
Men	04:30:00	04:00:00	03:30:00
Women	04:50:00	04:20:00	03:45:00

Don't worry if you finish outside these times, just finishing the routes can be hard enough!

## Post ride

There will be food and drinks, at the HQ and a small changing room.

## Photography

There is no number based event photography this year as uptake was too low over the last two events. However there will be a roaming photographer capturing the event in general so look out for the images after the event on our website. Also any of the ZGF volunteers will be happy to take a photo of you at the finish.

## Massage

Leg massage after the event will be available at the HQ from Steve Bowerman @ £10 for 15 minutes. Steve is the Zappi Pro Cycling's team masseur, and been working with them on the road, and volunteered at the Commonwealth Games in Glasgow last year.

A quality massage will help flush out toxins and help reduces the effects of DOMS (Delayed Onset of Muscle Fatigue).

## The Routes

You can get GPS files for the routes and view online at: [granfondo.zappis.cc](http://granfondo.zappis.cc)

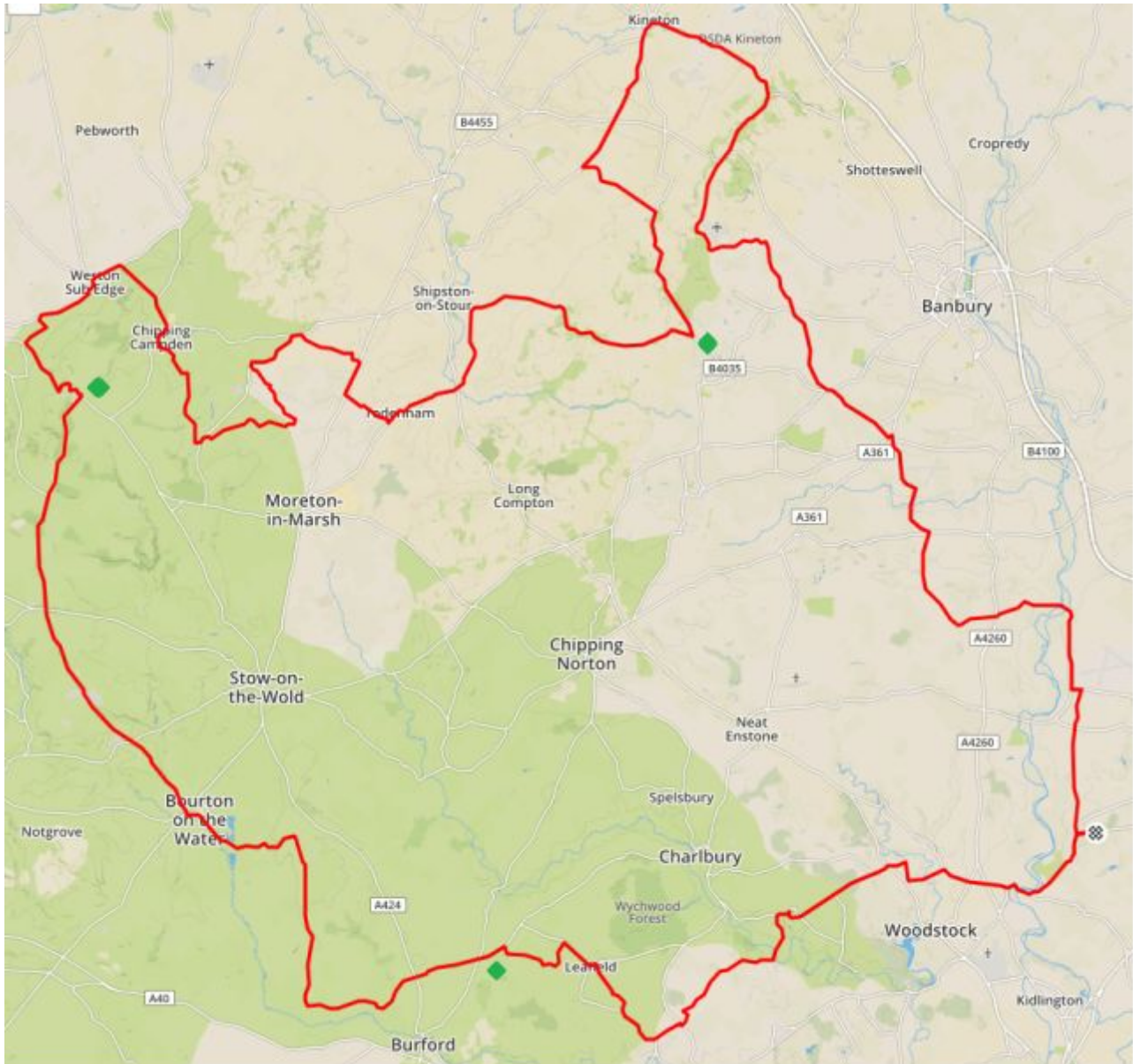
## Route Splits

The Gran and Medio routes **split twice**, so that they can share the first feed station. Follow instruction arrows for your chosen ride distance carefully!

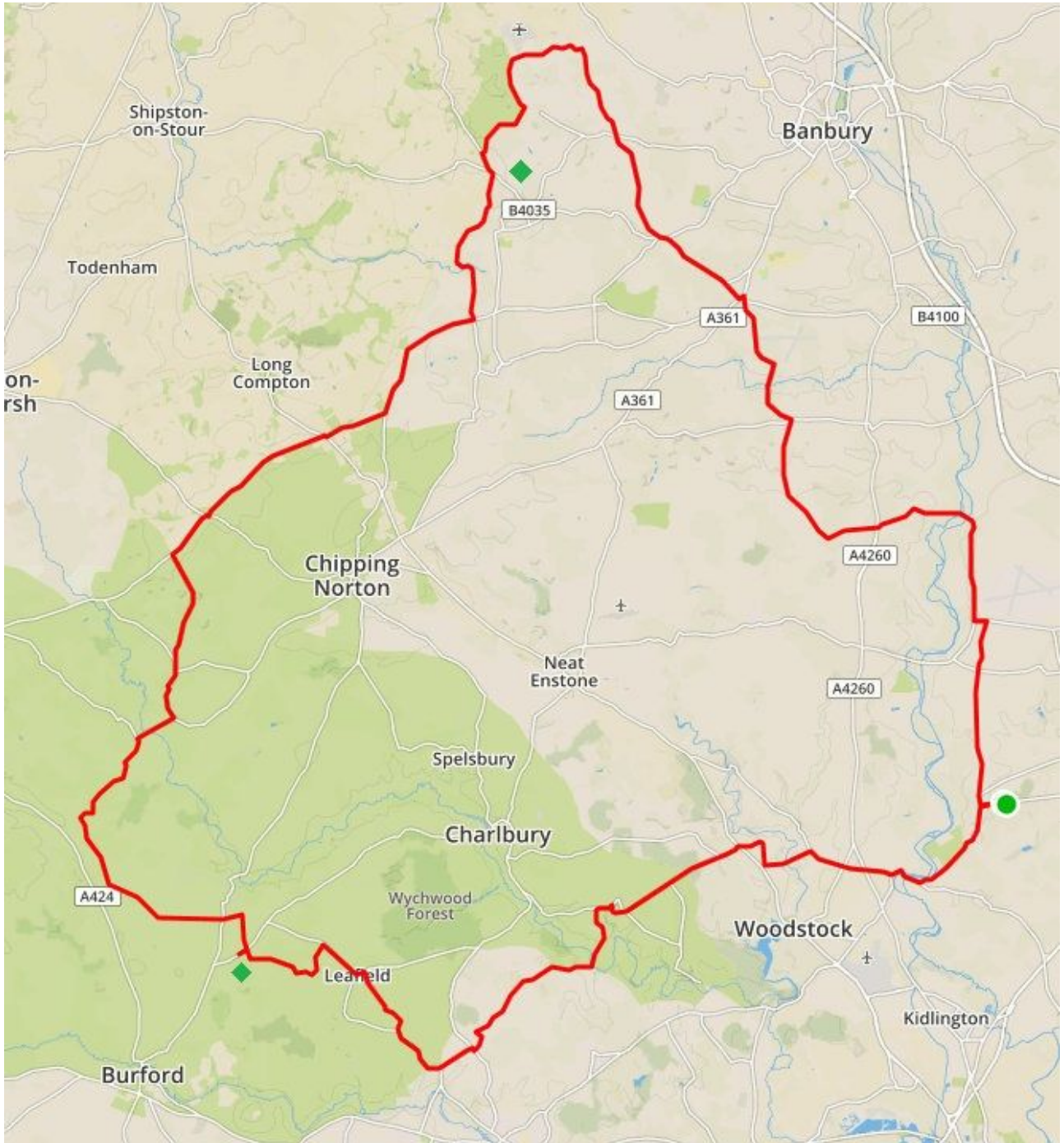
**Follow instruction arrows for your ride distance carefully!**  
**Green diamonds denote the feed stops.**

## Route Maps

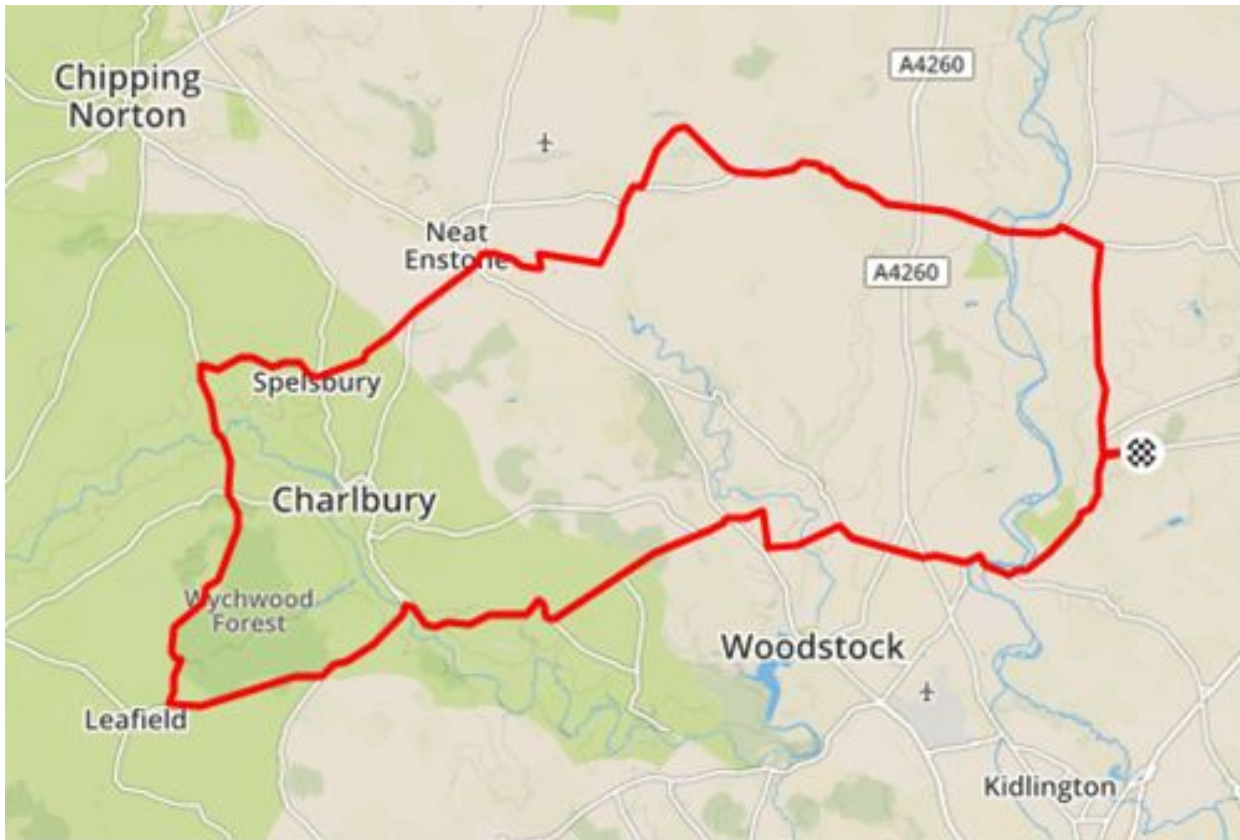
Gran: 113 miles: <https://www.strava.com/routes/5325474>



Medio: 66 miles <https://www.strava.com/routes/5325332>



Piccolo: 35 miles: <https://www.strava.com/routes/2755817>



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